



## ELETE Athlete Profile: Lanny and Tracy Barnes, Olympian Biathletes

### Lanny Barnes' Results:

#### **2007**

1<sup>st</sup>, USBA, *U.S. National Championships*

2<sup>nd</sup>, USBA, *North American Championships*

#### **Olympic Winter Games**

65<sup>th</sup> – 15k Individual; 15<sup>th</sup> Relay, 2<sup>nd</sup> leg.

#### **2005**

44<sup>th</sup>, Individual, *Hochfilzen World Championships*

42<sup>nd</sup>, Individual, *San Sicario*

39<sup>th</sup>, Individual, *Antholz*



### Tracy Barnes' Results:

#### **2007**

3<sup>rd</sup>, USBA, *U.S. National Championships*

4<sup>th</sup>, USBA, *North American Championships*

#### **Olympic Winter Games**

58<sup>th</sup> – 15k Individual; 71<sup>st</sup> 7.5k Sprint; 15<sup>th</sup> Relay, third leg.

#### **2005**

25<sup>th</sup>, Pursuit and Sprint, *Pokljuka*

1<sup>st</sup> Super Spritn, *Gurnigel Europa Cup*



(Above and Below: Lanny and Tracy Barnes. All photos courtesy of Lanny and Tracy Barnes reprinted with their permission. )



**F**or those who are new to the sport of biathlon—the Olympic winter sports combining cross-country ski racing with rifle marksmanship—it is a physically demanding, riveting sport to watch, and it’s easy to see why. “With their hearts pounding nearly three times a second, the athletes struggle to control their breathing as they shoot, knowing that every shot and the number of seconds it takes to make it, will determine who stands on the podium that day,” states the U.S. Biathlon on its web site ([www.usbiathlon.com](http://www.usbiathlon.com)).

While biathlon is a sport that hasn’t received the attention it deserves in the U.S., it is a popular sport in Canada and Europe. It is consistently ranked as one of the top-rated winter sports shown on European television.

The Barnes sisters—twins Lanny and Tracy, ages 25,—from Durango, Colo., are big believers in **elete™ Electrolyte Add-In**. Fresh from their wins at the North American/U.S. championships, they shared their thoughts on the sport of biathlon and their experience in using **elete™ electrolytes**.

**How did you both become involved in biathlon?**

“When we were both 14, we met a guy working a biathlon. Being big soccer players at the time, we thought it would be a great way to stay in shape in the summer. At age 15, we began participating in biathlon races. We thought it would be a huge challenge, and we quickly excelled at it.”



(Lanny Barnes pictured.)

**Biathlon seems to be one of the most physically demanding and mentally challenging sports owing to the fact that athletes have to first, be in top condition to race, and**



**second, have to have incredible focus and stamina to be able to—in split second time—transition from racing to focusing, aiming, and shooting—all while being timed.**

“It’s definitely a hard transition from one discipline to the next in just a few minutes. The skiing does literally physically drain your body, and then you ski in and have to immediately devote all of your focus for the shooting. But it’s very rewarding when both disciplines come together. It’s not everyday when the skiing and the shooting are one. But there are those days when they both come together, and when they do, there’s no better feeling in the world.”

**What is the biggest factor in terms of winning a biathlon?**

“Practice definitely. We also do drills to prepare our mind because if you are too focused on the shooting, your skiing will suffer. Likewise, if you’re too focused on the skiing, you’re going to suffer more missed targets. So we visualize different scenarios while we’re out training. We practice different techniques, and we are constantly thinking of things that we need to adjust while we are training.”

**What is your typical training regimen?**

“We usually start out in the morning with a run. We run for 39-40 minutes before breakfast. Following breakfast, we train two to three hours, cross-country skiing endurance intervals, etc.. If there’s no snow, we train using rollerskis, which are 2-foot long skates with wheels on the end. We do a lot of road biking, mountain biking, running. After lunch, we do a further two- to three-hour training focusing on our shooting. We also combine one to two physical workouts with the shooting.”



**Any indispensable items or tried-and-true key strategies you’ve found helpful in giving you an added edge over other athletes?**

“The biggest thing is staying hydrated. We’ve also found with **elete™ electrolytes**, it completely got rid of muscle cramping. Even though you’re training a lot in the cold weather, you’re working your muscles just as hard as you would in warm- to hot-temperatures. So, we’ve found that **elete™** keeps us hydrated and that it helps us recuperate more quickly after our workouts.

We also follow a strict nutrition plan to keep our blood sugar levels constant—avoiding spikes in blood sugar and drops. We want our blood sugar to be steady at all times. **elete™ electrolytes** helps a lot with that. Sports drinks spike the blood sugar. We’ve found that **elete™ electrolytes** has helped to maintain our blood sugar.”



(Tracy Barnes pictured.)

#### **Interesting or little-known fact?**

If I weren't a world-class athlete, I would be....

...a ski bum (Tracy)

... a coach (Lanny)

#### **How did you initially find elete™ Electrolyte Add-In?**

"Well, we spend a lot of time in Utah training. We met a guy participating in a venue in Soldier's Hollow, and he was telling us about this product called **elete™ Electrolyte Add-In**. We tried it and noticed a difference right away in the cramping and, later, it helped speed recovery."

#### **What have been your experiences using elete™ electrolytes?**

"We definitely use **elete™ Add-In** for all of our major workouts. We make sure that we're drinking **elete™** water during our training to replenish the electrolytes we're losing while we're training. Also, afterwards, we drink **elete™** water to speed recovery and, again, to replenish lost electrolytes. The biggest difference has been with our cramping. Before, we would have all sorts of cramps in the heat—leg cramps, side cramps. So, **elete™** helped with our cramping. Plus, we've also found that we recover faster after a hard training. We are able to bounce back quicker."

#### **What would you tell people about elete™ Add-In?**

"I [Lanny] would recommend it over other sports drinks because one, there's no high sugar content, which is found in sports drinks, and two, people get the benefit of electrolytes [from **elete™**] as they would with a sports drink. Whether they are walking, riding a bike, whatever the sports, people will definitely have a more enjoyable workout experience because **elete™** gets rid of muscle cramps and speeds recovery."

#### **What are your plans for summer?**

"We have training camps set up throughout the U.S. and Europe in spring, summer, and fall. The end of fall, we go to Sweden, get on some snow, and begin training for the first world cup."

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#### **About elete™ Pure Electrolyte Add-In**

elete™ ([www.eletewater.com](http://www.eletewater.com)) is the latest cutting-edge innovation in electrolyte replacement. elete™ is the world's first pure electrolyte add-in specially designed to add electrolytes to any beverage or food to replace electrolytes, maintain fluid balance, sustain endurance, and help prevent occasional muscle cramps due to physical exertion. elete™ contains no calories, no sweeteners, no flavorings, no artificial ingredients, and no nasty stuff

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that can impede optimal performance. Because elete™ is a pure electrolyte add-in, it can be used to make pure electrolyte water that tastes like water. Tablytes™, by elete™, are a complete, balanced electrolyte replacement in tablet form. For more information, visit [www.eletewater.com](http://www.eletewater.com) or call 800.669.1297.