

Ken Rideout - Episode 803

Sun, Aug 06, 2023 4:36PM 1:45:23

SUMMARY KEYWORDS

people, fucking, work, running, feel, podcast, talking, prison, fuck, crazy, week, shit, friends, kids, told, race, win, give, teddy, fight

SPEAKERS

Ken Rideout, James Geering



James Geering 00:00

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said, I introduce to you Ken Rideout enjoy Well Ken, I want to start by saying thank you so much to che Sq, our mutual friend for introducing us and I want to welcome you to the behind the shield podcast today. Well,

 Ken Rideout 03:34
thanks for having me. It's my pleasure.

 James Geering 03:36
So opening question where on planet earth are we finding you this afternoon?

 Ken Rideout 03:41
I am in Nashville, Tennessee.

 James Geering 03:44
Beautiful. Well, I would love to start at the very beginning of your timeline because I know that's not your place of origin. So tell me where you were born. And tell me a little bit about your family dynamic what your parents did and how many siblings

 03:58
Yeah, I was grew up in in inner city in Boston. I had two siblings a brother and and a stepbrother and I, my parents were divorced and my mom was remarried. So we lived with my mom and most of the time with my stepbrothers dad, and for a while, like prior to that like whoever my mom was dating so it was incredibly unstable and unhappy to say the least.

 James Geering 04:30
We were talking about combat athletes right before we started recording with Boston I hear a lot of times people say it was a very rough upbringing. I did a lot of fighting. Did you have that when you were growing up in that city?

 04:43
Oh, for sure it was. There was nothing nice going on there. Other than my personally with sports, I was heavily involved with sports played ice hockey growing up at a very competitive level. played with a lot of kids as well as a child I played with a bunch of kids that ended up playing in the NHL big like NHL all stars, Keith could chuck match them and get going? The saccule brothers Joe Sacco I think he's now the GM in Colorado, something like that. But yeah, it was it was very competitive. And then I went at university I played football and ice hockey.

J James Geering 05:23

Beautiful well, with, with that kind of speed surrounded by all these people that did go pro can
What were you dreaming of becoming career wise, when you were in school? Was it the
professional athlete at that time?

i 05:37

Definitely had delusions of grandeur with playing hockey. And it wasn't until probably second or
third year at university where I was like, Oh, shit, I better stop paying attention here. Because
this ain't happening. I'm gonna have to get a real job like, and that's, you know, I don't know
what you how I would describe it, like part of my misfortune of having not a lot of guidance as a
kid, because I just didn't know what I didn't know. And I had to figure it all out as like, you
know, a 19 year old kid, you know, who didn't have many mentors or advisors or guidance
counselors around me. And it was a crash course in adulthood. And I didn't do very well at it at
times. But I've always, I mean, I could argue, I would argue I didn't do very well, because I
ended up addicted to opioids at some point to kind of deal with the emotional turmoil that I was
feeling of being in this like kind of world without a safety net. And not to like, say, like, oh, woe
is me, like, I deserve pity. It's just the reality of the situation. I was just woefully unprepared to
be an adult. And now I'm, you know, living in New York working in finance, and very quickly, I
had some financial says success again, not trying to give a sob story, but like that came with a
whole host of other concerns like imposter syndrome fraud complex, like I was just
overwhelmed. I had so many new responsibilities that I just wasn't prepared for when I
discovered opioids, I was like, Oh, this is a nice escape from the anxiety and discomfort that I
feel 24/7 in my in my own life, and thus began like a 10 year odyssey of being a functioning
drug addict. 24/7.

J James Geering 07:18

Now that was when you got into the world of finance, is that right? Yeah. Okay, so prior to that,
correct me if I'm wrong, you were a prison guard.

i 07:27

Yeah, I was. I was a correctional officer at the Billerica house of corrections. Or from starting
the week after I graduated high school is throughout most of the university. So like during the
school year, I might work two or three shifts per week, typically like four to midnight.
Occasionally midnight to eight, they put me in the tower. And you know, I do start I'd study and
get a bunch of stuff thrown out there. I try to. But yeah, worked in the prison from 18 to like,
2122 years old, worst job I've ever had in my life still, horrible place.

J James Geering 08:02

One thing that I've made observation of, and again, this is from the outside, I don't work in
prisons. I was a firefighter and paramedic, so I got to go into them sometimes when an inmate

prisons, I was a fireighter and paramedic, so I got to go into them sometimes when an inmate was having a problem, but that was about it. But when you think about a prison guard, they are in prison along with everyone else, they have to stay behind those four walls, they don't get to see daylight very often so So why was it the worst job for you?

 08:30

Every single person in there is miserable from the inmates to the to the guards, and I think that the guards at times were worse than the inmates. There was some of the worst people that I've ever been around in my life. Not all of them. I've have some of my best friends in the world. I met there. But there were a fair share of scumbags too. And it was funny, I was like, that's when I started 18 years old. And like, there were guys in there, they were resentful of the fact you know, they probably viewed the summer guys or like the part time guys like me as like political hacks. Like we obviously knew someone to get the job. The guy who was the warden happened to be the high school football coach of one of the teams I played against. He knew my kind of backstory took an interest in me and and got me a job at the prison. But there was resentment from some of the older guards and it was literally like situations where they were like bullying me. And and that was all new for me. I mean, I played quarterback in college, I was far from a dweeb, but you know, I was like, you know, I had some self respect. I was far from a tough guy, but I at least carried myself with integrity. So to now be getting bullied by people who I deemed to be complete fucking losers was incredibly difficult to swallow. But again, when you're 18, and the guy's like, 30 years old is like, you know, looks like one of my friends, dads. I'm like cheese. It's like I don't want to have a physical altercation with him. But growing up the way I grew up, I was always like, it's much better to get beat up and to fight and lose than to not fight and you You know, it was just constant conflict. So it was always like, you know, feeling like okay, we're doing this you know, like, I the amount of times where I've said to someone fuck it, let's do it, I'll see you out in the parking lot when the chips over, let's go. And I'd show up, they'd come down realize the job is on the line and then try to like find a fucking exit ticket as quick as they could, you know, they try to play a fake tough guy jump out of the car, like they're gonna fight and I was like, Are you gonna fucking talk about it or do it? And eventually they would I knew that they weren't going to. So I just kept showing up and praying that they wouldn't want to actually fight. And thank God they were smart enough to know that either they were going to fight with me and win and get fired or catch a beat and from a young kid and I liked my chances. But yeah, it was that that so when when I when you hear it describe like that you kind of get a picture of like what was going on heroes like you had the inmates on one side trying to get over on you 24/7 And then you had these fucking scumbag guards trying to like stab you in the back any chance they got because they were just like, spineless jellyfish themselves when they were like one break away from being inmates themselves, most of them. Not all of them. Like I said, there was some really good people there but there were also a lot of scumbags.

 James Geering 11:16

So with one thing that che told me because I asked him, you know, what are some unique things that maybe other people wouldn't have asked him before, but it was about the fact that at one point you had family members in that prison you were working at is that correct?

 11:20

11.29

Everyone did. Everyone who worked there had either friends or inmate or family in there. I was one of the guides who worked with me there was actually Mickey Ward who they made the movie *The Fighter* about and his brother who's played by Christian Bale in the movie is Brother Tiki. Aquin homeless have also a famous boxer for Sugar Ray Leonard he was an inmate there while we both work this so this was not like some crazy like anomaly like oh my god yeah, this one's bringing uncle a brother a stepfather is a prison inmate here is like this is like inner city stuff like everyone there is intertwined kids I went to high school with kids who are related that was not anything out of the ordinary.

J James Geering 12:09

So how did you navigate that dynamic? You know you it's a friend or a family member that outside those four walls you would have been you know interacting with normally and now you've got this power shift in and I mean that in a positive way.

12:22

Yeah, well luckily my stepfather was there when I was still in elementary school. And my brother was there after I worked there so they weren't there while I was working there but like for people like Mickey whose brother was there and they were close they just typically like station you somewhere away from wherever the family member was. So like, you know, the prison is so big it's like going into work for a cop on roll call, like you're taking you know, in Times Square All right, you're you're going to Harlem like different precincts, basically within the prison you could be positioned anywhere. You could be on the like outside security at the at like you know the gate where they bring in the ambulances and the transfer transport vehicles. Sometimes I'd be working on that gate transport and I wasn't in the early days when I wasn't qualified on the like on gun you know, you had to be qualified to like be issued a gun and the only people that have guns at the prison are external. You can't be in the prison with a weapon. So if you're in the prison, you don't have anything there's no dag like people think it's like *Shawshank* like a guard walking down the tear like bang in the fucking bars with a stick like you wake someone up in a prison like that and do something to disrupt an inmates life like that. You will get stabbed? No question about a you do not play games in there. This is the people live there. It's not like a movie. It's a lot of mutual respect. Shown and given and if there isn't, there's a problem. I mean, they these guys are not these fucking hardened grown men criminals, they will punch you in the face before they say please or thank you. So yeah, I was working in the outside and the guys would come and hand me their guns which technically I wasn't really supposed to be handling. I've never I wasn't qualified on. But that's the way this place operated man. It was like so cavalier. So the guy would hand me the guns. I have no holster, I have a 357 Magnum is super heavy, big gun. So I'd have one in my pocket one tucked in the back of my belt, because you know, they'd be two or three guards coming in and they'd have to leave them outside. And one time the warden pulled them and was like, Dude, what the hell are you doing? You know, this was before cell phones and cell phone cameras, but it would have been a funny picture because I was like, you know, a skinny little kid with my pants practically around my ankles with three guns, one in each pocket and one tucked into the back of my belt that just looks crazy. But yeah, that's hopefully that paints a picture of kind of how loosely run this dangerous place was.

