

Go-kart racer turned elite cyclist drops 100+ pounds racing

Here's his secret to training at age 46, getting lighter, and riding with the masters as a "newcomer" to the sport

The "Old" Guy's Top Tip for Leveling the Playing Field

How I Lost 100 Pounds, Leapt to Cat 1 in Two Years, and Became an Elite Cyclist as a "Newbie" in My 40s

Dirty Kanza AG Winner Reveals Breakthrough Training Secret

How I Lost 100 Pounds, Leapt to Cat 1 in Two Years, and Joined Two Elite Teams as a "Newbie" in My 40s

By Bob "Bobsled" Cummings

ROSE HILL, Kan. — Before I joined two elite racing teams and won the Dirty Kanza in my age group, I weighed 330lbs and raced go-karts competitively.

But when I realized I couldn't fit into my kart or button 42 x 42 jeans, I decided that was it. It was time to change.

I dropped the first 60 to 70 pounds just by cutting carbs. But it wasn't enough. I had to start exercising. I picked up the bike in 2007, joined a weekend riding group ... and that was it. I was hooked.

Fast forward ten years, and I'm a Cat 1 rider with EVOKE Elite Team on the road and the American Classic Elite Gravel team. And, I'm down to 230lbs!

I've taken multiple podiums over the years, but my greatest satisfaction still comes from seeing other "older" people like me get inspired, get on the bike, get fit, and have the time of their lives.

Everyone I tell my story to wants to know my secret. How do I ride with the best as a 46-year-old "newcomer?"

It's not a sexy secret. It's plain determination.

I've always been determined to be the best at everything I do. In cycling, that means training like the best ... and eating like the best.

My key to success on the course and the scale

As you know, **clean, high quality protein** is critical for performance, recovery, building lean muscle and shedding fat.

And at my age, I can't go without it. I race every weekend and I'm constantly working to get fitter, so I depend on protein to help me recover fast and stay strong.

But clean, high quality protein that also *tastes* good — and supports my weight loss goals — is near impossible to find. Everything out there is either packed with sugar or tastes like chalk.

So when I heard my favorite company, Biomedical Research Labs (BRL), was coming out with a protein powder, I couldn't wait to get my hands on it.

When I first tasted **INVIGOR8 Nutritional Shake & Organic Superfood**, I thought someone had swapped it with a fast-food milkshake. (It really was that good. Trust me, I know ice cream!)

I'm not much of a nutritionist, but my coach is, so I had him look it over.

He was blown away.

"There has to be something bad in it," he said, scanning the label. Nope. Not a gram of sugar or artificial anything.

"This is the real deal," my coach said. "This is the stuff you want."

He was surprised that INVIGOR8 wasn't just **organic grass-fed whey** (the best of the best) ... it had **whole-food ingredients** he'd never seen in other powders, like coconut oil, chia and flaxseed, and raw greens like kale, spinach, broccoli, alfalfa, and chlorella.

Plus, with the **special prebiotic fiber, probiotics, and a Digestive Enzyme Complex**, I'm confident every milligram of protein is going straight to my muscles where it belongs, with no awkward digestive discomfort.

On top of that, it **mixes perfectly** with just water in a shaker bottle. And even though it's low calorie, I **stay full and energized for hours**.

Since I started drinking INVIGOR8 regularly, I've been steadily losing weight (without losing power or energy) and my performance is continuously improving.

That's why I definitely recommend INVIGOR8 to the cycling community... and anyone who needs their protein to work as hard as they do.

It's one of the most bioavailable, nutritious, and digestible proteins on the market. Plus, it tastes good enough to be dessert, it's as healthy as a salad, and it **mixes easily with no clumps**. (What more could you ask for?)

You can order at www.DrinkInvigor8.com or by calling 1-800-958-3392.

Order today and you can enroll in BRL's convenient Loyalty Program. You'll save \$10 on every bottle, shipped to you automatically every month, so you never worry about running out. (There's no minimum order and you can cancel at any time.)

P.S. If you're out there, wondering if you can do this ... if you can lose the extra pounds, become an elite cyclist as an "old" rider, and really DO it ... I say, go for it! INVIGOR8 can help you make it a reality.