

# **Marathon the Gold to Gold!**

Testimonial from Marathon runner, Jon Cool of Edmonton, Alberta.

## **History**

In elementary school through to high school I started running for the school track and field team and cross-country teams. I became a member of Athletics Canada in high school and University racing 5K and 10K for track and field during both indoor and outdoor seasons. I also ran a 2 triathlons and 1 half marathon.

## **Back in the Saddle Again**

A knee injury prevented me from running from '99 to '05, but was motivated and eager to get back in the sport, with the Boston Marathon being my goal to work towards. I started the training with 5K and 10K races, and then raced in the Toronto Marathon. I felt strong in the first half having a 3 hour 45 minute pace, then hit a wall with 15-KM left. I struggled to finish, and crossed the finish line at 4 hours and 29 minutes.

## **Something had to Change...**

At this point I knew much more work and proper training was needed to accomplish my goal of getting into the Boston Marathon, which for me has a 3 hour and 15 minute qualifying time. In 2006, I gained more knowledge and determination, and also added the Barley Gold SuperFood into my changed diet and training regime.

## **It Changed!**

During training before the marathons, I ran a 5 KM race under 20 minutes, for the first time! 19 minutes and 42 seconds. Then impressed myself again at a Marathon, finishing at 3 hours and 40 minutes! Shaving a whole 49 minutes off my first!

## **I Can Attest...**

**When I eat the 4 spoonfuls before I race (look below to explain) I am instantly flushed out, allowing me to race without any extra weight to slow my body down. I find that I have more energy after I eat the Gold, specially having it after a workout. I feel that the Nature's Gold, in conjunction with my training and diet, has helped significantly reduced my racing times.**

**With proper training and Nature's Gold, I believe that a 3:15 Marathon is not far away!**