



[Hammer Nick](#) shared a [post](#).

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***Hammer Nutrition
Ambassador of the
Month***

***January 2019:
Pat Winiecki***

***Primary Sport:
Running/Jogging***

***Favorite Hammer Fuels
& Supplements:
Whey Protein Bar
Tissue Rejuvenator
Whey Protein***

[Hammer Nutrition](#)

[January 1 at 2:00 PM](#)

Meet [Patricia Winiiecki](#)! Patricia has been hammering since 2013 and is a proud member of 261 Fearless, a social running community that is uniting and empowering women globally.

Read more about Patricia below!

Hammer Nick Where are you from?

Patricia: I was born in Denver, Colorado in 1951. When I was eight years old, my parents moved the family to Los Angeles, California.

Nick: How did you start in your sport?

Patricia: I loved and looked forward to Field Day races at school, entering every event possible. I tried my hardest to win the blue ribbons! I exercised daily, throughout the decades, doing tai chi, stretching, swimming and walking on a treadmill. In 2012, I was part of a winning team for LA County Library in an LA countywide physical fitness challenge. Our Head of Human Resources was a marathoner and member of the LA Road Runners. She asked if I had ever considered a marathon. I immediately joined LA Road Runners and began walking/running at 60 years old.

Nick: What does a typical week of training look like?

Patricia: Currently, I run a 5K at marathon pace Monday through Thursday. I try to run/walk a 10K on Fridays and Sundays. I am aiming for maximum speed for the shorter races and endurance for the ultras. My goal is to be competitive in the Senior Olympics well into my 80s and beyond.

Nick: What are your favorite products to fuel with?

Patricia: Over the years, I have taken practically all of the Hammer products, varying my selections with changing needs, goals and conditions. Currently, my daily regimen includes Whey Protein, a peanut butter chocolate Whey Protein Bar and The Early Break coffee. Supplements include Premium Insurance Caps, Tissue Rejuvenator, EndurOmega, Mito Caps, LSA Caps, Essential Mg, Endurance BCAA+, Phytomax, Xobaline and REM Caps. When really pushing my training or racing, I add Fully Charged, Perpetuem Solids and Recoverite. I top these off with up to 10 more supplements as needed.

Nick: What has been your most rewarding athletic achievement/moment?

Patricia: In 2017, I was blessed to join Kathrine Switzer's powerful, global [261 Fearless](#) organization, [#261Fearless](#). 261 Fearless empowers and unites women through the creation of local running clubs, education programs, communication platforms and social running events. We are creating a global community for women runners of all abilities to support, encourage and inspire each other towards a positive sense of self and fearlessness.

Hammer On!

Are you the one that everyone in your athletic circles refers to as the "Hammer guy," "Hammer gal," or "Hammer head," etc.? Do you find yourself regularly talking about our products and helping to resolve the fueling challenges of other athletes? Do you carry extra Endurolytes and Hammer Gel when you train/race to give anyone who is bonking, cramping, and otherwise suffering the ill effects of poor fueling? Do you know our product line from top to bottom, and have people ask if you work for the company? If this describes you, please send us an email at ambassador@hammernutrition.com!

[#howihammer](#)

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