 J

James Geering 14:52

Well with that very unique perspective. I've had a lot of conversations with people who have worked in law enforcement and or corrections, some here, some in other countries. And it seems to be pretty universally accepted now that the way we do prisons that I think they call it the Philip Philadelphia model where you incarcerate someone, you literally put them in a cell for hours and hours at a time does not seem to be very effective. You look at, for example, Norway, where their prisoners live in a community of houses, they've lost their freedom, you know, they can't go anywhere, but they have to cook for each other clean, they have to go to work, they go to school, so they're better human beings, when they move back into that community, because most prisoners will come back. What was your perspective of the Reformation or the recidivism? The repeat offenders in that that system? Did you think it was an effective system from the way you were seeing it?

 i

15:49

I don't think that the system could have been less effective, I happen to agree that the way to rehabilitate someone is not necessarily punish them. And that's what prison is strictly punishment, there's no rehabilitation going on. You know, even for people that come out and become productive members of society, they do that in spite of the prison system. And I don't know what the answer is, I'm certainly not a like weak on crime type person, I tend to be very conservative, and my beliefs have been grown up in the system of, you know, liberal, like, welfare, food stamps, I don't think that those programs really work. Just like I don't think the prison system works. I don't know that there's an easy answer of how to do it. I know very, very familiar with the Norway and Sweden systems of prison and incarceration. But I think that those societies also have much different cultural norms and in general don't tend to have the violence and kind of societal issues that we have in the US. That's not to say one's better or worse. It is what it is. But clearly, the way we're doing things right now is work. And you also can't have this no bail system where repeat offenders get arrested, bring down to the station, get issued, like some paperwork, and they're right back out on the streets commit the same crime. There's like no rhyme or reason. And I get the reformists that say the prison system doesn't work. And we can't keep incarcerating people. I couldn't agree more. That's a fucking waste of time and money to keep throwing people in a cage. But you can't have this knee jerk reaction just being like, Fuck it, let everyone out. No bail, like anything goes like that. No one's being served. Now the people that are following the rules are now having to live with these maniacs that are just smashing out car windows. I mean, San Francisco, you can't even leave your car unattended. It's like free, open season to just take whatever you want from anyone. And so yeah, I don't know what the answer is. But anyone who would look at our prison system and think that works is insane. I mean, the privatization of prisons only lead to one thing, judges sentencing an exponential amount of black youth to prisons in exchange for monetary compensation, like people had been convicted of this crime. Can you imagine a world in which someone would take money in exchange for funneling inmates into a privately funded prison like I can't think of like that guy should be like, fucking get death sentence, like to do something so merciless and heartless to someone. So, point is the whole system clearly doesn't work. And the fact that that could happen in this day and age is preposterous. So I could go on forever about my beliefs on you know, corrections and societal wrongs on norms. But I digress.

 J

James Geering 18:35

Well, these are important conversations, especially when people have worn the uniform, you know, we can all talk about it on the outside, but we don't know we don't work in a prison. You know, we're not an inmate. So it's listening to people that have been there I think that creates this this collage everyone's view is a different a little different, but there's going to be some real common denominators in there. One thing that was terrifying I just saw a few minutes before we sat down just popped up on my my feed a one of those cuz almost celebrity forensic experts is always doing these testimonials. And some of these big cases, was just convicted of lying completely about DNA. So there were two teenagers have spent 30 years in prison before this was discovered. And they were falsely accused so this is the



19:18

none of this surprises me though. Fucking people do anything for money, including destroy others. It's it's crazy. Like, if you wrongfully knowingly lie and get someone convicted of 16 years, you should do 160 years yourself, his eye for an eye, the two eyes for an eye. I'm all for like, you know, equal punishment. Some people shouldn't be punished. But, you know, these, this current system that we're in is just the times it just feels helped you feel hopeless, and I'd say the same thing for police. You only need one shithead to spoil the whole pot for police. Being a cop is a very difficult job. Personally if pop pulls me with helps me get out of the car, put your hands on the car. I'm not with all this, like, what's the probable cause blah, blah, blah. I'm like, Yep, here we go hands out they I can deal with if you just listen to them and go deal with the bullshit. Okay, there might be an out at the end of this, but I can promise you when you stop being defiant with them, and there's countless cases like this, where someone wants to be defiant in the comments, I'm shooting them. I don't want to die to prove a point to you. Like, I don't need to do it. Okay, hands on the car. Cool. All right, let's go this is we're gonna, I'm in the spiderweb I can either flail and fight it, or I can just go with it. And hopefully this guy comes to his fucking senses. And let's me go. But he has a gun. I don't and I don't want to die in that can happen. But the point is, when you have one cop that gets out there and gets over his skis and gets super aggressive with someone and it's caught on camera, you start to turn the public sentiment against cops, and I thank God we have them because if someone breaks into your house, people are like thankful that 911 shows up. So I don't know what the answer is there. But I know that there's like if I'm a cop, and I see someone behaving badly, same thing with corrections officers, you see someone mistreating an inmate or doing something unethical and you don't speak up, you're part of the problem. This fucking guy who's misbehaving is creating this public sentiment. That's anti cop. And if you're one of the good guys, you need to police your own people. And it's very hard to do that. Because being a cop is like being on a on a baseball team, the pitcher on your team smashes someone in the back with a fastball and you don't come out to fight the other team. Even if your guy's wrong. You're gonna be ostracized very quickly. And that's, I think that nowhere is that more evident than within the within the ranks of police officers. So unless I think it's an incredibly hard, tough job, all of those law enforcement corrections officers, they're tough jobs, but you can't have a couple of assholes in there. They spoil the pot for everyone, especially in the day and age where everything's recorded. It's not an easy job. I don't envy those guys. But thank God we have, because when you need one, you'll be thankful there. Same thing with EMTs and ambulances and the frontline health care workers that we have. Those aren't easy jobs.



James Geering 22:10

Well, I want to get to finance but just quickly before we do you talk, obviously about growing up

in unstable family dynamics when it comes to you know, boyfriends and stepfathers, etc. But you found yourself on the right side of the bar. So once you got into the prison system, what was it about your upbringing that stopped you kind of traveling down the wrong path when you were a teenager?



22:33

Yeah, that's a good question. I don't, I don't know. I guess new, I can just tell you that as a child, I knew that I wasn't comfortable being around the people I was around. And I knew that I was destined for bigger things than you know, being a probation officer or a, you know, guidance counselor at a prison, which is what I was heading towards when I started working there was majoring in sociology at a, you know, a relatively small, unknown University. So at some point, like I said, reality hit me and I was like, Holy shit, I've got to get out of here. So I graduated, moved to New York and started working in finance, which That in itself was a crazy adventure. And kind of like with some of the races that I've won recently is the first thing you have to do to win that race is show up. And I always showed up, I was willing to try anything, regardless of what the potential outcomes could be.



James Geering 23:33

So I had a guest on who I think is from the San Francisco area, but um, he was excelling in the world of finance, and ended up kind of struggling with a methamphetamine addiction that put him literally onto the streets. So what was it about that environment that you found yourself? That was the kind of the genesis of leaning into an unhealthy coping mechanism and up to that point, you've been able to stay you know, somewhat on the right side? You know, what was it about finance of all things New York that drove you the other way?



24:10

Yeah, that's a good question. I I, because I had been living in in grown up and lived with like, such underachievers relative to what I wanted in my life that when I was in this world in New York and started to have some financial success, I just suffered badly from this fraud complex or imposter syndrome and fell into had a surgery on my foot and got some Percocet prescribed to me and the first time I tried it, I was like, oh my god, I can't believe how good I feel like this is awesome. I can't wait to get a refill next week. And it slowly went from like, you know, taking one or two at night after work to like taking them in the morning to deal with a hangover and the hangover was from you know, drinking and drugging the night before. But I was always training and exercising. So I was like I always jokingly tell people I was like an incredibly effective drug addict because I had means to support my habit. So I didn't have to steal or rob I had, I always had more than enough to do whatever I wanted to do. And I was personable, so I was very good at like convincing doctors to write prescriptions for me or finding street dealers that I could, like, interact with without raising red flags, and I was just, yeah, it fucking destroyed my personality. It destroyed my sense of self. It filled me with self loathing that I still struggle with it like made me suicidal. It's fucking horrible. When I look at it, I'm like, What a disgusting loser. I can't believe I did this to myself. Like I don't view myself as that I'm a fucking winner. But I can't deny that I did this. So it's like skewed my impression of myself because I was always like, super confident and borderline arrogant about my potential. And when this

happened, it like really kicked me in the balls and reminded me like you're not special. And now and I do speaking gigs. I always tell people like, no one is special. No one is unique, including me, including you, we're all the same. Some of us just do some unusual things and have an ability to rise up and do certain things with the same way some people have the ability to surprise to the upside, they also have the ability to surprise to the downside, whether that's their own self sabotaging drug abuse, sexual you know, sexual deviance, I've seen everything from so many people have a really diverse group of friends and connections throughout the world. And I've seen it all I've seen people do use all kinds of different vices to cope with their displeasure. And I always say, you know, it's not the drugs that are so good, that make people addicted, it's their, it's their discomfort with themselves that's so powerful that they'll do anything to get out of that, to get away from those feelings. And the only way through the darkness, or the only way to deal with the darkness is to go through it. It's this there's no other way. It's like when you find drugs as a way of coping with your uncomfortable emotional state. Guess what, when you finally realize that this is a losing proposition, you no longer just have to deal with your uncomfortable psychological state. But now you have to deal with withdrawals and the damage that you've done to your brain, and your endorphins and serotonin and every fucking chemical, chemical plant in your brain is now gone haywire. Because instead of searching out, organic, pleasure, sense, pleasure centers, food, sex, reading a book relaxing, those types of like momentary momentary feelings of pleasure, are nothing compared to like the artificial, the artificial spike in dopamine or serotonin that you get from taking drugs. So now, whereas normally you'd have to work hard, maybe do a workout or do something to get that emotional reward. Now, it's just you're just giving it to your brain, willy nilly at your own discretion. So when you get off that it's months, if not years of just being adult, period, and there's no other way around it. And it's intimidating to tell people that because you don't want them to think like, Dude, I don't have the years because I spent 10 years trying to avoid withdrawal the two weeks of withdrawals that I'd have to go through so I'd go through the withdrawals get over it feel like that's the hardest thing I've ever done in my life. And then a month later, I'd be high again, in only only in the last few years have I been able to establish some serious longevity with regards to my sobriety. But even that hasn't been without hiccups. I've made mistakes all along the way. No one is perfect. And I you know, it's embarrassing, but it is what it is. This is my journey, it's part of it is helped me create the life that I've created for myself, I don't know that I could have one without the other so that no, I've tried to figure out a way to be thankful for everything that's happened to me.

