

ATHLETES AND STEMENHANCE

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Jan & Frank Condon *California*

You may remember seeing Jan and Frank's profile in the first issue of *HealthSpan* (June, 2006), when we introduced this outstanding couple of Masters and Senior Class athletes. Two years later, Frank has added some very significant record performances in Track and Field to his already-impressive list of records. “Last year,” he says, “I shattered the U. S. Outdoor record in the mile, beating the old time by *ten seconds*. That old record had stood for 37 years!” Frank wins and breaks records regularly in the Masters and Senior Track competitions here and abroad, competing in both indoor and outdoor events. This year he says he plans to “rewrite the record in the

mile, go for the indoor 800m record, and cut the time in the 4x400m relay,” noting that he and his three teammates already hold the World Record for the relay, “but we can do better.”

Jan's work as an occupational therapist with home health care patients no longer leaves her time for competitions, but she still maintains an athletic regimen. “I do ashtanga yoga three to four days a week, and I do hatha yoga with a group,” she says, adding, “I also run two or more miles three to four times a week.” Jan says that she never considered herself a World Class athlete, “but I was a good, solid competitor in the 200m and 400m runs.” Once she has more time for training, she plans



to get back into racing. “When I retire, I'll pick it up again,” she says.

Both Frank and Jan are sold on StemEnhance as an indispensable part of any athletic regimen. Frank says, “Since StemEnhance, my recovery time during training has been cut in half... and I hear the same thing from all of the competitors on the Senior circuit who are taking StemEnhance. They wouldn't train without it!”

Jim & Kathy Wetenhall *Ohio*

A firefighter and paramedic, Jim Wetenhall has a demanding physical job. That would be enough for some people, but Jim also competes locally and nationally in the weight events of Track and Field, specializing in throwing the hammer and discus, and also competing in the Weight Pentathlon that includes five weight events. He currently holds the World Record in the hammer throw and U.S. Records in several weight events.

At 54, Jim says that he still gets sore after hard training workouts and competitions, but “my recovery is good. I really like StemEnhance, and I wouldn't

consider not taking it.” He admits that he is more tired after workouts as he ages, but has no plans to stop training. He says, “I'll be working out all my life, so I know I will always take StemEnhance.”

Kathy Wetenhall is also a competitor in weight events, holding the U.S. Record in the bench press for her age/weight group. Kathy was the first Wetenhall to notice a dramatic improvement in her training with StemEnhance:



She says, “After less than six weeks, I felt so much better after workouts. StemEnhance allows me to build up my body's endurance and lets me recover quickly. It's a great product!”

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Kristin Asadourian
Massachusetts

It is quite a challenge to train for and participate in two prestigious marathons in one year, but that is the course Kristin set for herself two years

ago. When she told her brother-in-law Mark Parsekian that she was experiencing swelling in her knees after practice runs, Mark drew on his own experience as a runner and suggested she try StemEnhance. “I lived for over two years with chronic discomfort after exercising,” Mark told Kristin, “but with StemEnhance, I’m back running again.”

Taking Mark’s advice, Kristin added StemEnhance to her daily training regimen. “After about a month, I could tell that it was working,” she says. “I could train longer and

longer without the discomfort I had been experiencing before StemEnhance.” Kristin went on to run in both the Boston and the New York Marathons that year and the next, and she has run in marathons in Long Beach, Los Angeles and Vancouver, as well... all with no recurrence of the knee discomfort she endured while training before StemEnhance. “I would say that StemEnhance is indispensable to a runner,” she says. “I would not train without it!”

Nolan Shaheed
California

You may have seen or heard Nolan Shaheed playing the trumpet with greats like Marvin Gaye, but you may not know that he is also a record-holding runner who loves StemEnhance. These days when he is not playing in a nightclub or working in the studio laying down musical tracks, Nolan is out on the running track, training for his next competition. He currently holds the World Indoor Record in the 800m, 1500m and mile in both the Men’s 55+ and Men’s 50+ age groups. In

2007 he was named Male Masters Athlete of the Year.

“I train everyday,” Nolan says, explaining, “I do about twelve miles a day of 200m repeats and mile repeats, so it’s pretty intense.” He has used StemEnhance over the last two years, but became even more dedicated to the product about eight months ago. “I had a very hard competition coming up in the National Championships,” he says, “and I usually don’t do well in those races, so I made sure to take StemEnhance.” During the big race, he says, “I ran FAST, faster than ever, and I said to myself, ‘What did I do different? It

must be the StemEnhance!”

But the story doesn’t end there...

At the World Championships, Nolan took two Golds and a Silver – winning his second race only an hour after setting a record in the 3000m. Nolan was amazed: “I shouldn’t have been able to do a double like that,” he says, adding, “It must be the StemEnhance. It’s given me the edge... again!”



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Kathleen Jager
Arizona

Since we introduced Kathy to you in the Winter 2006-7 issue of *HealthSpan*, this “Geezer Jock” has continued her amazing athletic accomplishments. Since she was 50, Kathy has been a multi-event competitor in Masters Track, doing all the throwing events, jumping events and short distance running. For three years, she held the World Indoor Record in the 60m dash. She is also a nurse, so when Frank Condon first introduced her to StemEnhance, she was skeptical. She says, “I wondered: How good could this little green capsule be?”

But she figured it could not hurt, so she tried StemEnhance.

Within a short time, “I was amazed at its effectiveness,” Kathy says. “My energy level was way up, so I could train longer with less fatigue.” These days she trains three to four days a week alongside young athletes at a junior college, and she also plays soccer on a multi-age team. Since StemEnhance, Kathy says, “On the soccer field, I’m fast. If you’re faster, they can’t catch you.” Recently, Kathy outdid even her own expectations in the pole vault, which is not an easy event at any age, when she improved her personal best with a jump of eight feet, six inches!

She explains, “Getting older doesn’t mean we can’t set our sights on getting better. With the help of StemEnhance, I dream big dreams.”

Kathy emphasizes that training “takes a lot out of you” at any age, but StemEnhance seems to help her maintain her rigorous training regimen with greater success and shorter recovery time. “If you can train more without beating yourself up,” she says, “you get better!”

