

## HVM Racing Ready to Compete in the Heat

*Team Battles High Temps with Help from Sponsor*



One of the most challenging opponents that teams face throughout the IndyCar Series is not another driver. It's the heat. With summer officially beginning this week, and temperatures rising, HVM Racing is making sure the team is prepared.

Dehydration and heat exhaustion are problems you don't want to throw into the mix at a race, so HVM always takes steps to beat the heat. With 90-plus temperatures in the forecast for the Richmond race

weekend, the HVM transporter will roll into town stocked with more than 200 bottles of water and more than 15 gallons in water-dispenser jugs. Team Manager Vince Kremer and Crew Chief Daryl Fox remind the crew during team meetings at the track to keep drinking.

"We are constantly reminding them to stay hydrated," said Kremer. "We've got water in bottles and in a dispenser, and we keep the coolers stocked in both the garage and in the pit."

HVM team members also get hydration help from sponsor Herbalife. In 2007, the nutrition company introduced H<sup>3</sup>O™ fitness drink that replaces electrolytes and other nutrients to provide rapid hydration, sustained energy, and antioxidant protection. After driver E.J. Viso tried the product he recommended it to his team. He even uses the mixture in the No. 13 car's Camel Back drinking system during races.

"I start drinking as many fluids as possible about five days before a race," Viso said. "If I'm not well hydrated getting into the car, I will get symptoms. My eyes will be itchy, my tongue will feel dry and I will get a headache. H<sup>3</sup>O is a big help in keeping me hydrated and alert behind the wheel."