

MUSCLE MILK
SPORTS BREAK

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Running for the checkered flag is where you will usually be..

FINDING MEMO



Memo Gldley isn't normally a hard man to locate. Look for a checkered flag and you'll find this ex-Champ Car racer chasing it - either in a go-kart, on a jet-ski or aboard a Rolex Grand-Am sports car.

The Muscle Milk-sponsored athlete and former Team USA Scholarship winner has proved himself as one of the most versatile racers ever.

Q: What have you been up to since your last Champ Car race?

A: "For the last four years I've been racing in the Rolex Series in Daytona Prototypes. I've raced for a variety of different teams and we're due to run the McDonald's car at Homestead-Miami this week. I've been pretty busy since my last Champ Car race back in 2004."

Q: How did you get involved in Jet Ski racing?

A: "I always spend a lot of time on physical fitness, working out in order to be well

prepared in the car. I'm always looking for ways to get a workout but then there is only so much time you can spend in the gym lifting weights or on a bicycle. I started jet skiing thinking this could be fun.

The workout is insane - it's one of the best workouts that I get and it's a lot of fun. After starting to ride them as part of my training, I found that there was a racing series that travels around northern California so it was natural, it was like well 'lets go race this thing'."

Q: How has the jet skiing been going?

A: "I've been doing it for about 3 years now. I started by doing a couple of races last year and this is my first full season. Things are going really well. There are two races left and I'm leading the championship."

Q: Aside from jet skiing as a workout what else do you do?

A: "I'm big into karting also. I've been racing go-karts since I started racing cars. So

that's real big, and I race those all the time. Karting is a huge part of my training because that is about the closest thing to racing a full size car, an Indy car or a sports car.

I'm also a big swimmer, mountain biker and I'm also into kayaking. Anything that is basically upper core body strength. I spend a lot of time in the gym at the CytoSport headquarters. We have a hot box there where I can crank up the temperature to 140 degrees and I work out inside of it, it's kind of like this chamber of death. Those are pretty much my workouts."

Q: How do you incorporate Muscle Milk or other CytoSport products into your workout?

A: "I initially started out using Cytomax products to replace electrolytes and prevent cramping during my workouts. Now, I also use Muscle Milk during the day with my meals. I have a very high metabolism, so I am always hungry.

I use Muscle Milk before working out to keep my energy levels up and consume

Complete Whey immediately post-workout. CytoSport products have made me stronger in the car for sure."

Q: What's your favorite product?

A: "Muscle Milk Mocha Latte is my favorite and I'm not a coffee drinker either, but it's so great. I probably mix 2 or 3 of those a day, usually it's before I work out because it has a little bit of caffeine in it. It's just a great product. Actually I drink it for dessert too just before I go to sleep."

Q: What's next for you?

A: "There's a few more races left. One more in the Daytona Prototype at Homestead coming on Saturday and then two more jet ski races and then Supernationals which is the biggest go-kart race in the US. All of those are pretty important races for me and so for the next two months it's just training for that and trying to be prepared and then next year. In racing you never know what is around the corner."