

# Men's Journal

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## Barack Obama, Jock in Chief

His Moves, His Trash Talk & His Weekly Power Basketball Game

**YOU CAN DO IT!**  
12 Weeks to Your First Triathlon

Last Chance to Visit Old Cuba

Face-to-Face with the Satan of Baseball

### GEAR SPECIAL

Upgrade Your Home Custom Knives, Cool Chairs & the Perfect Workbench

The Car Genius Trying to Save General Motors

# PRODUCTS THE PROS USE

Here's what big-name athletes rely on to perform their best.\*

## CYCLING

### Levi Leipheimer

Olympic medalist,  
on anti-chafing cream



#### THE ENDORSEMENT:

"Before every ride I rub Windose cream on all the areas you can imagine it should go. If I didn't, riding would be like rubbing the inside part of my thighs with emery paper for half an hour, then pouring salt on it. The cream lasts for hours as a sort of second skin. Plus, it smells good."

#### DOCTOR'S ORDERS:

"Sweat and rubbing definitely causes skin to break down," says Dr. Daniel Wall, dermatologist for the San Francisco

**"Without cream, biking feels like rubbing against emery paper."**

Giants. A cream like this works well, but "most dermatologists will just recommend plain petroleum jelly like Aquaphor or Vaseline," he says. "They form the same type of barrier."

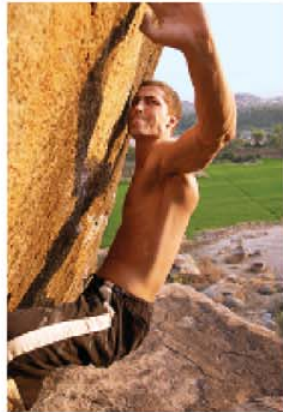
**windose**  
Skin Protector Cream

WINDOSE SKIN PROTECTOR CREAM (\$14; windose.eu)

## ROCK CLIMBING

### Sonnie Trotter

pro climber,  
on hand balm



#### THE ENDORSEMENT:

"Climber's chalk dries out hands very quickly, which leads to cracks. Eventually, they get so deep and severe that they bleed, and it can take weeks or even months to heal. I've found that the Joshua Tree balm keeps my hands moisturized and repairs the damage almost overnight, so I can climb the next day."

#### DOCTOR'S ORDERS:

"Dry and cracked hands are especially susceptible to fungi, yeast, bacteria, and dirt," says Wall. "If you don't work quickly to repair the damage, you're putting yourself at risk for a painful infection that will keep you from climbing at all."

**"Cracked hands from climbing can take weeks or even months to heal."**



JOSHUA TREE CLIMBING SALVE (\$15; jtreelife.com)

## SURFING

### Laird Hamilton

big-wave surfer,  
on sunscreen



**"It's not greasy, so it doesn't cause slipping or leave residue on my equipment."**

#### THE ENDORSEMENT:

"I use Epicuren every day that I go out on the water. It's not greasy, so it doesn't cause slipping or leave residue on my equipment. Also, it doesn't make me break out."

#### DOCTOR'S ORDERS:

"This product offers protection from both UVA and UVB rays," says Dr. Jack Resneck, a professor of dermatology at UC-San Francisco.

"But it's not water-resistant. If you're going to be in the water, seek out a sunscreen that is, meaning that it will still protect your skin after 40 minutes in the water."

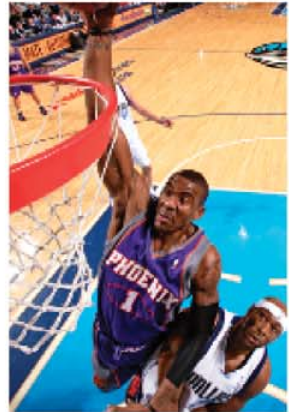


EPICUREN X-TREME CREAM SPF 45 (\$45; skincarelab.com)

## COURT SPORTS

### Amar'e Stoudemire

pro basketball player,  
on powder



#### THE ENDORSEMENT:

"Because I'm running up and down the court during a game, I have to prevent my feet from sliding around in my shoes. The powder keeps them dry, so they stay more solid, preventing any irritation like athlete's foot or a blister."

#### DOCTOR'S ORDERS:

Dr. David Davidson, president-elect of the American Academy of Podiatric Sports Medicine, agrees with Stoudemire's choice in foot care. "Wearing moisture-wicking socks and using any absorbent powder like talc, or even cornstarch, is the best prevention against blisters and athlete's foot," he says.

—NICK BURNS

**"Baby powder prevents my feet from getting blisters or athlete's foot."**



JOHNSON & JOHNSON BABY POWDER (\$6; drugstore.com)

\*None of these athletes receive payment from the brands they recommend.