

# Sachin Latti and Shaun Taylor II - Episode 846

Mon, Nov 20, 2023 5:57AM 1:19:56

## SUMMARY KEYWORDS

running, sach, people, conversation, man, started, podcast, felt, shawn, talking, marathons, connecting, years, person, kilometers, thought, training, uniform, engage, story

## SPEAKERS

Shaun Taylor, James Geering, Sachin Latti

---



James Geering 00:00

This episode is sponsored by NuCalm. And as many of you know, I only bring sponsors onto the show whose products I truly swear by. Now we are an overworked and underslept population, especially those of us that wear a uniform for a living, and trying to reclaim some of the lost rest and recovery is imperative. Now the application of this product is as simple as putting on headphones and asleep mask. As you listen to music on each of the programs there is neuro acoustic software Beneath that is tapping into the actual frequencies of your brain, whether to up regulate your nervous system, or downregulate. Now for most of us that come off shift we are a exhausted and B do not want to bring what we've had to see and do back home to our loved ones. So one powerful application is using the program power nap, a 20 minute session that will not only feel like you've had two hours of sleep, but also downregulate from a hyper vigilant state, back into the role of mother or father, husband or wife. Now there are so many other applications and benefits from the software. So I urge you to go and listen to episode 806 with CEO Jim Poole, then download NuCalm and you see a LM from your app store and sign up for the seven day free trial. Not only will you have an understanding of the origin story and the four decades this science has spanned, but also see for yourself the incredible health impact of this life changing software. And you can find even more information on nucalm.com Welcome to the behind the shield podcast. As always, my name is James Geering. And this week, it is my absolute honor to bring you a very unique interview with two of my previous guests. Sean Taylor is a former Canadian Armed Forces tier one operator and a human performance coach, and was my guest on episode 667. Sachin Latti is a former Canadian law enforcement officer who was my guest on episode 699. Now what makes this conversation unique is that session find himself in a very low place and reached out to Sean. So as you will hear Sachin will talk about the dark place he was in the interactions with other people, including Shaun, how that simple human connection not only led him out of the darkness, but ultimately through post traumatic growth and high performance. Now, I think this is an important conversation when it comes to the world of mental health. Because so many times is presented as you can just deal with it. I argue that actually you can thrive that becomes a superpower once you are able to navigate that darkness that you're coming from. And this is a perfect example of exactly that being present for someone else, and allowing trauma to become power. Now, before we get to this amazing conversation, as I say, every week, please just take a moment, go to whichever app you listen to the song, subscribe to the show, leave feedback and leave a rating. Every

single five star rating truly does elevate this podcast, therefore making it easier for others to find. And this is a free library of almost 850 episodes now. So all I ask in return is that you help share these incredible men or women's stories. So I can get them to every single person on planet earth who needs to hear them. So with that being said, I welcome back onto the show, Sasha and Lottie and Sean Taylor enjoy. Well Sach and Shaun, I want to start by saying welcome back to the behind the shield podcast show. I know I've seen you on the collective now a couple of times three times I think, and sach. You've done your 22 marathons 22 days since we last spoke. So firstly, I just want to welcome you back. And thank you for coming on again.



04:15

Thanks for having me on. And thanks for giving me the opportunity to share again. Good to see this.



James Geering 04:21

So what was interesting the backstory of this conversation is Sasha and I were going to do a second part second second episode. And when I'm listening back, he talked about how powerful it was. Have a chance meeting with Shawn when he was at a very low place in his life. He kind of walked us through from his perspective a little bit. But I was like, well, Shawn, and I have spoken. How cool would it be to get both of you back on and talk about that. So what I love to do sach if you wouldn't mind just kind of Cliff Notes back to where you were prior to reaching out to Sean the circumstance Is that you even realize he was in the area that you were at? And then we'll kind of get the ball rolling from there. Sure,



Sachin Latti 05:06

yeah. So about four years ago, I was going through a divorce, dealing with some personal issues, work issues, financial issues, all of the issues that happen from time to time. And it wasn't a it wasn't a pretty low spot. And I was pretty isolated and alone, it wasn't really hanging out with too many people. And I was started running and started trying to see how I could help myself. But it was a struggle. And I connected with Shawn through a mutual friend of all of us, sub sub Lavoie, and as I had seen them engaging through social media, and I was like, Who is this guy? So I thought, Okay, let me start tracking Sean. So he is and then I started noticing who he was. And then I was curious, I connected with him and 20s, December 2021, we met up and we had a conversation. The reason why I reached out is because I felt pretty alone, pretty isolated, super depressed, a lot of anxiety, all the things and I met with him had a conversation and that one conversation led to a whole bunch of other conversations, because I didn't thought a connection to some degree. And so I kept connecting and kept talking. And over prepared, I guess, two, three months, I started seeing some positive growth on my part and just kept going with it. And that's kind of where we are now.



James Geering 06:29

So before we bring Shawn in, when I listened to our first conversation, you basically said that he saved your life with that one moment of being there for you stepping up. So if you wouldn't

he saved your life with that one moment of being there for you stepping up. So if you wouldn't mind elaborate on the darkness that you were at that point.