J James Geering 29:25

It's a shame it's as ironic sentence as a shame. There's so much shame when it comes to addiction. And it's usually seems to be addiction outside of alcohol, because it's fine. You can knock back as many beers you want. And socially, we still accept you. But you've tried that, you know, methamphetamine, ecstasy, you know, whatever it was, and all of a sudden that's a whole different kind of way that you're looked but ultimately, from over 800 interviews now that I've found so often there are things early in life that were never addressed, never even realized to be addressed that more often than not manifest When we get into our seems to be late around the 30s time kind of show their ugly head. So have you been able to navigate that? Because I mean, there has to be a self forgiveness for things that happen. You know, when when we're children, when you don't have a choice, you can't say you're eight years old, I don't want to live here anymore. I don't want to listen to you arguing I don't want to watch you get drunk. And I felt



30:21

all those things. Even at eight years old, I felt all those things, I hated it. I was, I was so unhappy. I would do anything to get out of there. Anything for an escape, and that's why I was playing sports kind of gave me a momentary escape. My father would come and pick me up. But quickly, I realized that, you know, was he picking me up for like me to play sports? Or was it more for him to kind of like, live, live vicariously through his kids, you know, and it was just me and my brother, my biological brother, was the opposite. He was like, lifelong heroin addict, never had a job quit school in the ninth grade, just like complete polar opposite of me. And we grew up in the same house 11 months apart. So it was like, How did one person choose a path of like, dealing head on with adversity? A one person just came to the pressures of life and just couldn't cope with it whatsoever? You know? I don't know. I don't know what the answer is. I've thought about it a lot. But it was certainly not an easy upbringing.



James Geering 31:24

And this happens so often, I mean, so many people in uniform, it's amazing to hear some of these early stories. And And now finally, men are understanding that it's courageous to be vulnerable. So people are really opening up to what happened. But so many people that wear the uniform, whether it's conscious or unconscious, we're driven to be the protector, we're driven to be part of a tribe that is accepting driven to have a purpose. So you know, in this audience, this thing now, I would say that childhood trauma, and it doesn't mean that, you know, it's crippling, but some sort of childhood trauma is evident, usually in a lot of us is what sends us to this profession in the first place, and gives us the tools to see and do some of the things that we have to



32:06

I completely agree. I think that like you said, people feel shame. And they don't, they don't want to share their trauma. Because a lot of times, they don't even think that they've they've faced trauma like myself, like I didn't think I had trauma. And I recently went to a place called on site, which is considered a trauma healing center. But I didn't go there thinking I needed trauma healing, I just knew that I wasn't happy in my current station in life, and I knew that I could be doing better. And it was literally just an exercise in self improvement. And it was talking about like a four or five day commitment and no phone, like, it was like I was driving myself to jail. But I knew that I needed it. And I knew that. You know, Fortune favors the bold, and I knew that if I could do something bold, maybe there wouldn't be a big reward at the end of it. And there was. And when I go out there and walk through with a therapist, one on one therapy with a therapist for like six hours a day for five days, you get deep into your life journey. And we spent a lot of time talking about childhood. And when I went through it, you know all along saying, Look, I don't feel traumatized by what happened. It just happened. Like it is what it is. So she's right. And we're doing all these like interactive exercises and shit up on the wall and talking about different periods of life. And she's like, What would you say if I told you any of your kids could go through what you went through? Like, how would they handle it? And I was like, they wouldn't. They couldn't. And she's like, Yeah, but that's where you're wrong. Like you did what's special about you just said, no one's special. I was like, I just can't imagine I can't imagine this happened to someone else she's like, so then why don't you have any compassion or sympathy for yourself? Why is it okay for you to have been dragged through

hell. But if someone else did that, it would be too much for you to even comprehend. And I was like, oh, no, that's a good point. That's probably something I should look at. So, but you mentioned about earlier about people being scared to share their vulnerabilities. But I would guarantee you that if you look at guys that these people admire, guys like Jocko willing what David Goggins comes to mind is like, their whole journey is based on them talking about vulnerability that all stems from vulnerabilities if you didn't feel vulnerable, you wouldn't get up early in the morning in train, you believe that you can win without training. And you know, David Goggins talks about being a big fat so spraying for cockroaches and now he's like, you know, he doesn't, he's does hard shit every day. And that's kind of like, I mean, he has his own journey. I wouldn't compare myself to do it. Other than we're both into exercise, but you know, we're all on our own journey, but that's part of the mindset that I feel like has made me different is consistency. Like I just run 10 miles every single obey because it's hard. And the rewards that I've gained from that level of consistency and commitment have been indescribable. I've become a like a world champion marathon runner, I've won huge Ultra every distance from 5k to 50 miles, you know, in my 50s, and who would have thought that I would be in my athletic prime in my 50s. But had I not been toiling in darkness trying to like get over this addiction, none of these rewards would have been would have been achieved because I didn't start running to win races. I started running just to deal with my depression and addiction. And the universe kind of rewarded me for working hard and now I'm like, I get to do podcasts like this and talk about my athletic achievements. Without them I can't get arrested no one even knows who I am.

 James Geering 35:56

Well, I want to get to to the upswing, but just before we do you know you're in New York, you're in finance you've found yourself hooked on opiates, where was the lowest point that you found yourself and what was that moment that or collection of moments that made you finally have the strength to start doing something about it?

 36:16

You know, I never had like a rock bottom moment again, because I had money I had shit. I mean, aside from embarrassing myself here and there. You know, in hindsight, I wouldn't say that there was a rock bottom moment. I think that when I went through an outpatient detox, they have me on blood pressure medicine and Ritalin during the day and Xanax at night. It's just doing withdrawals, physical withdrawals from opioids is hell on earth. Anyone who can get through that and stay sober to me, I always equate it to like if you see someone who's huge out of shape, like 400 pounds, then a year later you see them and they're ripped, and they got abs like that, to me represents how difficult it is to get off opioids. So when I was at the outpatient and they were prescribed me all those drugs to sleep and just to maintain my day to day life, I keep mine I've done I had done all of this, like white knuckling. I've just like gone cold turkey and then, you know, like, fuck it, I'm gonna, like, get exactly what I deserve. And that's I'm gonna suffer like a dog with withdrawals. But when I finally realized that that was a losing proposition, I went to the detox one night, I got up to use the bathroom in the middle of the night. My wife knew, unfortunately knew that I was going through this so embarrassing because my wife is super straight laced, and never has done drugs in her life. Nothing. She's never smoked weed, never seen drugs until she met me. And not that I have drugs around the house. But she had never like experienced anything like this. She had a beautiful family, beautiful

upbringing just raised the right way, which is why America she represented everything that I wanted in my life for my family. And I woke up to pee in the middle of the night and blacked out and woke up on the floor. Like when I think about all the things that could have happened there. Imagine busting my head open, like how do you explain to someone that you passed out in the middle of the night because you're on blood pressure medicine, because you're withdrawing from opioids. All the while, like I'm living a successful life working in finance, living in a beautiful, like, crazy glass high rise in Manhattan with views of the river like just stunning, gorgeous place. Really remembering so fondly because we took the kids into the city. I live in Nashville now. And we took the kids into the city two weeks ago. And they were like, wow, we lived here. I'm like, do you all live right in that apartment right there? And they're like, oh my gosh, we go it was like But yeah, so nothing like stuck out as oh my god, I was like found myself naked in a motel for hookers. Nothing like that happened. But it was just a combination of like constantly feeling like a piece of shit.

 James Geering 38:50

So what was the the moment or what were the moments where you've decided enough was enough? And then what were the first tools that you use to start kind of climbing your way out?

 39:00

Like, I think when we started to plan a family and started to make plans to go adopt my daughter from Ethiopia, that was when I like got for like, started to get some longevity with the sobriety. And yeah, what was the second half?

 James Geering 39:19

What was some of the tools that you started using? I know you said you, you for example, you were exercising? Was there. Was there a crossover point there?

 39:26

Yeah, no, when I when I was getting off it like I was starting to exercise and do some cycling and stuff while I had while I was still using but then when I got off it, you know, the detox, they were like at that x outpatient detox facility, I'd go every day. They're like, listen, take it easy. No, it's because I was always fed. Like, take it easy, no exercise, and I'm like, fucking take it easy. I deserve to die for what I've done to myself. I'm fucking training like a maniac every day. And I read they were like, there's no way you're going to be able to exercise every day with all the shit that we have you want for the day. gets weak, you won't be able to do it. I was like, Really, I ran every single day, 10 miles. And some days, I felt like I was gonna drop dead. But at that point, I was like, I don't care if I die, like I want to I, there were moments honestly, where I was like, I want to die. I don't, I don't, I can't. I don't have the backbone to kill myself. And I don't want to do that to the people around me. But if I die running, that's a perfect scenario. I don't have to do it. And I can be done with the suffering. And like, you know, hopefully people listening to this kind of get the message here is that like, this is a fucking losing proposition, man, doing drugs, putting anything off is a losing proposition, whether it's sobriety, a diet, if

you don't exercise, like your life depends on it. Guess what, you will exercise when you realize that it does depend on it, you have to take care of yourself the only thing you have control over think about if you bought a brand new BMW, you wouldn't bring it home and put like shit gas in it. If you had like a souped up, I can push, you wouldn't put the cheapest gas in it. Like why would you ever do that to your body, it's like yours forever. And unlike a ploy you're never trying to get in. So whatever you do to this thing, is going to have to be dealt with. Unfortunately, our bodies are so resilient, you can beat the shit out of it, and it can bounce back and can like regenerate. But you can use that, you know as as as a repair mechanism. While you can use that as a reinforcement mechanism and take what you have and make it better. Or you can abuse it and let it just return retain the status quo. And it's easy to just like, Fuck you do that? Who cares? I'm just like, chilling. I'm just living. I'm here for a short time. Not a long time or a good time. Not a long family. Okay, cool. Talk to me one year on life support about how much good time you haven't. But who knows, maybe I'm wrong. Maybe I'm maybe fucking die of a heart attack next week, a little bit. Like I told you too much exercising wasn't good for you. I'll take my chances.

