



## REFUEL WITH CHOCOLATE MILK

Endurance athletes, trainers and sports nutrition experts all know the importance of an athlete's after. Every athlete has his or her own after-workout or after-competition ritual, and *your* After can make a dramatic difference in how you feel *and* how you perform during your next tough workout.

That's why athletes – from the most elite to the everyday – turn to lowfat chocolate milk as part of their recovery routine. Chocolate milk has what athletes need to recover after a hard workout, including:

- A natural source of **high-quality protein to build and repair lean muscle.**
- **The right carb-to-protein ratio** scientifically shown to refuel exhausted muscles.
- **Fluids and electrolytes** – including calcium, potassium, sodium and magnesium – to help replenish what's lost in sweat.

## GET SPONSORED


If you're a passionate athlete who grabs lowfat chocolate milk as part of *your* After, submit a video and get your friends and fans to vote for your video to secure your spot on Team REFUEL.

Explain what makes up your personal after-workout ritual – and the role chocolate milk plays in it – and you could score:

- **\$500 sponsorship** money
- Top notch Team REFUEL **training gear**
- Chance to compete for Team REFUEL at the 2013 **Rock 'n' Roll Edinburgh or Madrid Marathon & 1/2**
- Chance to **star in a national "got chocolate milk?"™ ad**

\$1 will go to the Challenged Athletes Foundation for each vote.

You've made lowfat chocolate milk part of *your* After. Represent it by submitting a video at sponsored events or online today! Read the science, submit a video and check out elite athlete training videos at [gotchocolatemilk.com](http://gotchocolatemilk.com).

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**REFUEL**  
got chocolate milk?