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## ELETE Athlete Profile: Steve Benedict

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**T**his young, powerful sprinter who hails from New Jersey has the strength, speed, and stamina to literally dust the competition. Steve boasts a time of 10.45 for the 100-meter dash and 21.24 for 200 meters.

Below, Steve shares some of his indispensable tips on training, working hard to achieve goals, the role of nutrition, and how ELETE has helped improve his stamina and performance.

Steve's initial interest in sprinting began as a freshman in high school when, as a running back for football, his parents

and coach encouraged him to try out for track and field. Initially hesitant at first, Steve handily won county championships, fell in love with the sport, and, well, the rest is history.

Currently, he is preparing for the Penn Relay Carnival, an annual early-season track-and-field world conference, but his longer-term goal is to qualify for the 2008 Olympics. This summer he hopes to travel overseas to Europe, investigate the track circuit, and train with a team in England.

To what does Steve credit his success in pushing his body to such high-speed limits? Lots of hard work and time spent training. "I do put in the time and work to excel. Depending on the season, I spend 15-30 hours a week training, conditioning. Also, I'm constantly absorbing any information I can get my hands on. I never think that I know enough or that I can't learn something new. Mental outlook plays a huge role not only in sports, but also on a daily basis. As part of my training, I spend a lot of time concentrating on mental gains, taking the time to relax, and visualize the result that I want."

One of the tools in this superstar athlete's arsenal is ELETE. "I am one who always has an open ear and am open to change. I have no problem trying something new if it enhances my performance. A friend of mine in Arizona found ELETE on the Internet and sent me some info on it. At the time I was using Gatorade, but it left me feeling 'heavy' all the time."



“ELETE is easy to use, really convenient. I throw it in my water and take it with me. [When I first started taking ELETE] I was training in August. Within the first couple times of using ELETE I sweat, but I didn’t feel as dehydrated, fatigued nor quite the same level of lactic acid build-up in my muscles.”

“I use ELETE all the time. I drink ½ gallon to 1 gallon of water a day and am always using ELETE in my water bottle. I have used it in food, but my main use is through water.”

What advice does Steve have for those who may not be Olympic material, but are looking for a great product to give them that added edge? “I think the biggest thing for people who are casually active is that ELETE keeps your body hydrated; it keeps your muscles working at a competitive level without cramping, without fatiguing. If an individual is starting out in their training and their body is not used to the physical demands, their muscles will fatigue more easily. ELETE will help raise stamina levels and increase the plateau at which you feel fatigued.”