J

James Geering 42:08

When you were talking about being okay, if you dropped out and running, you've got you talked obviously, several times now about guilt and shame. One of the real common denominators that comes out of so many people that have been in that dark, dark place, is that feeling of burden, like the brain has become so miswired by that point that that's literally telling the person the world would be better off without you. Your family would better off without you. Did you ever have that voice too?

o

42:33

Did I have it I still have it crazy. Like I I wrestle with suicidal ideation frequently, but now I have people that really depend on me, you know what I mean? Like? I'm not a liar. I can't say that. That is in the back of my reality that I have this like ideation. I wouldn't say suicidal, like, thoughts or tendencies. But certainly the idea pops into my head from time to time. But it's immediately like it. I always use this example. It's like in a race, I have two voices in my head. There's one that's like, we're gonna get fucking killed. Why are you here, you shouldn't do this, we're gonna embarrass ourselves. But I have another voice in my head, that's always at least 1% stronger. That's like, fuck you. We're coming for them. Next, we're winning this race. These guys have policies we're going to smash them in. And by the way. I've said this in a million interviews, reality has nothing to do with this mindset. Because the reality is, these guys aren't policies. These are international, like ultra runners that are here to fucking win, that have won races that are tough. But that doesn't matter. The only thing that matters is what I'm telling myself. And if I can convince myself that these guys are policies, and they're not as good as me, maybe I'm wrong. But that's the process that I've used to win. And that's the process that I continue to use. And when the race is over, I love every one. I'm so happy. But during the race, I want to win. And that's the only win out of doing this because some people like all fucking take it easy. Let's just have fun. Yeah, cool. For some people, let's have fun. I'm not saying I'm out there committing atrocities or doing anything outside of the about the boundaries of the rules. But I want to win. I don't, you know, but but at the same time, at this Gobi March race, I was in second going into the fourth day, 50 mile stage. And a Swiss guy was leading. And we were together for about 35 miles. And coming out of one of the rest stops. He was struggling

and he had like a 12 minute lead on me. So we had the leaders jersey, kind of like the tour of France. You know, the leader of the cumulus leader has the German. So he says I gotta walk a little but we're together and we're alone in the desert. So I'm like, Alright, cool. I'll walk with you for a little while. Like if we're going to race with 10k to go 10 miles to go. I'll say dude, listen, no offense, we got to race. But I'm not gonna run away and leave him in the desert because now he's struggling. So Oh, he's struggling more and more is like, Dude, I gotta sit down. I'm like, You can't sit down. We're in the fucking desert. So this is just to give you an idea. Like I say, I want to kill everyone. But the minute someone starts to die, I stop and save him. So he's sitting down, I'm shielding him with my body to keep the sun off of now. It's like, all thoughts of the race are out the door, because now we're talking like to win the desert if I can. Checkpoints are like six miles apart, seven miles apart. And we got a couple of miles to go and this guy is sticking down. And this guy is fit. I mean, he wants three or four of these races in a row. You know, I was like, Holy shit, like, and he's like, Oh, you can just go I'm good. I'm like, dude. I'm not leaving. I was like, Come on, I'll carry a pack. Let's see if we can get to the checkpoint, because they'll have some first aid there. And they'll have water bottle, but we're running out of water. So he has his water. I have my water. So now I'm pouring my water on his head. He's drinking my water. And listen, before he started the struggle. We were helping each other. We were like, you know, he pull water on my head. Occasionally, if he had extra poured on his head, we're working together with friends. Still, eventually, a support vehicle comes by and of course, I'm pissed because I'm like, Guys, what the fuck, man, you need more support out here. We're in the desert. The checkpoints are way too far apart. We can't carry enough water to get there. Like we're loaded with water. And we're still running out. And again, this isn't like three o'clock in the afternoon. We've been going since he in the morning, running and so they take him and they're like, Are you a good so now I'm like, I'm the fucking winner. I'm gone. I like he's sitting on like on death's door. And I'm lagging, because now I've recovered. I'm like feeling good. I'm running like the fastest Seven Mile split of the race. I still have my 20 pound pack on but I'm moving. And I at that point, I took like an 80 minute lead over second place and ended up winning the race. It was a six day 155 Miles six day stage race self supported meaning you had to carry everything except water and attempt to sleep in. But I have my sleeping bags, leaping pad and all the food and emergency items and a few clothing items. Because no shower nothing for like, seven days was crazy. I think two showers a day on the biggest policy under the sun. Like I want to sleep at the Four Seasons, I want to eat a good meal. Like I have no man skills at all. Like, my kids love the show alone and interesting sites where I'm working on a couple of TV projects with the production company that produces alone wheel house studios. They also produce intervention Pawn Stars Duck Dynasty, really good dudes. And they were like, listen, we got a show called a loan. I'm like, I thought we were friends. They're like, What do you mean? I'm like, I fucking be dead and publicly humiliated in two weeks if I went on a loan, because I'd never quit. But I don't know how to fish. I don't know how to hunt motherfuckers snaring rabbits, and then skinning them and cooking them. Like, I wouldn't even know where to begin. Like, I don't know any of that stuff. I've never This is the first time I've ever lived in a house that 50 years old. I've always lived in apartments. I mean, in LA, we lived in a house. But it was like, in LA it wasn't like now I feel like we live in the country. Which when I tell people in my neighborhood that we live in the country, they always laugh because to them. This is country of like, Yo, I go for a run I see horses and cows in some of these yards. And they're like, Okay, I guess that's fair, I guess. But to them. We're in like the metropolis of Nashville. And so anyway, the point is, like, I just, I didn't, that stuff didn't that outdoorsy stuff didn't come natural. To me. It was a challenge. But that's why I did that race is because it challenged me and scared the shit out of me. And I was like, I'm always preaching to people, like do things that make you uncomfortable, man accept big challenges. That's the only way you can win. is the first step is you have to show up. But in a lot of cases, that's like 75 80% of the battle was just being there. Hey, I'm here. Who wants this? It's like when I told you when

with my wife, when I'm like, what do you what do you want to do? Do you want to do something about this? Like, noise always like, what are you going to do when someone tells you? Yeah, like, Yeah, I do want to do something when you have a conflict with someone. Most people don't want to conflict including me. But I've never been the type to shout and scream and yell. I'm always just like, Excuse me, what are you yelling about? You cut me off on what the fuck are you gonna do about it? Nothing. Okay, if you want to do something, do something. But if you're not going to do some dude, just keep running your mouth, because most people don't even show up. And that's kind of my philosophy on all these races is like, what could I do if I actually showed up to a bunch of these things? So that's been my new philosophy recently, which is why I signed up for that Gobi March race. First time I've ever done an ultra marathon first time sleeping in a tent. First time running with a backpack

 James Geering 49:48
and you won. And I was

 49:50
talking crazy. I can't I can't say it without laughing.

 James Geering 49:54
So we got Gobi which is very, very recent. You know, we we kind of left the story at leaning more I'm gonna jump in No, no, no. But it's beautiful. Interviewers like no, you know, actually, I love it because I'm a rabbit hole, you know, fan. So that'd be we can always circle back, which is what we're doing no problem at all. So you're initially just running, you know, just simply for exercise. So walk me through how that turned into competitions. We talked about goby and to tell me some of the other incredible events that you've been part of.

 50:26
It's like, there's like a good book where they tell you the ending at the beginning and then walk you through how they ended up getting there. So when I was getting sober, I was cycling, swimming, running and doing more triathlon stuff. So I became like obsessed with triathlons. And of course, like anything, I'm like, What's the top one? Oh, the Hawaii Ironman, it's on TV. Holy shit, it's on NBC. I'm doing that. Then you start to look into what's into what goes into it. And people doing like 1012 races trying to qualify because you have to qualify to go there. And it took me like, I want to say three tries to get there first couple of times, you know, there's a lot to learn in an Ironman. I had no experience cycling. I didn't know how to swim. I mean, I know how to swim. Like if I fell out of a boat, but I was never swimming laps. But very quickly, I just went to the pool. I've told this story before. But long story short, I just jumped in the pool and started swimming. And then I'd see people at the New York Athletic Club. There was a lot of Olympic swimmers there, and former Olympians and I would just grab people going Hey, buddy, do me a favor. Will you watch me swim down the pool and back and tell me what am I doing wrong? And most people, when they see me there every day, they'd start helping me all the time. They're like, hey, when you get to the flip, turn do this, this this, then I do it. How was

that? I was like a little kid in a man's body. I was like, how was that? And they were like, Dude, that was awesome. You know, and then I was like, almost like their charity case in the pool. But then I'd get to an Ironman and I like an Ironman, Wisconsin, I was like fifth or sixth overall. And everyone one my age group. I went to Hawaii three times. So when we started having children in 2010, I was like, you know, so I was doing triathlon, maybe three or four years. And then in 2010, we adopt my daughter, and I was like, You know what, I just just, it's just not feasible to think that I mean, that training was crazy. I was training at least 20 hours a week, you know, once or twice a week, at a minimum once I'd be training for like six to eight hours a day. So I'd ride my bike for like four or five hours because think about it, you have to ride 112 miles and then run 26 in the race. So if you can't ride 100 miles on Saturday and run 10 off the bike, how the hell are you going to ride 112 fast, and then run a marathon in the middle of the day in Hawaii, where it's going to be 85 and 85% Humidity bucking guarantee no questions asked. That's what it's going to be never varies. And it's going to be windy on the bike date, like dangerous, windy like cross winds knock you off your bike. And it did hurt a lot of people. So I did that. First time I went there, I quit. I just got on the run, it started to suck. And I was so happy just to be there that I justified quitting, I stepped off the course. And that was like a huge turning point in my life. Because in my partner, Teddy Atlas, who does the fight podcast with me the fight with Teddy Alice, he always says that, it takes a lot, it's a lot more difficult to quit than to keep going in anything. Because when you quit, you have to live with that feeling for the rest of your life. And for someone like me, like I can't think of something worse than like giving up quitting being a failure. Like at things that are in your control. You can't control talent, you can control effort. And yeah, in 2012, I went there, got on the run, quit, walked back to the starting line, like a failure crying, walking with my wife like, like just a sad, pathetic loser. Just like, what am I doing? Even when I was doing it, I knew I was fucking up. And apologies for the cursing. By the way, I don't know if you have cursing on your show. I did a lot of beeping. So when I went to dinner that night with my wife and I was like super emotional, because I was like, I can't believe it. Like I'm ashamed of myself. And I had those drug feelings again. And she was and she had sacrificed a lot for me to do this because we had two little kids. And she's like, if it's that important to you go back and do it next year. And from the minute she said that, like hours after the race. I was like fuck yeah, I'm doing that I went to Wisconsin, the next year came in like fifth or sixth overall, like 930. Then I went to Hawaii that year and did 939 are some 939 or 936. That sounds crazy. Because when you're in that world, you would remember you wouldn't remember the time down to the second but now it's been so long, 10 years and I'm like yeah, it was in this context. I know I've done these times. 936 or 939 was in Wisconsin and Cornell conversely, you know, but yeah, I was super happy with that. And then I started running, and I ran I wanted to break three hours in the marathon. I ran like three 58 and Boston weighed 258 in Boston. And then I was like, one that just kind of casually, it wasn't like a grand plan or scheme. I was like, I wonder how fast I can run a marathon if I just trained running. And we moved to LA. And then in 2018, I ran three to 40. In LA, which was an astronaut. Sorry, I ran a 258 in Boston, and I ran a 245 in New York, which those courses are really hard. So that's really a faster time, I think that there's probably worth a few minutes at least on a flat course versus Boston in New York. Then I did the LA Marathon in 240. In like, I want to say like March of 18, or 19. And then that December, I went to Tucson, which is a really fast, close, and I went to 33, which was like an astronomical in the course of let's say, two years, I had taken like close to 30 minutes off my marathon time. But it was all self coached, I was just running a ton. The whole thing came down to consistency. I was just consistently running more than other people. And I had no rhyme or reason I never went to a track when I felt good. I'd run fast. If I felt bad, I'd run slow. In 90% of the running was on mountain trails. In the Santa Monica Mountains. We lived in the highlands in the Pacific Palisades. So like two and a half miles from the beach as the crow flies, but 2000 feet of up in the mountains. So we were like up there and I'd have access to the trails I'd run in. It's It was wild. We were so close to LA but I'd be running and I'd see

