



Legal

doping

5,000 kilometres, 40,000 metres in varying altitude, 40 participants. Race Across America, definitely the world's toughest bicycle race, starts in June. One determined participant is Austrian extreme cyclist, Gerald Bauer. The most important elements for his preparation: confidence, steadiness - and HYPOXI®.

The "Olympics of extreme endurance sports" – this is what the Race Across America (RAAM) has been coined – and for good reason. The annual bike race runs from the west to the east coast of the U.S. and is ranked as the most extreme sporting event in the world. Hawaii's Ironman, by comparison, is ranked 14th in this listing. Only every second person of the 40 participants reaches the finish in Oceanside. If you want to take up this challenge, you need to qualify first. One of the few people who have managed to do that is Austria's Gerald Bauer. The 32-year-old has been a cycling enthusiast for ten years – but only for the discipline's most extreme version. He has mastered 21 24-hour races, stood on the podium 17 times, and won gold 12 times. When he took part in the world's second-longest race, the Race Around Austria, for the first time, he came second. The RAAM could now be the crown of his athletic career. At least in terms of pure cycling because he would also like to take part at the Ironman competition in Hawaii and climb one of the world's highest mountains. If you want to achieve such aims, you have to train, continue with training and then do even more training. But since there are only 24 hours in each day and it's essential to recover, some athletes reach their maximum peak performance too quickly.

More efficient training thanks to HYPOXI®

Gerald Bauer used HYPOXI® for the first time in 2011 at the Olympic centre Salzburg-Rif, where he works as a trainer of Austrian athletes. He didn't use it for its traditional benefits of targeted fat reduction – which would have been really difficult to imagine in his case – but rather for a completely different reason: for regeneration and for increasing athletic efficiency. A true revolution! But what's behind all of this? Maybe a new product by HYPOXI®?

The effects of HYPOXI®, which are ground-breaking for athletes, have been researched jointly with Russian scientists under the guidance of Dr Igor Pron. This new version of HYPOXI® includes computer-based performance diagnostics as well as highly-efficient regeneration and rehabilitation. "We use daily ECG analysis to find out about the current performance standards of the athlete and use these findings to plan training", explains Bernd Eckerstorfer, CEO of HYPOXI® and he adds that "HYPOXI® in combination with constant ECG control constitutes an

extremely useful strategy for regeneration after training." What's great about this is that the important period of time for recovery between training units is shortened tremendously with HYPOXI®. Athletes will therefore not only be able to resume earlier, but also the intensity of training can continuously be increased, which means that unusually high progress can be achieved within a relatively short time. "The secret lies in the stimulating effect of HYPOXI®", says Bernd Eckerstorfer. "The method stimulates metabolism and helps remove toxins, which form deposits in the muscles during daily training, so they can be transported more quickly."



Quick Info

Gerald „Geri“ Bauer

Born on: 19 Oct. 1980

Height: 1.78 m / **Weight:** 68 kg

Family status: Unmarried – but not single: his girlfriend Tina Pracher is also his unofficial team leader.

Education: Studied athletics at the University of Salzburg (sports science)

Occupation: Trainer at the Olympic Center Salzburg-Rif Athletic

Achievements include (among others):

2012: Record at Transaustria (fastest West-East ride within 22 hours and 13 minutes)

2011: Second place at the 24-h-MTB-race in Munich's Olympiapark. Second place at the Race Around Austria

2010: Second place at Glocknerman (Vize world champion Ultra Bike Marathon), 1. Firenze Marathon (2 hours 59 minutes)

Experience Gerald live!

Check out www.bauergerald.com to stay tuned about Gerald Bauer's journey to the RAAM – and purchase kilometres to support "Geri", with funds going to a charity he feels passionate about.

A positive effect of HYPOXI® use: injuries resulting from training can heal faster and if HYPOXI® is used regularly, the risk of injuries can be reduced significantly.

Already in the development stage, more than 400 Russian athletes, among them European and world champions from skiing, gymnastics, pentathlon, fencing, track and field, ice hockey and cross-country skiing, have used HYPOXI®. Results have been both astonishing and clear: performance improved significantly and sustainably thanks to the quick and in-depth regeneration with HYPOXI®.

