

## Jacoby Ellsbury joins hydration nation

By Gayle Fee and Laura Raposa | Friday, April 24, 2009 | <http://www.bostonherald.com> | [The Inside Track](#)

**Red Sox** [[team stats](#)] stud **Jacoby Ellsbury** [[stats](#)] is a man with a plan. He eats right, works out, hydrates with owater and leaves his longtime galpal, **Kelsey Hawkins**, in charge of restaurant reservations!

"I like to go out, but I really don't go out too much," Jacoby told the Track after he recorded a free-flowing radio spot for **owater** with drink king **Tom First** in the South End the other night.

"One of my favorite places is **Abe & Louie's** - and I like **Davio's**, too - but most of the time, I put my girlfriend in charge of picking restaurants."

Brilliant!

And apparently Kelsey knows how to pick 'em. Because the other night she and Jacoby and **Jed Lowrie** and his S.O., **Milessa Muchmore**, celebrated Jed's 25th birthday with a round of red meat and chocolate cake at **Smith & Wollensky** at **The Castle** in Park Square. The food was manly and the fireside table was romantic. A win-win for the foursome!



Photo by Faith Ninivaggi

So what else does Jacoby do with his down time??? Well, unlike some of his clubhouse cronies, he doesn't blog or tweet on Twitter or even update his **Facebook** or **MySpace** [[website](#)] pages.

"I really don't monitor it very often," he said. "There's a lot of posers. The Web site you think is my MySpace page - it's not even mine. But if I went to that page, I'd probably think that was mine, too."

Ellsbury does like to play golf in the offseason and hits the gym regularly year-'round. And this month he's found some time to do the spokesjock thing for the West Concord-based **owater** company. Jacoby said he loves owater's new strawberry-pomegranate flavor.

"It's my flavor actually," he said. "It will be in all Boston stores. It's a great drink and it's healthy as well. You can't beat that."

Hmmmm, we are reminded of a certain pigskin heartthrob who also hawks designer water. In fact, he just tied the knot with his longtime galpal . . . So, Jacoby, any chance you and Kelsey will follow Tom & Gi down the aisle any time soon?

"We'll see," he laughed.

File Under: Water Boy.

### Struck out

And speaking of Red Sox heartthrobs, we hear **Josh Beckett** [[stats](#)] is back on the market.

Word is, Beckett and his 2007-2008 season galpal, **Whitney Hayes**, are kaput. Our clubhouse spies say Beckett gave Whitney her walking papers before the start of the current campaign because he wanted to "focus on baseball."

Beckett and Whitney had been dating since 2007. She is the younger sister of the pitcher's personal trainer and high school classmate, **Randon Hayes** .

Josh previously dated a string of more, er, public honeys. The roster includes actress **Alyssa Milano**, model **Leeann Tweeden** and country singer **Danielle Peck** .