coyotes or I saw mountain lion one day like face to face with a full grown adult mountain lion. Naked. Bobcat, like it was wild, like people wouldn't believe we were that close to LA and all this wildlife existed. But that was like, that was the mecca of training for me that was like geographically the best place on earth. My wife's always like if money didn't matter, where would you live? I said exactly where I live. Malibu Pacific Palisades is just so cost prohibitive for for kids like it's fucking crazy. So that's how I got into the marathon running and then just set some goals of like winning. When I turned 50. I was like, I want to win the 50 and over age group that all the major marathons so London, New York, Boston, Berlin, Chicago, Tokyo, and I won Boston, New York, in Tokyo, and I got second in London in Chicago by less than a minute in both and then I got flown out in Berlin, but I rent terribly, I rent to 35 in the winter and 230. But in Tokyo, Chicago, and London, I rent to 29, around 230 in Boston to 33 in New York, and to 35 in Berlin. But in New York, I ran when I ran to 33 and 21. I won the 40 and over masters division, which previous winners included like Olympic superstars, Meb Keflezighi who won previously won Boston in New York marathons, my friend of the of the Rockman, who's a five time US Olympic runner, he won the Masters in New York. And luckily, these guys are my friends. And you know, they send me a text like, Hey, welcome to The Club, Masters champions, and I was just like, Man, I can't believe this is my life. A few years ago, I'd hustled down to the start line to watch these superstars just warm up. Now at every single major marathon. Starting with the pros, I'm in the front corral, standing on the thought line next to like legends. In Berlin. There's a picture on the start line of Elliot Kip shogi, the fastest marathon runner in the world in history. Um, two people behind him on the sideline in the photo, like we're ready to go, like I'm on the field. I'm like, on the field at a Super Bowl of running. And, you know, I think those kinds of things in the last year or two I've really like hit home made me realize that holy shit, I've done some pretty cool shit just through sheer determination. Because I'm not like, I'm not like a high performing athlete. I played division three sports at university, I wasn't like a threat to be like, you know, play football at Miami or Notre Dame, or hockey for that matter. So to think that at 50, I'm lining up with the best runners in the world is a dream come true.

 James Geering 59:26

Now you can hear the passion in your voice when you're telling these stories. You talked about impostor syndrome earlier in your life around the finance times, as you're succeeding in these sports, you know, is it actually paying back from the mental health side as well? Are you getting the catharsis from this as well as the simple achievement?

 59:46

Yeah, yeah, probably both like, I mean, like, Berlin, and then Chicago, probably none more so than in Berlin just walking over to the styleline and being true did like a professional versus like, you know, especially at a major marathon. I mean, they treat the masses like cattle. You like told to wait over here three hours you're out in the field, it's raining. It's shit. It's the horrible experience, like running a major marathon is cool for the experience. But if you want to, like throw down if you can't get your athletes to the first corral, like, what's the sense like you're gonna start behind 4000 People 3000, even 2000. That's a lot of people. At the Tokyo Marathon when it started, I was about 10 people deep off the starting line. Someone at the front like maybe a second or third row of people stumbled and fell into 1000s of people stampeded them like I mean, I literally hurdle to get over a person but all you can hear his knees and an elbow

smashed on the ground and people getting toppled, like they're caught in a wave like a surfer. I'm just like, man, if you were like in the backyard, there's so many things that can go wrong if you're trying to be competitive, which is why at the styleline sometimes I can be a bit of a pushy, dickhead. Because I'm just like, Listen, I got too much time and energy invested and money invested in getting over here to Tokyo. You know, I'm going over there. I'm like, I've done all the training and all the bullshit that goes along with it. I'm also splurging for first class ticket. I've been lucky. I've worked hard, like I don't make any apologies about it's the way I eat. The same way I tell a professional athlete like if it matters to you, you better like give yourself a chance and racing on the other side of the world. Typically, you want to get there one day per hour of time change obviously in Tokyo with like a 14 hour time change. I don't have 14 days to like hang out in Tokyo like by myself, I got full fucking kids and a wife. But I did get over there a week early traveled over this. And my point was, if I've spent all this time, energy and money to get here like to leave something to chance by being like, yeah, okay, I'll sign the third crop. The fact that I'm like, pushing to the front, I'm like, I'm, I'm ready. For this exact moment when someone topples that I don't have to, like, fight through 3000 people. But you know, like I said, walking over there and just realizing like, Yo, I'm walking in with the pros, they see a number they see you come in with a special bag, right this way, you know, into this, like, beautiful tent with your own bathrooms and food and it's just like, holy shit. I did this. When I walked into that tent. All the athletes were sitting by based on nationalities, you know, like Chinese team, Kenyans, the Americans. And it was just awesome. I walked in and some of the American guys like yo pin and I was like, oh my god, they know me. A fucking old nerd. These like professional runners know me that like almost accepted me as like, you know, hey, you're with the Americans, but there were no seats anywhere. So the only seats next to the Kenyans with Khashoggi so I just walked over to keep choking. I was like, you know, anyone sitting here? And he's like, No, I think other people might have been like, intimidated to sit next to like the world champion. I was like, fuck this. No seat. No one sitting there thinking, Joey, I'm gonna go sit there. So yeah, that was just like the most surreal moments of my, like running career, if you will. And the best win that I'm most proud of is probably winning the Masters division at New York City like to win that. I mean, I think I won like \$4,000 It was like, I got a paycheck. I haven't framed over here like crazy. Because I got I can make money for running. Who would have ever thought of something so crazy. I mean, even even the apparel like I have a apparel sponsor sales guy, they send me the clothes that I run in racing. And by the way, I've turned down like six other companies because sales guy started giving me clothes when I couldn't get arrested. I hadn't want anything and the guy just heard my story through with Danish friends. It's a Danish based company in Copenhagen. And he started sending me like shorts and tank tops. And when I started to get attention and apparel companies wanted to pay me to wear their stuff in races. I said, I'm happy to wear your clothes anywhere but I cannot wear it when I'm running. I have a personal commitment to these guys they been they've been giving me stuff when no one knew who the fuck I was. I'm like I don't I have what a lot of wealthy people don't have and that's enough. We can always use more money but if nothing else, I have enough I'm good right now. So I value my relationships and friendships in the space and you know, I'm I have integrity and I have my word means everything to me.



James Geering 1:04:24

What do you think it is that makes the Kenyan so good at distance events?



1:04:31

I think it's probably a combination of a bunch of things right? They're at their most of them are born at altitude in 2010. I think Nairobi's probably at like a healthy altitude. I don't know exactly what it is. But I think it also has to do with their physiological makeup, right? They tend to be long and lean and low muscle mass and there's like a direct correlation between having like if you look at all the world record holders in the marathon, they're almost the exact same dimension They tend to be around five, six to five, a probably like 110 pounds, they're super, super lean and efficient. They have form tends to be flawless. Like they just I think that they just have all the right anatomy and physiology for running. But that's just me theorizing based on no scientific knowledge whatsoever. So before I get attacked by all the online fucking experts, please know, this is just my own personal opinion, you cannot own my opinion, only I can control that. That's my opinion. And I also think that they realize, like, you know, you running costs nothing to be involved. If you win in can win at the high level, you can, you know, set your whole family up for success and like financially take care of everyone. And, you know, they spend a lot of time walking and running between places, like schools and their homes. And, you know, there's not a ton of infrastructure, obviously, in Kenya. And, you know, I think that the, it just lends itself to creating these athletes that are just tend to be very efficient runners, they have, you know, all the things that you need, and there's no cost for entry. But, you know, that's just my, my theory, philosophy.

 James Geering 1:06:20

Well, one more thing on the training, you know, you're talking about hours and hours on the bike in the pool running depending on if you're training for triathlon or straight run. But as we age, things do start to break down. How are you able to mitigate injuries and overtraining?

