

# CasePerformance

April Newsletter

Part II



# CasePerformance

“For Sport, For Life”

[www.caseperformance.com](http://www.caseperformance.com)

**Here is the news that we'll cover in Part II of this month's newsletter....**

I. Welcome .....	2
II. Donations.....	3
III. Article News at CasePerformance.....	4
IV. Performance Tip: Competitors Like Us.....	6

# CasePerformance

“For Sport, For Life”

[www.caseperformance.com](http://www.caseperformance.com)

Hello,

Glad to see that you're tuning into Part II of this month's newsletter! Hopefully you enjoyed [Part I](#) of this month's newsletter which featured an interview with endurance runner, Justin Andrews who shared with us his running history. Specific attention was given to his training leading up to the 2013 Boston marathon. Justin then shared with us an extremely powerful reflection on the tragic events that unfolded that day. I would **STRONGLY** encourage you to check it out. In addition, bodybuilder Adelfo Cerame Jr shared with us an excellent Papaya Chicken Salad recipe that I'm sure you'll enjoy.

As mentioned there, Part I of our newsletter will now feature performance tips from YOU, the CasePerformance Community members, to be shared with the rest of us. Thus, I **encourage** other community members to contact me via [facebook](#) or [email](#) and share your training, nutrition, supplement and/or healthy cooking tips and recipes. Intimidated about the writing aspect of things but still have a good tip to share? No problem, I'll help you on the writing aspect of things. We look forward to sharing your knowledge and experiences!

- The CasePerformance Team

# CasePerformance

“For Sport, For Life”

[www.caseperformance.com](http://www.caseperformance.com)

## II. Donations for CasePerformance Are Welcomed

As you've probably noticed while surfing around the CasePerformance website, we do not litter our pages with advertisements or have "Members Only" sections that require a paid subscription.

### Why do we do this?

My goal is to reach as many individuals as possible. If an individual truly wishes to improve their health and performance, I want them to succeed. This holds true regardless if they are a multi-millionaire or a college student pinching pennies.

### A Potential Downside & What You Can Do To Help

The cost of running a website in conjunction with paying for full access to the various sport science and nutrition research journals I use is extremely expensive. Also, all of the authors at CasePerformance put considerable time into writing the articles for this site. If you enjoy the free information provided on this site, we humbly ask you to show your support by making a small donation. Thanks for your support!

[CLICK HERE](#) to make a donation. Please know that **ANY AMOUNT** is greatly appreciated!

# CasePerformance

“For Sport, For Life”

[www.caseperformance.com](http://www.caseperformance.com)

## III. Article News at CasePerformance

Two new articles have been added to the CasePerformance library since the last newsletter was sent out:

- 1) [Interview with the Expert - Zach Bitter](#) with Sean Casey

In this interview with the expert, we have the privilege of talking with ultra endurance athlete extraordinaire, Zach Bitter. Amongst other things, topics discussed include how he got involved with ultramarathon running, a breakdown of his training week as well as the nutritional strategies he uses to fuel performance

Great thanks are extended towards Zach Bitter for sharing his time and experiences with us!

- 2) [Prolotherapy Part I: "Snake Oil" Medicine or "Revolutionary Healing" Technique?](#) by Sean Casey

Many individuals suffer from chronic connective tissue injuries such as torn ligaments, damaged tendons and/or degenerating cartilage. Although it has been around for 100's of years, a “new” treatment technique, referred to as prolotherapy, has been promoted by some physicians as effective non-surgical technique to heal these injuries. In Part I of this series, we examine the history of this technique as well as animal based research supporting/refuting its benefits.

# CasePerformance

“For Sport, For Life”

[www.caseperformance.com](http://www.caseperformance.com)

## Top Read Article in March at CasePerformance...

- 1) [Interview with the Expert - Zach Bitter](#) with Sean Casey



## Here is a little of the Feedback I received on this article:

"Good stuff. Moderate to low carbs are definitely gaining traction in the Ultracrowd."

"interesting article"

"Awesome interview. Like it"

"good job!"

"...sharing the article on the ultra-endurance runner & the focus on his high-fat diet."

"Really nice - thanks a lot for that."

"a bit of inspiration before I wrap up my night"

# CasePerformance

“For Sport, For Life”

[www.caseperformance.com](http://www.caseperformance.com)

## IV. Performance Tip: Competitors Like Us

The mind, a truly amazing place; where competition strategy and physical input converges, mingles in dance, and shapes a harmonic output that drives us to best those in our midst. With that in mind I share with you...

### Competitors Like Us – The Race

by Sean Casey

The question you have to ask yourself at this point is, "What am I going to do to gain that extra inch or two on the competition?" because that's what we're dealing with - inches... not miles! And in a game of inches...

... Competitors like us stare at ourselves in the mirror pre-race, searching our souls, discovering the internal flame that drives us to succeed. Competitors like us lace up our running flats, take off our warm-ups and approach the start line jittery with excitement. Competitors like us let out a deep breath to calm the body and clear the mind. Competitors like us get in our start stance with supreme confidence in the training that has led up to this moment. The starting gun sounds and competitors like us take off, knowing that greatness is present with each one of our strides. Competitors like us do not get flustered if someone passes us. Competitors like us start to feel fatigue, but know that everyone else is feeling fatigue and no one, absolutely no one, has trained as smart and hard as we have. Competitors like us smile as deep inside we truly know that it is our love for running, not winning or losing, that has led to us being at this place on earth, at this moment in time and with these athletes in our midst. And in reminding ourselves of our true love for the act of running, competitors like us summon a "2nd wind" from deep within, bear down on those who may have passed us or, if no one has passed us, the clock we're racing against, and run as if the wings of Hermes, the Greek god renowned for his speed, were upon our feet. Competitors like us cross the finish line, exhausted, but without regrets as we know that we truly left everything on the track. Competitors like us succeed because we are champions.

For those who are strength sport enthusiast, I have written a 2<sup>nd</sup> version, geared towards your passion, over at the Strength Guild entitled, [Competitors Like Us – The Lift](#)

[CLICK HERE](#) to read *Competitors Like Us – The Lift*

# CasePerformance

**“For Sport, For Life”**

[www.caseperformance.com](http://www.caseperformance.com)

That wraps up this CasePerformance newsletter. Thanks for being a part of the team and we look forward to hearing your thoughts on [FACEBOOK](#).

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

[The CasePerformance Team](#)