To the RAAM with HYPOXI®

Gerald Bauer doesn't want to have anything to do with doping. HYPOXI® offers a new, legal solution, which might help him to make his dream of the RAAM come true. He's been using HYPOXI® for about one year as a part of his intensive training (more talk about that in the interview on this page). That's why the HYPOXI®-Center in Salzburg was happy to support him as a gold sponsor. Bauer is in good hands in the lead up to the big race!

● Interview

My American Dream

11 June 2013 – for most of us this is just an ordinary Tuesday. Not for Gerald Bauer, who will make a life-long dream come true when he starts the Race Across America (RAAM). We met the likeable extreme cyclist during his intensive preparation.

How are you, Gerald?

I'm great, thanks. I'm doing intense workouts at the moment – up to 40 hours per week, but it's going very well.

What's your aim for the RAAM 2013?

Obviously I would like to win just like all the other participants. But that's pretty ambitious because it would mean that I'd be one of the first "rookies" to manage to do that and I would need to ride to my maximum limit right from the beginning. For a race of that length and with such extreme climate conditions, you need to be more experienced, which means three to four tries in order to win. If I try too hard at the beginning, I might not make it to the end at all. So I am realistic and just hope to become the "rookie of the year" or to manage to complete the race within nine days. That means cycling 500 to 550 kilometres per day, 22 hours non-stop with two hours break in between. I'll get a maximum of 1 to 1 ½ hours of sleep each day and in addition nothing more than a power nap – or "Bauer-Nap" is what I call it.

Where does your confidence to master all of this come from?

I've been an extreme cyclist for ten years now and I've subjected myself to similar daily distances, for example during the Race Around Austria for five days. This has never had any negative impact on me – either physically or mentally. Luckily I have never experienced an infamous microsleep or hallucination on a bike which can occur. For example, some cyclists think they see snakes on the roads



HYPOXI® CEO Bernd Eckerstorfer visits Gerald Bauer during his training



Left: Gerald Bauer shows the tickets for his charity project.
Middle: Mental coach Mario Plesser keeps an eye on psychological aspects.
Right: Gerald and his girlfriend, Tina.

but in fact they are just cracks. Others believed that they were hunted by mushrooms with machine guns! Weird stuff!
Altogether, I've been preparing for three years now. Being a sports scientist, I can create a perfect environment: the team, the training plans and the regenerating measures complement each other perfectly. For example, I do training in IR-facilities, to get used to the high temperatures of more than 50°C in the desert. I also go through certain scenarios from previous races with a mental coach.

You have just mentioned regeneration in the context of training. In this respect HYPOXI® also plays a significant role for you – can you explain?

I've been working with HYPOXI® for about a year now. After six to seven hours of training, I finish with a session on the HYPOXI-Trainer® S120. It involves 25 minutes of recovery cycling with positive and negative pressure applied according to my performance level on the day. I've found that any micro-traumas of the muscles heal quicker with HYPOXI®. One HYPOXI® session has approximately the same effect as one complete day of recovery. That's why I can do much more training without having to go into the oxygen tent - also over a longer period of time. I can therefore increase my training time from 20 to 40 hours within three weeks thanks to the regenerating program set with HYPOXI®. This is a completely new feeling and a true gift for me. Normally I am very tired after an exhausting day of training but now I wake up the next morning at six and can use the entire day for training. My chances for the RAAM have therefore increased tremendously.

HYPOXI® has been developed for people who want to lose weight. What parallels exist between them and professional athletes like you?

HYPOXI® not only helps to shape your body but the training as a whole also has positive effects for the entire body. The reason for this is that HYPOXI® stimulates metabolism. After the HYPOXI-Training® you simply feel better, you have a prickling sensation all over your body and this often stays until the following day. I was relatively sceptical in the beginning but now after 1 ½ years, my views have really changed and HYPOXI® has helped me a lot – also mentally.

Now that you're taking part in the RAAM, you have also founded a charity project.

Yes, that's right. I sell each kilometre for ten Euros, both to sponsors and private individuals. From this amount, one Euro is used for a good cause. This means that you can do something good and also help make my life's dream come true. If you donate, you can win great prizes, for example, my RAAM bike or a relaxed training weekend with me. In addition, a voucher for HYPOXI® treatments is integrated into the tickets. It is my aim to create a community, which will stay on track with me online during the race and motivate me. This has already worked out really well for me in the past.

Thank you very much for your time. We wish you all the best and hope that you will be the first rookie to reach the target in great condition.