 1:06:39

That's a good question. I think I've just been lucky. Like I always have something nagging me, but I've always been super proactive. So like, for instance, I know that if I have Achilles or calf tightness, I know exactly what I need to do. I do like, half drops where I start on raised up on one calf and lower myself on a 12 on it sucks. It's boring, it takes forever but if I do those, plantar fasciitis fix tendon, Achilles tendonitis, fixed calf cramps, it solved everything. But I've never stopped running through any of the injuries. Now I've had surgeries and stuff that have required a few days off. But even when I had to reconstruct their shoulder surgery, labrum rotator cuff, they fixed it. He said, don't run for four weeks, I had it in a sling. After four days, I just put a belt around my neck held on to the belt with my bad hand, my bad arm and just started running. And I ran I think, on the fourth day, I ran four miles. On the fifth day, I was back to 10 a day, every day. To the point where even the doctor couldn't believe it. He's like, I don't believe that you're running. I'm like, I promise you and, and I showed him and he was like, fucking enraged. And I was like, no, no, I'm just kidding. I literally had to walk it back. He did the same exact surgery on my friend Chris Spencer, who I bought my house for hopefully for the Titans offensive line. And he was like, oh, yeah, because I was like, Chris, do you think I can run? Like a week later? He's like, No way. Man. I slept in a fucking reclining chair for like four weeks. It was torture. And it it hurt. More than words can describe. It was fucking torture. But I couldn't take this. I couldn't take the you know, what's the word not sedentary, sedentary. I just couldn't take the lack of exercise or movement. So I would like even the second day I was out walking with my wife. I said him make a video and I was like, just jogging clone. And I was like, second day of the surgery. I'm already out running, but I literally looked like I was gonna drop

dead slippers on it. Yeah, I think that consistency in a proactive approach is what enabled me to stay fit like I do. Hot and Cold Therapy I do. I don't do a ton of stretching. But I do a ton of strength work. I'm always doing something to try to get better at something to try and improve like overall strength or like, you know, functional strength. So I wish I had an easy answer for you. I just say that it's like an overall thing of like diet, sleep, constantly trying to improve at everything, not just running. Running is just a small part of what I do.

 James Geering 1:09:10

So with the success on with the endurance sports, you talked about the absolute nightmare that it is to go through withdrawal especially over and over again. You know, you have this kind of turbulent life up to that point and then you you know, find incredible strength to to actually maintain sobriety. How much did the strength that you got from the negative side of your life actually contribute to the Mental Toughness needed to succeed in the sports you chose?

 1:09:40

Yeah, I would say it's everything. This is nothing compared to what I've been through. This is nothing compared to mental torture and suffering, running out of drugs and trying to hustle around on a Sunday afternoon trying to find drugs like a piece of shit. Missing out on events like, you know, making up excuses for people why you can't meet them for dinner because I'm like running around trying to like get high cuz I'm like in withdrawals and I can't go to even if I didn't want to get high I can't go meet someone I'm sweating. I can't get within, you know, 10 feet of a bathroom I'm like, you know, is a fucking disaster. It's a nightmare. It's shameful. So now when I think of one on mine, I, you know, marathon training, there's like two or 300 days a week. That's it, the rest of it's just consistency. You know, 90% of the work or 80% is just the jog and 10 miles, but on the days when it's time to work, those days can be uncomfortable. Getting the ball rolling, but once the ball is rolling, ie once my body's moving, if I'm having a good day, it's like magic. If I'm having a hard day, I just remind myself like, this ain't hard. This physical suffering isn't hard, voluntary. physical suffering isn't hard. I when I was in the Gobi desert, and I was suffering and you know, it's fucking 100 degrees, I'm sunburned. I've got chafing all over from the backpack. I kept reminding myself like, you know, these guys out in the military, special forces that are doing this. And if they do, if they don't do it, right, they're gonna get killed. Someone is trying to actively kill them. Especially Special Forces, guys that are out on missions. Like I don't think that they take a lot of missions where they don't think the odds are heavily in their favor, but that the best laid plans can still go wrong. Look at the raid when they killed Osama, the fucking helicopter crash like that's crazy. You've trained for like a month for this and as soon as you get there, the helicopter crashes, but just shows you like how mentally tough these guys are. They're like, Alright, tell the airplane that helicopter crash? Fuck it. What do we have to do now? Let's just run No, no, let's kill this motherfucker, then we'll get out of here. Like, it's crazy to think of the mental toughness. So when I think about the behaviors and actions of guys like that, when I was specifically when I was in the Gobi Desert, I was like to come on, grow the fuck up. This ain't tough in the grand scheme of tough, this is just uncomfortable, and we're all uncomfortable. And there's an end in sight, and you're not going to die. You know what I mean? And I was just like, Come on, let's go. And when you've done that, so many times in races in in different endeavors, you just start it becomes the norm, you know, how this ends. So you can tell yourself, well, I can pretend I twisted my ankle, I can sit down and pretend I'm sick. There's a way to get out all the time. Lucky for me, I know what

it feels like to take the easy way. And it sucks. And I'd rather be dead trying to win than a coward who quits when he doesn't really have to. And I can only say that because I've done it. And I know the feeling and I don't ever want to feel it again.

J James Geering 1:12:50

So it's pretty apparent that we have a health crisis as well as a mental health crisis at the moment. And I would argue that those two are interrelated as well. You found yourself somewhere where you were very, very deep in a hole, you managed to turn that into a positive habit, have growth from it and become the you know, phenomenal business person and, you know, endurance athlete that you are now if you had the ear holes of everyone in the country, and you could talk to them about finding discipline or whatever it is to improve their own health because I've always been very, very diligent in pointing out that a lot of people grew up in an environment that discourages health, I would argue, you know, there's, there's fast food on every street, you get in your car to go everywhere, you know, you may not have been taught what fruit and vegetables even are in your household or your school. So there's that side. But obviously, there's the ownership side that David Goggins, you know, metaphors. So if you could address the population, you know, what would you tell the average person who, maybe he's teetering on that edge between doing something and not?

o 1:13:59

I wouldn't say that anything, any habits good or bad are contagious. And if you think about the most basic physical, the basic equation or theory of physics that a body in motion tends to stay in motion unless acted upon by an external force, but a body at rest tends to stay at rest, unless acted upon those things. If you think about it, in those terms, it's true. If you start moving, and you get a week of momentum, if you can commit one week, I guarantee you that if you're out of shape, and you clean up your diet and you exercise vigorously for one week, you will start to see some like small improvements, cracks in the facade of unhealthiness. And nothing is more contagious than seeing success. And by the same token, if you just lounge around for a week and do nothing like you're going to have to at some point, pay the price. If I take a week off and don't do any training, I know that next week back ain't gonna be easy. So And like I said, it becomes contagious. And when you start to see some incremental improvements, I think for a lot of people, they'll get it. But a lot of people don't want to make that first step, the first steps, always the hardest. But like I said earlier, 75 80% of life is just showing up. Just show up for a little while. I thought you were going to ask me, What would I say to address the differences in our country right now with all the seemingly con, seemingly conflicted viewpoints, and to that, I would say, take a fucking deep breath, man, and realize we're all in this together and take a minute to put yourself in someone else's shoes. Whether it's this transgender movement, or whether it's thinking like a police officer, were so quick to vilify the other side of people the other side of the argument, and it's very clear that we're divided down the middle, there's like, I don't know if woke is the right word. But there's the super liberal like social justice warriors that are like the fucking climb, it's going down. Equal rights for transgender bubble. Anyone who doesn't think anyone deserves equal rights. It's fucking crazy. For starters, right? We're all everyone deserves respect. And that feel important and have integrity. But just because your feelings might get hurt, doesn't mean that your feelings are validated, like, yeah, my feelings get hurt about a lot of shit, I'm not gonna go, I can't make you behave in a way that doesn't hurt my feelings. Like you could do whatever the

fuck you want. This is a free country, it's up to me to determine how I react to your feelings. So with this whole, like, with a lot of these social justice issues, like the transgender stuff, I have incredible sympathy for anyone going through that I would never want to know someone was feeling ostracized. But I also would never stand for seeing someone be discriminate or be nasty to someone based on their orientation, like a that's like what I say with my children and the way they behave in public. I'm like, we're on the same team here, guys. You see someone picking on someone else. And if you don't help them, you're just as guilty as the guy doing the picking. Being doing the right thing doesn't mean that it's always easy. Sometimes you have to do the right thing, even when it's dangerous or scary. But we don't we can't put up with people bullying others. And that's the bottom line is like, if we all just have an ounce of decency, and treat each other with respect and speak out when you see a lack of respect shown that should solve most of this shit, but you can't impose your will on someone else to believe something that you that they don't want that they want it. Same thing with racism, any kind of discrimination, forcing these laws and fucking beating people over the head with a rainbow flag it the people that are anti transgender, anti gay hate, like nothing. These people are off the reservation. Like if you don't like someone based on their sexual orientation, like you'd really need to ask yourself, What's wrong with you? Why would you care about someone else's sexual practices? That's number one. Now listen, I'm sure that people that are like anti gay would be like, Well, what about kids and pedophiles? Yeah, no shit. Of course, that's completely out of bounds. But just because someone has a certain sexual preference doesn't mean that they're a predator. Anyway, I digress, I'm probably going to get myself into too much into trouble for even opening my mouth. But the point is, if we just start with showing each other a level of respect, and a level of understanding. Today, I have friends that I couldn't disagree with more on political stances, but I still love them. And I like you really believe that, dude, I love you. But I can't believe that you believe that. But I don't want to talk about it anymore. Because I can tell the passion with which you're expressing this, that we're not going to agree. And I don't fucking care. As long as we treat each other with decency. It's all good. That's what voting is for. Everyone gets their voice heard. But I just feel like right now that if you're not with us, you're against us. You can't just disagree. We have to paint you as the villain. And the fucking crazy thing is these like agents of messaging this mainstream media like you're either I don't care what your side of the argument or what your political persuasion is. If you watch Fox, and you watch CNN, like you're just either you're just getting reinforced your own beliefs reinforced. And the people there have one goal, to make money to get you to tune in, the more passionate you feel about conservative movement and you're on Fox and you're with fucking Sean Hannity. And you're like, Yeah, sure, Biden. You're just getting reinforced. If you go to CNN, and you think that Joe Biden is a healthy individual and is capable of running our country i i fucking dare you to hire that guy to be the CEO of your company. I dare you. You tell me that you want him to make decisions, financial decisions for your company. And if you told me that that Your guy cool that you got and you listen to CNN and they'll have you convinced these demand that this is the best guy we have in this country right now. And if you watch Fox, they'll be like, only Trump can save us. And I'm like, This is fucking crazy. I'm listening to two different crazy people. So hopefully that doesn't reveal too much about what I believe because what I believe doesn't matter. But I do think that we're like, so far apart, or any issues. I don't see any candidate that can like just come across and like, look, cut the bullshit. You don't have to like me to respect me. I'm gonna represent the views of all the people. And I was listening to an interview the other day, I forget what it was like Sean, Sean Ryan podcast with Eli something who's sent some politician from Arizona, a former Navy SEAL. And he was voting on an issue on the debt ceiling. And he said, Yeah, I just basically first I did a small pool of people in my district of what they want how they wanted me to vote on raising the debt ceiling, yes or no, I told them I'm a No, I don't think we should vote on any debt ceiling increase that we shouldn't be allowed to borrow more money to spend on shit. We don't have like, imagine if I told you I was

a million dollars in debt. And I was like, Yeah, but I'm gonna borrow another million and give it to my neighbor. Because he's building a fence that I like, you'd be like to the fucking crazy. You can't spend money you don't have. Again, I digress. But this guy was saying like he took a poll. And shockingly, the people wanted him to vote for the debt ceiling, because they were like, Well, what we might get forced on us later could be even worse. Fair. So he's like, I still didn't believe it. I did a bigger poll and say I did like 12 people the first time and then I'm getting the numbers wrong with them, like 30 people the next time and overwhelmingly it was like 80% of the people voted for Yes. And he was like, so that's how I voted. That to me as a politician, man, you're not hurrying favors with other politicians, you're representing the will of your people. But like I said, I digress. Maybe I'm an idealist. I just don't see any of this ever again. I feel like we're so far from that happening. You know, the fact that politicians can leave political office making two 300,000 and buy like an \$11 million house on Martha's Vineyard. It just defies logic and rationale like how are they making so much money How does some of these politicians have hundreds of millions of dollars and again, I'm sure be attacked by all the critics out there like oh, this poses a rich and they did this and they did that they also fucking insider trading with the Euro ramifications is just fucking bums me out what's going on with politics in this country?