06:47

So I was I felt pretty bad. I felt a lot of guilt, a lot of shame, a lot of various different things associated to the divorce that I was going through. And most of my friends in the last 18 years, and that I had made over law enforcement, I just, you know, whatever the reasons, we weren't really connecting anymore. And, man, if I felt I was in a dark spot, man, I was pretty angry. It was pretty toxic, it was pretty hateful. What else man that was, I was just not good. And so over the first, I guess it was in 2021, I had been running a lot just to kind of manage my mental health. And it was helping a guest a little bit, but not really helping me develop in a sense that I can move in a positive direction. So after I had run 100k, on the seventh of November, 2021, raised a bunch of money and, and just did a thing. But after that I was still pretty, pretty depressed. I was pretty. I just didn't know what to do with my life. Man, I was disillusioned, I was hopeless. I was just not in a good spot. And after I connected with him and talked to him. I just felt I wasn't alone. And I asked if I could continue talking to him. And he was like, yeah, if you think it'll help, and I was like, Yeah, I think it'll help. And we kept talking. And I, I mean, I don't say it very lightly, and I genuinely made it. And I really do think without meeting him, I definitely wouldn't be here right now. Now, I don't know what it would look like or how that would look. But I 100% know that I probably wouldn't be training to do what I'm doing. I probably wouldn't have ran 22 marathons, I probably wouldn't have raised money. And I probably wouldn't have done all the positive things that have happened through that chance meeting. So it's definitely it was a pivotal moment in my life. And that was very helpful. So thanks, John.



James Geering 08:53

So, Shawn, I have a gentleman on Kevin Hines, who is one of the only men or people that has ever survived jumping off the Golden Gate Bridge. And he's there's documentaries about him. But one of the most powerful things is he talked about being there in crisis, and people were driving by and if I got my story, right, and Kevin's actually coming back on the show again, very soon. Someone even stopped and asked him if they could take a picture with them on the bridge. And then they went about their way. So surrounded by people he felt completely unseen alone. One of the most powerful things I think in the uniform professions is we always say reach out, you know, I'm here for you, but as making that connection, stepping up answering that call or text, even if it's someone that you've never really met before. So through your perspective, walk me through that message from your end. And you know, how that led to you making the decision to actually engage and ultimately meet up and be in this person's life and kind of mentor them out of the darkness themselves.



Shaun Taylor 10:01

Well, before I met sach, I didn't really know him much at all. The Mostly I knew him from a mutual friend said, blah, blah. But I didn't really know much about sach. And when the details are Seb and I were flying back from Haiti, and I got delayed over in Vancouver Airport, an extra day, and I just put out a little message on social media on my Instagram said, Hey, listen, I'm stuck overnight, and I'm looking for a mom and pop hole in the wall, a restaurant that can get

some legit Asian food, does anyone know anything? Hit me up and sach hit me up like pretty quick and said, Hey, I'm about half an hour away, I could drive down and we could go for a bite to eat or a drink or something like that said, Bring it. And so I didn't really know who sach was. But when he showed up, you know, I liked what I saw, I thought he was a good guy. And I didn't, I didn't know the things that he was dealing with at that time. But through the course of a conversation, like you know how it is, when you first meet someone, you get a vibe, you start feeling things out, you let it unfold, you get a sense of things, and you start forming a pattern on an individual. And then you see how their pattern is going to interact with your pattern and whether it can be mutually helpful or whether it can either party can gain or what is the purpose of spending time together. And I use that term purpose of spending time together carefully because we only have time is our resource, and we need to spend it carefully. But I don't want to turn it into a mathematical model where you have to look at every human being in front of you and ascertain their importance within your algorithm of time and whether they get it or not. I didn't know sach. But I gave I think we hung out for near three hours that evening. And, and I didn't have three hours to give. But I gave three hours because it felt like the right thing to do. And by felt. I mean, I thought at the time that I was helping another person. And I probably was but I didn't categorize it. As I'm about to save someone's life, or I'm about to dot dot dot that's that seems a bit foolish to me to think of things that way. What I did think was, this guy is struggling a bit. If I can help him, I will. And that's as far as I took it. But over the course of days and weeks and months. And as it turns out, I guess years now, we stayed in touch. And initially for the first few months, we were communicating quite frequently as frequent as every second day, sometimes every day. And by communicate, I mean like long video chats, long chats, where he could look me in the eye, and I could look him in the eye and I could get a good read on him and he could get a good read on me. And we could interact, to start moving the needle forward on sach becoming what sach could become. And he didn't know what that was. I didn't know what that was. Maybe he still doesn't know what that is because I sure don't. But I think that over a course of our relationship, it has evolved naturally based on sach wanting to do better for himself, and me wanting to support him in doing better for himself. Nowadays, we you know, and for quite some time now. Such doesn't to talk to me too frequently, either via video chat or what have you. We don't do that so much anymore, because sach is like he's out there crushing it. But if sach drop me a line an hour after this podcast and said, Hey, can we go into a video chat, we'd be in a video chat talking about it. Because I make time for friends. At the time I didn't know such as a friend. But now I make time for him because I consider him a friend. And again, I try to be careful with my resource, which is called time. But if we're not making time for friends, how do we understand what the value of time is? You know, that would be my first thought on my relationship with search and how it unfolded.

