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**PRECISION**<sup>®</sup>  
**HYDRATION**

**Words from Robert, Sandy Hook racer & along with his wife Brianna are the operators of Sandy Hook Speedway.**

Precision Hydration (PH) - What can I say?

I've been racing motorcycles for nearly 40 years, and for most of that time, hydration was never a point of focus or discussion. Training, and the way riders take care of themselves to perform at their maximum levels, is very different today than it was 20 years ago. I learned about hydration the hard way 3 years ago, when competing in 4 different classes each race day with the mini road racing series at Sandy Hook Speedway.

I did some calculations, and if I rode in every practice session, heat race and main event on a race day I would make about 224 laps!

The season started out well, everything was as expected. I found myself conserving energy by not always going out every lap I could. By doing that, it would help my physical game to compete at my maximum in the 4 main events at the end of the days, but also I found it helped my mental focus. Then we got to the middle of the season, the peak of summer when the temperatures on race days hit 80s & 90s. With my race leathers, helmet, gloves and boots on, it was just a "bit" warmer than that.

So competing in 4 events each day, I was able to get the job done and complete the days. But it took several days to recover after race days. One day I reached a physical limit with myself. I will admit now in my 40s, I am not in good physical condition & really have not taken my physical conditioning very seriously. This particular day was a very hot day of racing. Mid-day I found myself laying in the grass, kind of feeling like my mind and body wanted to just shut down. I was fearful that I might be going to the hospital, something was not right. I never felt anything like it before. My body said that was enough. I was in bad shape at the track. I called a friend and let him know what was going on. He came by the track with fruits & liquids of different sorts. He got me to a point where I was able to go out and race the main events. I could not tell you where I finished in any of them. I might have won some, but I don't recall.

That was a wake-up call. I did some research and found out about a product. I found a racer/team competing at the national level here in the states that were using as well as promoting it, Precision Hydration (PH). I did a lot of reading and research about hydration. I read about other products, but what I read about Precision Hydration was just about what happens to our bodies, what our bodies need and then how to apply PH to our personal programs. I did the sweat test they have developed online. I learned what suited my activities & sweat levels. It told me the program I should use with PH products. I ordered the product as recommended and started working it into my program. Working with PH made the difference. No way around it. My focus & performance were elevated. My physical & mental recovery in the days following events was quick. I finished the season strong & won all four class championships. At the end of the season I said I would never try to do that again.

But, I have never stopped using PH, even though I am not pushing myself like I did that one season. Precision Hydration has automatically become part of what I do when preparing for, competing at and recovering from race events. I am a believer. Results are there. PH is a part of my success and fun.

Thinking back over my professional career, I wish this information & product had been available. If it was, it was not easily obtainable at a privateer level. But now I am in a position to share this information and experience with others. No matter what level of competition a person is in, their age, or condition they're in, PH will help.



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For some time I have been trying figure out a way to educate other racers, parents of racers, crews & teams. There are so many advantages with this knowledge and product. It should be applied to every part of our lives that require our bodies and minds to work at 100% for extended periods of time.

I began communicating with PH HQ to work with them in educating, sharing and mentoring to other competitors. A competitor's mindset & sharp skills are all influenced by preparation. Athletes of every kind will benefit from PH. PH is a small but strong company that has given me some tools to share with everyone that is interested in learning about proper hydration.

One of the things you need to get right if you want to perform at your maximum is **hydration**. That's why I have shared my experience above. It motivated me to partner with [Precision Hydration](#) to help everyone competing at Sandy Hook Speedway personalize your hydration strategy. ON and off the track!

PH has provided free [PH 250](#) samples for those of you that would like the advantages & also take care of yourself. We will have product for sale at the Registration building throughout the rest of the season for special discount prices from the new partnership of SHS and PH.

**SHS Members will also be given a discount code for additional discounts when ordered directly from PH. Members will be provided that discount by request.**

Here's why tailoring your hydration to your own unique needs and the event you're training for is so important...here is what I learned.

- Everyone loses a different amount of sodium in their sweat, from as little as 200mg/ liter of sweat to as much as 2,000mg/ liter! This is largely genetically determined. So, a 'one-size-fits-all' approach to hydration *just doesn't work*
- Maintaining the sodium levels in your blood is crucial to performing at your best, especially in hot conditions. [Learn more](#)
- Sodium helps you absorb and retain fluid, which keeps your blood volume up, reducing cardiovascular strain, fatigue and [cramp](#).
- Most sports drinks and electrolyte supplements only contain 200-550mg of sodium per liter, but the average athlete loses about 950mg/! So, you could be replacing less than half of the sodium you're losing in your sweat with your current supplement.
- Just drinking water when sweating over long periods dilutes your sodium levels, which can really impact your performance and could lead to [hyponatremia](#).

PH offers a **free** online Sweat Test to help you get started with refining your approach to hydration. I used that & highly suggest you take that.

[Take the free online Sweat Test](#)

Learn [how to estimate you sweat rate](#) and [how salty your sweat is](#).

If you have any questions at all about your hydration strategy, email the guys at PH at [hello@precisionhydration.com](mailto:hello@precisionhydration.com) and let them know you are from Sandy Hook Speedway!

If anyone has any questions, please reach out to me. I will do my best to help answer your questions.

Best regards,  
Robert Miller