 James Geering 1:22:32

Well, firstly, you're echoing a lot of things that I've said. I mean, CNN Fox, same exact pile of shit, you know, screen divided into four, four dickheads argue with each other. And they're calling it news, when ultimately they're trying to sell the advertising space between each clickbait story. And it's not about disseminating middle of the road. Common Sense news.

 1:22:53

And if you listen out Robert Kennedy, I mean that guy, man every time he talks to him, like he's a kook, he's an alien. He's an anti Vaxxer. I'm like, okay, so what should we do not let him have a voice. So if someone was standing up screaming conspiracy theories, and they made no sense, as an intelligent person would simply say, I'm now going to pull holes in everything that he said. And I'm happy to debate him in any platform in any venue that he wants. No one ever does that. They never do. They just say he said this and they stopped pulling apart. By the way. I'm not making a statement for against anyone. I just think it's funny that when he says this, they attack like he's he's so attack, which just tells you like, yeah, we're afraid of him. Let's attack attack attack. Because if you weren't afraid, you'd be like, Oh, this guy is a bumbling fucking idiot. Let them on and let him on the debate stage. He's a cloud, we're gonna tear him to shreds. But no, they don't want this guy on it. He might tell us that we're anti, he might tell us anti vaccine. Well, if it's anti Vax, just debunk what he's saying. But the point I was wanting to get to is that he said, I think the stat was like 60% of all ad revenue from the major news networks, both sides is provided by pharmaceutical, which only two countries according to RFK, there's only two countries in the world that allow pharmaceutical companies to advertise New Zealand in the US. Like for starters, why don't we just banned that they they fund all these political action committees and all these candidates are owned by these by these corporations, not just Pharma. But I mean, when you have Amazon owns the Washington Post, like these guys control so much of the narrative, but I think more and more those, those voices have been minimized. And those opinions have become minimized because you can get the you can hear from the horse's mouth on social media, like you don't have to listen to what they say about

RFK you can just hear what he says himself and compare it to what they're writing. Because inevitably, and the same thing goes for Trump whether you like it or not, you can stay can say whatever they want, but he can then get on and give his rebuttal in real time. Hey, they said this, this this, here's why this is a lie. And here's the guy who wrote it. And here's the other thing he'd written about I mean, here's his background, and here's the people he's affiliated with. And all of a sudden, you're like, holy shit. Social media has leveled the playing field, not just for politics, but also for the entertainment industry. You used to have to go to Hollywood and do what you had to do and run the potential of hitting a fucking casting coach. Now you can be Jake Paul Logan, Paul set up a YouTube show, and I don't care if you like or dislike people on YouTube. These people have gone out and said, like, Hey, I'm more entertaining than you guys in Hollywood. And I'm gonna prove it to you. And they've created this monster platform. Same thing for a guy like Joe Rogan. More listeners than all of the mainstream media news channels combined. Which is why now ope Joe's got an audience we have to tear him down. Even though he has said I'm a fucking liberal, democratic voter, primarily. And it's those guys that are still attacking him. I just don't get it. It's like anyone who's a threat Joe Rogan RFK Elon Musk when he bought Twitter, all of a sudden, all of a sudden you got Chuck Schumer missing and he's going to investigate Twitter and their access to like foreign governments and Tesla, it's just madness. It's so fucking transparent. I don't know you're gonna get me cancelled. fucking pig off. disregard everything I say these are my own opinions.

 James Geering 1:26:23

Well, it's my perspective. Okay. Being an immigrant having lived on the east coast on the West Coast, just a different perspective on the world and a lot of people get, but mine is this coming from another country not that the political system in the UK is phenomenal, either. I mean, Boris Johnson was president that they have Worzel Gummidge. Can you imagine?

 1:26:41

Can you imagine that a guy like that had convinced enough people to make him the Prime Minister? I mean, it just seems crazy.

 James Geering 1:26:48

Yeah, it's bullshit. But so what I hear every four years, the same exact thing. And we're down to two people to choose from to run this country is oh, it's the lesser of two evils. So clearly, to me, our system is broken a leader for example, when there's a crisis, let's say for example, the virus sweeps over the night the planet would unify our country would bring people together like you saw 911 Like you saw, when the Grenfell fire in London communities coming together, the last two administrations, the last two presidents, so both sides of the aisle have done nothing but divide. So this is my thing. It's not about the people that are in the die over these frickin two, two people. It's like, well, what about the system that creates this in the first place? Every one of us if I told everyone write down on a piece of paper, the best leader, you know, how many of those people would ever have a chance to vie for president the United States because like you said, firstly, they got to be part of the million or billionaire's club, just to even play the game. And then secondly, they got to have no ethics. So this whole leader that you're holding, is actually is never going to be that but why not? So that's my thing is the system is broken,

and we keep getting these people that divide. And then it's like World War One where they're lobbing shots over a field over to dickheads that no one ever fucking liked in the first place. So if you could be king for a day, what would you do? Whether it's changing the system? What what what can we do to get out of this fucking hole that we're in every four years and actually move the needle on good leadership in this country?



1:28:26

Yeah, well, first of all, as you were talking, and apologies if it looks like I wasn't paying attention. I was pulling up a picture behind me that you can see on the screens now you see



James Geering 1:28:34

who that is Tony Blair.



1:28:37

I was when I was working in LA and finance. A friend of mine connected me with a guy called David Sinclair, who's lunch geneticists. Professor at Harvard Medical School, he wrote a book called lifespan is an anti aging longevity guy. experts, scientists spending been on Rogen a few times he's been everywhere. We were in New York raising money for his pharma startup in like, 18, and he is like, Hey, I've got a dinner tonight with some investors, blah, blah, blah, and ended up being at Rupert Murdoch's ex wife, Wendy Murdoch was hosting David and Tony Blair for dinner. So I went there with Dave and stuff like beautiful New York City triplex apartment and we get in there's only like five or six people with me, Wendy, some staff and Bennett Miller, who directed Fox catcher in Moneyball, big time movie director, and Tony Blair, but I didn't recognize him. I know it sounds crazy. It was just like, hey, I'm gonna I'm like, Hey, there's a British guy. What's up, man? He's like, Oh, Ken, what are you telling him? And I'm like, Oh, no one introduced anyone. I was like, What's your name? And he's like, Oh, I'm Tony. And I'm like, Oh, what do you do, Tony? Because again, it's like a collective meeting, right? There's a movie director up with a scientist. It's not like finance people, which is what I've been doing between. He's like going to work and Paul ticks and I know it sounds crazy when I tell this story. Because what I mean, if you walked into a dinner and fucking Obama was there and you were like, Man, that guy looks familiar, but what like it just was so out of context. And he's like, Oh, my last name is Blair. And I was like, oh, fuck, for Christ's sakes I go, I'm so embarrassed that I lived in London for a lot of the time you were Prime Minister. I can't believe I didn't recognize you. And anyway, it was just funny. So when you were talking about politics, it reminded me so I wanted to show you that picture. It's me and Tony Blair having dinner at Rupert Murdoch's penthouse, or Wendi Murdoch's penthouse, pretty fucking crazy story. I feel like at times, like Forrest Gump, like, wait a minute, where were you? I know, it's crazy. I was at the Monte Carlo Grand Prix. On a yacht with toffee. I don't know, when I was there. But that's the one thing that I've stressed in my life is like, I've been lucky and had some financial success. But I've always put much more emphasis on experiences than possessions. And I've had some incredible experiences and done some really like, life changing things.



James Geering 1:31:03

So we got distracted by the Tony Blair picture, if you were a king for a day, how would we fix us?



