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LIVE BLOG

3:11 pm ET
Oct 19, 2011

MLB

Cold in St. Louis? Try Minus-295

ARTICLE

COMMENTS (8)



By DANIEL BARBARISI

It's going to be chilly in St. Louis tonight for Game 1 of the World Series, with temperatures expected to plummet to 35 degrees.



—Reuters Texas Rangers starting pitcher C.J. Wilson

Which is nothing to C.J. Wilson. The Texas starter spent some time last week in temperatures that he said reached 295 below zero.

Wilson is a devotee of whole body cryotherapy, which has been in vogue with athletes of late as a way to rejuvenate the body. (Of course, athletes try all sorts of wacky measures that may or may not work.) The subject stands in a chamber and cold air is blasted in, cooling the skin

temperature down to between 30 and 35 degrees.

"Basically you stand in this freezing can and cold air circulates around you," Wilson said. "I did it a couple days ago. Went down to -295 or something. So 35 degrees should be no big deal, right? Although I didn't have to pitch when I got out of there, so it should be different."

All this is the norm for Wilson, who is proud of his oddball reputation.

Many athletes are afraid to try new therapies or techniques, preferring the tried-and-true methods. Wilson is the opposite. He's known for trying anything to get an edge, from eating only organic food to daily yoga sessions. Anything to get a 1% edge on the next guy, he said.

"I'm kind of an experimental guy. I'll go for the hyperbaric chamber, drink a new type of sports drink that's supposed to keep your blood sugar regulated," Wilson said. "I'll do whatever. Because the 1% at this level really is valuable."

Wilson is the top free-agent starter on the market, and while he's hurt his value with a poor postseason so far, as a lefty turning 31 next month he could still prove attractive to the Yankees at the right price.

If that happens, surely some clever headline writer somewhere will be writing next year about how "The Bronx is Freezing."

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8:47 pm October 20, 2011

Matt L wrote:

Relax, his therapy is being provided by Al Gore.

6:46 pm October 19, 2011

saruman_the_white wrote:

Cryotherapy, coming soon to a Spa near you...

6:17 pm October 19, 2011

Boring Ludwig wrote:

In George Burdell's world: "Fire? What a dope...stick with eating raw meat."

6:12 pm October 19, 2011

George Burdell wrote:

At minus 295 degrees he would have been a brick instantly!

What a bozo..stick to playing games.

6:07 pm October 19, 2011

Wikipedia wrote:

Actually, he's not too far off:
http://en.wikipedia.org/wiki/Cryotherapy#Cryogenic_chamber_therapy



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