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Pam Reed Completes Fifth Badwater Ultra Marathon

TUCSON, Ariz. (July 1, 2009) — Tucson ultra runner Pam Reed placed second in the women's division and seventh overall in the 32nd Anniversary Badwater Ultra Marathon. The three-day, 135-mile endurance race was held July 13 - 15, 2009 in California. She was the overall winner in 2003 and 2002.

Often called "the world's toughest foot race," this year's Badwater Ultra Marathon pitted 88 runners, 17 female and 71 male, against each other and the elements. The race covered 135 miles from Death Valley to Mt. Whitney, California. High temperatures reached 130 degrees.

Reed is the current American record holder for the most miles run in a six-day marathon by completing 490 miles at the 2009 12th Annual Self-Transcendence Race in Queens, New York. She holds the American records in the 24-hour and 48-hour track record run for the 40-44 age group. She was the first person to run 300 miles without sleep, and has been the race director for the Tucson Marathon since 1995. She is also sponsored by, and a spokesperson for, XOOD Natural Healthy Endurance Drink.

"The biggest challenge to Badwater is just finishing at all," said Reed. "The heat and terrain push your body to its limits. You have to be prepared through training and nutrition. XOOD is a crucial element to my success. Without it, I'm sure I would have bonked out along the way. It increased my energy level and I was able to complete the race."

"We are proud of Pam's performance at Badwater," said Sal Tirrito, president and co-founder of HeartWise Fitness & Nutrition, the makers of XOOD. "Pam continues to solidify her stature in the endurance scene, and we're honored that she is spreading the word about the importance and benefits of using natural healthy endurance products like XOOD."

XOOD was developed by two endurance athletes who are also cardiologists. They combined their personal experience as athletes and their medical expertise to create a performance drink that is a natural choice for endurance athletes. The mission of XOOD is to be the choice purveyor of healthy sports nutrition products in the athletic market and to promote personal fitness. For more information, visit www.xoodhealth.com.

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