1:31:12

That's a good question. I just I think that when someone says that they want to be a politician, we should eliminate them from consideration immediately should be like some kind of recruitment process where we whittle it down. But I think the whole thing has to be reformed, I think we're in a complete and total unit party system, that if you get elected to Congress, Senate, whatever House of Representatives, and you're in, regardless of what side of the aisle aisle you're on, if you don't play ball with the people that are there, you're if you're not in the club, you are basically Fuck, you're not going to be on any of the sub committees, you're not going to be on any of the committees period. And it's just all bullshit. It's like, you know, the whole, it's like a whole bartering system. Hey, if you give me a vote on this, I'll, you know, we'll fucking let you into the club. And I don't know, I think that the we need like, theory, a Theory of disruption, or a leader has to emerge that so unifying that it's like transformational because I do feel like, and again, this could be the media and all the messaging and all the noise that we hear. But I do feel like number one, we're the best country and this is the best country in the world. And that's not like crazy nationalists like fucking a cuckoo comment, like I've lived in other places, I've traveled the world, I just came back from Mongolia, I lived in London and lived in Hong Kong, like I, I've been around, not as much as some people, but I've been around enough to know, it's pretty damn good here. But I also feel like, there are people that are clearly like, not happy with the system. And it feels at times, like we're pushing towards a more socialist globalist type of environment. And you know, it sounds cliché, but if you look at any of the socialist societies, throughout history, they tend to end badly. And the fact that we are pushing those kind of like themes and ideologies, is just nerve racking for me. But I also don't want to seem like the type of lunatic that's caught up in noise of politics and the entertainment of it for the media's from the media's perspective. So, you know, I think that there's a lot of work to be done. But I do feel like if, if shit doesn't get changed quickly, there's so many like, threats, not necessarily physical threats, but there are other people it's like, if you would train it for a race, there's other people training and you see that the training for our team is shitty versus the other team seems to be trained in like military precision. You know, and again, it's easy to for that perception to be skewed. But I just feel like we need some great unifier. Otherwise, we're starting to see like, at times, I feel like without sounding like a conspiracy theorist, that's gonna feel a bit like the fall of Rome, like the Roman Empire starting to see cracks in the facade here. Like, the crazy thing is whenever you have us a situation like 911, or even an even better example would be Pearl Harbor. When someone comes in attack us you see the country come together like never before. It's like your kids like They bicker with each other. They've been a pain in the ass the minute someone from outside this family has a problem with one of my kids. This is where my wife and I are like perfect balance each other I'm like, I gotta get over there and fucking deal with this. This four of you deal with this right now. And my wife's like, are you crazy? Those people are our neighbors just go over and talk to the dad fix this and I'm like, Alright



James Geering 1:34:39

well, you've touched on Joe Rogan before I really feel like the podcast platform has been like a social media podcast platform has been an amazing way for for information to be sent disseminated for stories to be told without filters without people saying you can't say this. You

disseminated for stories to be told without filters without people saying you can't say this. You can't do that. Tell me about you. Your podcasts for Teddy Atlas I had a guest on Pat Russo, who founded the New York cops and kids. And I know Teddy is a big part of that as well. How did you guys get together? And what made you want to do a podcast together?



1:35:12

I mean, first of all, what made me want to do it? I mean, who the fuck wouldn't want it? Like I love boxing. Today, you want to do a podcast with like the one of the greatest trainers in the history of the sport. I was like, yeah, why did they want to do with me. But basically, my friend, my one of my best friends, Rob Moore, who's been like a business partner and friend and training partner of mine for the last 10 years. Rob and I moved to LA at the same time, we both left our jobs and started freelancing at the same time. So we were both kind of live in this like stressful life of like rolling the dice and given up the safety and security of a job, or some could say, slavery of a job. And he was a PR guy, and I had said to him in passing, like, oh, you should do some PR for some fighters. And instead of charging for effort versus results, charge for results, say like, Hey, give me instead of five grand retainer charge 1000 a month. And if you get the media placements, take a huge bonus. Someone told me they could get a feature article written about me in the New York Times, how much is that worth? Would you pay 25,000 for that? That's huge media. If you could if I could get on Joe Rogan would you pay 100 grand, I would think about the audience that you can get front of especially if you have something to sell. I don't necessarily have something to sell, but you get my point. So he did that. And he was doing some work for a couple of different fighters. And somehow along the way he got connected with Teddy Teddy was like having some disagreements with ESPN, they would basically forcing him off the air because he wouldn't, you know, play ball with the promoters and not call out the corruption as he saw it. And they were using him less than my buddy Rob connected with them. And Rob was a huge proponent of podcasts. He's actually the producer and business partner of Andrew Huberman now and produces Andrew Huberman podcasts and helped create it and so he said that Teddy oh, you should have a podcast I got a friend who will do it for you. He'll represent the fans you guys will have some fans are talking about, you know, it took like, you know, six to 12 months to find a groove find a rhythm. You know, Teddy is an old school guy. You don't just show up and he's like, Oh, what's up man? What best friends. It's like a huge level of skepticism understandably, because boxing is like the dirtiest, most corrupt sport I've ever been around by fucking miles. Nothing else is even close. There's no governing body. There's no like oversight committee. So it's like the Wild West. But anyway, I digress. So as a result, you know, Teddy feels probably rightfully so that he's been burned a few times in his life. And some of them publicly, you know, he was Mike Tyson's first trainer, and then that came to an end. And that was, you know, when when you've dealt with that kind of like shakiness your whole career. It's normal to be like defensive when meeting new people, especially in regards to boxing. So it took a while but now I mean, we're like a family. If I told Teddy, someone was coming in, someone was threatening to kill me. I am not kidding you. He'd be like, Can I'll be right down and I'll bring a gun if we need more. Like, he's the guy. I'm serious. If I told him we were having a gunfight with someone and I'm thinking I'm gonna die. He'd be like, I'll be right over. No, I say that with not a fucking ounce of hesitancy without a question. Now, obviously, I would never put anyone in that position. But he's the kind of guy he's the kind of friend that would help you bury a dead body. I've done something tragic, Teddy. I need help. He'd help you and then talk some sense into you. And he's just like, you know, I hesitate to say a father figure because he's only a few years older than me, but we're, I would certainly say like an uncle or an older brother and and and at the same time, Rob and I would do the same for him. Right he's where he has weaknesses and deficiencies. He doesn't

know the first damn thing about the internet and weeding my friend Rob. Rob has a team of people that send out Teddy's tweets he texts until they edit them give input and tweet you know, I record all the shit on my handle or record the podcast we send a camera man and you know audio video guy to his house to record his in but that's just the way it is like where where I have weaknesses. He picks up the slack where he has weaknesses. We pick up the slack and we have like the most incredible team it's we cover for each other when I was in Mongolia I was like guys, I'm not gonna be able to record we recorded a episode in advance so we could release it on the regular cadence. He was in Ireland for a wedding last week. So we recorded two weeks worth of podcasts and put them up accordingly. Matter of fact, one of the big fight plans we're recording today the Thursday before Spence Crawford and Dustin Poirier and just engaging so we've recorded fight plans where we get in the ring and tell people what to look for. We anytime there's a huge fight. We released those on Thursday so that comes out tonight. It is July 27. So that's those are big Episodes and yeah, that's how I got started with Teddy. It's been a, it's been like a dream come true. I mean, the recognition and attention I've gotten from that is like something I could have never imagined, like going into fights and having fans recognize me and want to take a picture with me is like something I'll never get over. But like, the first time someone asked me to take a picture, like this month, but he wants me to take a picture of him and his friends. And he's like, No, I want you in the picture. I'm like, really? Why? And they're like, Oh, do big fan of the podcast. And I was like, Oh, awesome. Yep. And take a picture. I'm like, I'll take a picture. I'll give you 20 bucks. Fasken

 James Geering 1:40:36

Beautiful. Well, I want to be mindful of your time. So I want to throw a quick closing questions at you so I can let you go, especially if you got recording to do today. The first one I'd love to ask is there a book or other books that you love to recommend? It can be related to our discussion today or completely unrelated?

 1:40:54

Let's say one of the most impactful books that I read as a young man was Dale Carnegie's How to Win Friends and Influence People. I love that one. I also like Ryan holidays, book, Ego is the Enemy.

 James Geering 1:41:07

What about films and documentaries, any of those that you love?

 1:41:14

I love love, love documentaries. There's so many good ones. I mean, it just in terms of things that are topical, I love the Four Kings documentary about Hagler Hearns, Leonard Doran. The Oscar De La Hoya documentary that just came out was excellent. Yeah, I could go on forever. I love sports documentaries.

J James Geering 1:41:36

Well, speaking of amazing people, is there a person that you recommend to come on this podcast as a guest to speak to the first responders, military and associated professionals of the world?

A 1:41:48

Yes, Teddy, Alice.

J James Geering 1:41:50

I would love to get him on if you're able to help me with that.

A 1:41:55

That's always a fine line. It's figuring out how to ask people for favors. I always think, How can I add value to Ken's life to get him to make an introduction for me when it's completely self serving? These are good lessons for everyone listening. When I think I'm going to ask someone for something that I barely know them like, How can I ask without seeming like I'm asking a fine line?

J James Geering 1:42:17

There's a fine line in the worst case, it's a no. That's what I always say is like, Hey, if you ask, and they say, No, you're in the same position you're in right now. Exactly. Just show up. All right. That's it. So the last question before we make sure everyone knows where to find you, what do you do to decompress?

A 1:42:39

I love sitting in my office and watching sports and watching fights. And I also love throwing passes football passes with the with my, with my children, or in playing like, you know, shooting hoops with them in the driveway. We play basketball every night. So I'd say just like spending time with the kids without any agenda, and like kind of following their lead.

J James Geering 1:43:04

Brilliant. All right, well, then the very final thing if people want to reach out to you learn more about you, where are the best places online or social media?

A 1:43:15

I don't know Google. I don't know what my instagram name is maybe ad see ride out on the

I don't know Google, I don't know what my Instagram name is maybe ad can rive out on the score something amazing to find. He just Google my name was search my name on Instagram, it should come up most of the shit that I post from a social media standpoint is on Instagram. And I also post all my workouts on Strava. And I guess you can just search my name there and it should come up.

 James Geering 1:43:36

Really? Well can I want to say thank you. I

 1:43:38

wish I wish i I wish I cared more about growing my social media because there's tremendous opportunities there to like, read a message, raise brand awareness for different brands that I use and I'm affiliated with and just just doesn't come naturally. For me. I feel like a narcissistic asshole every time I'm talking about the camera on Instagram, like, Hey, guys, here's what I do for hydration. Like, I mean, some people care. I don't know. I don't know, I don't gotta get better at that.

 James Geering 1:44:06

It's I think, I think it's a slight skewed thing as far as the impact that it has. I mean, some people think that, you know, once you have X amount of followers, and you post that you ate a Snickers bar, then the whole world's gonna go buy Snickers, you know, so, you know, I think if you're if your work is speaking for itself, and people can learn about you in certain areas, and on podcast, for example, then, you know, the videos on Instagram are probably the, you know, the bottom of the list. Sure. Well, I want to say thank you so much for, you know, coming on the show being so generous with your time and your story and you know, in some of the amazing things that you've been a part of, but I think the biggest thing is its story of hope, you know, and for every single one of us, like you said, None of us are special, but there's a lot of doom and gloom stories out there when it comes to mental health and addiction. But it's so empowering for people to hear Yeah, when you can get past it and that suffering can become a superpower. So I want to thank Thank you so much for being so generous with your time and coming on the show today.

 1:45:03

My pleasure, man. Thanks for having me. And thanks to Shane for arranging