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See beyond the green horse

SUNDAY ROUTINE | MIKE REPOLE

Horse Therapy and Vitamin Smoothie



MIKE REPOLE AT HIS STABLE. PHOTO BY JEFFREY M. HARRIS FOR THE NEW YORK TIMES

Mike Repole built his fortune in the food and beverage industry — he was a founder of Vitaminwater and is the chairman and primary shareholder of Pirate Brands snacks and Energy Kitchen fast-food restaurants. Seven years ago, he found a sure way to spend that fortune, buying a thoroughbred racehorse, but it was not his style to stop at one. Repole Stable has 78 horses based at Belmont, N.Y., two of them stars: Uncle Mo, whose Triple Crown season was derailed by a liver ailment; and Stay Thirsty, who ran second in the Belmont Stakes and won the Travers at Saratoga in August. Both are entered in races on Saturday — Uncle Mo in the Kelso Stakes and Stay Thirsty in the Jockey Club Gold Cup — to pre-

pare for the Breeders' Cup at Churchill Downs in November. Mr. Repole, 42, who grew up in Queens, lives on the North Shore of Long Island with his wife, Maria, 40.

ROBIN FINN

EARLY DAY Sunday is the one day I wake up earlier than my wife. I'm up by 6:30, earlier than I get up the rest of the week, because it's the day I get to be Mike from Queens instead of Entrepreneur Mike who deals with 700 to 1,000 e-mails and 70 to 100 phone calls every other day of the week. If I could make Sunday last for 48 hours, I would.

NO CAFFEINE, EVER If it's nice, I go sit in the backyard for an hour; I have A.D.D., so I don't often just sit around and relax.

I've been banned from ever drinking a cup of coffee; I haven't had caffeine in 15 years.

RAILBIRD THERAPY Sunday mornings, I drive to the track to see my psychologist, Uncle Mo, and my psychiatrist, Stay Thirsty. Sunday is a work day for them. Really, just visiting them is like therapy. I've got a 2-year-old prospect, a filly named for my wife: Stop Shopping Maria.

WATCHING, NOT RIDING I'll stand at the rail with Todd Pletcher, my trainer, while the hoes work out; there's nothing like watching a horse go past you at 45 miles an hour. I don't ride. I got on a pony once that went, like, one mile an hour. Not for me. I walk back to the barn and

watch them get bathed, pet them and give them their treats. I hang around annoying Pletcher until he throws me out of the barn.

SHOWER AND SMOOTHIE By the time I get home, it's noon. I take a shower because I smell like I've been rolling around in manure. Then my wife makes me my daily smoothie, which is like a science project. It's got Vitaminwater, watermelon, blueberries and strawberries and a bunch of vitamins prescribed by my nutritionist, Oz Garcia, in Manhattan. My wife runs marathons. Me, I've never run a race. I have to work hard at staying fit: I play tennis a lot, I go to the gym three times a week, and that's why I weigh 200 instead of 240.

MANGIA WITH MAMA Sunday afternoons we'll have my family over, about 18 people; it ranges from my 6-year-old niece to my 85-year-old grandmother. She comes out with my parents from Middle Village. We barbecue healthy stuff like turkey burgers and grilled chicken. My mother always sneaks in her baked ziti and lasagna or manicotti, and then my grandmother makes me feel guilty if I don't eat it.

MOVIE OR GAME The family leaves around 7; we're Italian, so it takes an hour to say goodbye. Then my wife and I just sit back, open a bottle of cabernet and decide who's going to be the ricer spouse that night. If she is, we watch football; and if it's me, we watch a chick flick. She'll fall asleep during the football game, and I'll fall asleep during the movie. Sunday is the only day I get to bed before midnight.