



NUTRITION AND FUELING

23rd Annual Halifax Summer Regatta



**We're excited to announce Hammer Nutrition
as a sponsor for this year's event.**

Hammer Nutrition endurance fuels will be on the course at the 23rd Annual Halifax Summer Regatta!

Hammer's been supplying athletes with natural products free of added sugars, artificial colors, flavors, chemicals, and preservatives for over 30 years. Visit their site to learn how to fuel smart, so come race day, you're ready to perform at your best!

<https://www.hammernutrition.com/knowledge/getting-started/>

As we get closer to the event start, Hammer will be sending out a few tips to help you prepare for the big day (or days)! If you'd like to train with the product that will be on course, Hammer's USA-based nutrition reps are happy to answer your questions and find the perfect product for your needs.



Event Info

We're only a few weeks away from the big day. Questions about dates and times?

[Check out the Website »](#)



Nutrition in 5

To help you avoid sending an SOS during the event, Hammer wrote a book with 5 steps to proper nutrition.

[Read the Secrets »](#)