J

### James Geering 14:36

You said I didn't have a concept that I was saving a life. And I think that's really important. And that's a barrier to entry for people when they potentially could be helped to someone who's struggling. Because all you can do is all you can do. You're not saving a life you're just saving a little meaning you know, a coffee a conversation, maybe something more extreme. Like taking them to a resource that's going to keep them safe until they get out of that headspace where they are, you know, going to commit self harm. But I think some people are overwhelmed with the concept of someone's struggling so they do nothing the paralysis by analysis rather than simply going well, what can I do? So sash through your eyes? What was it initially that Shawn did and then walk me through that kind of application of mentorship that led to your way out of your, your journey to where you are now?



15:33

That's a very good question. I think for me, man. Okay. So there were other people that offered help. So I want to illustrate that for sure. Maybe, I guess for me, I had a significant ego, I suppose. And certain types of people I wasn't even receptive to, that wouldn't would have wanted to engage with me. And then some people, you know, would remember one time I'd be at work, someone asked me, Hey, how you feeling today? And I was like, not good. And this kind of kept walking. So there were moments like that as well. But, but there were other people. But I think the difference was that when I met with Sean, in our conversations, is that he has a wealth of experience. And I think for me, it was the wealth of experience that allowed me to respect him, and then be open to suggestions. And for me, right or wrong. I mean, I wasn't listening to a lot of people that were offering suggestions, and he just so happened to have certain level of experience that I respected that I felt I couldn't even argue with. I was just like, okay, man, what are you suggesting? And he would suggest something, and I'd be like, okay, or I would argue, and then that argument would be gone fairly quickly, because, you know, he would explain his thought pattern. And for me, it just resonated. And I guess for me, it was the right person, right time offering the right type of advice, and he had a level of experience that I respected so, I listened.



James Geering 17:10

When you say ego, and when you say that Shawn fit the bill. I mean, obviously, I'm using the label of what Shawn was rather than who he is, but what has the best way to articulate this? A lot of the issues I see with man accepting the mental health conversation is, well, that's weakness. And one of the beautiful things about this show is the number of people in tier one, you know, special forces and seals and saps, and all these other organizations and swat and, you know, revered firefighters, all talking about their struggles being vulnerable, and it disassembles that mythology that, you know, it is weakness. So by reaching out to someone who is at that level, and then saying, okay, you know, this is real, and this is me share some of my struggles, that creates buy in then and that wall comes down. You said about ego? Was there an element of that was Shawn kind of fitting the kind of the pinnacle when it came to the tactical group? Or was it something different?



18:14

is different because I even said to him, that doesn't impress me. I don't really care. But I didn't care about the tier one stuff. To be honest. It kind of opened the door for me, I was like, okay, cool, tier one, whatever. But it was more than just for me and I, he had mentioned that, to me, even our conversation, you know, it was because of this that the other I'm like, not really, man, I just look we think the way you think so and the variety of careers and the athletic performance and all that kind of stuff. So it wasn't, I mean, I guess the tier one stuff, you know, built a level of curiosity for me, but outside of that, it wasn't. It was a lot of other things that kept me and allowed me to take in the information. That makes sense.



James Geering 18:57

Well, you said some people with the wrong fit. Describe the wrong fit. Okay,

 19:02

so yeah, so I had an ego. So I'll describe the ego piece. And I thought I knew everything. I thought I had everything figured out. Despite my life wasn't in a good spot. I was so delusional. I thought I knew everything, but I had drove my life into a ditch. So I didn't really know much. So I think it was more of like a defense thing. Like I would be talking to people and I'd look at them, I judge them fairly quickly based upon how they may have looked or what they may have done or how they may have done it. And so for me in you know, at the time, I wasn't really friendly with people. I wasn't really connecting with too many people's bit of an ass. So it was hard to kind of connect, and I guess meeting with him. I engaged him so it would be kind of weird if I engaged him and I presented a bit of an ego and it was acting a certain way but yeah, I hope that answers your question.

 James Geering 19:55

No, it does. I think this is the thing that Biden is a big piece you know, someone comes to You, my fire department and they're wearing spandex and, you know, head sweat band, you know, and they're like, Alright, we're gonna do step aerobics today, people are gonna be like, get the fuck out my fire station, you have no idea what we do. But if someone comes in and they were a Greenbrae, and the strength conditioning coach, you're gonna get a bunch people listening, I think the same thing applies to the mental health, a lot of the time, not all the time. So the buy in the initial reason, maybe even reaching out is kind of like navigating that. Now, Shawn, you know, you get this conversation. Again, you're not a mental health professional. I'm not a mental health professional. But the area of expertise that you did have was human performance. So how were you able to become a mentor in that space and start applying that to such as, you know, training and kind of five year plans and use your skill set as part of his, his kind of ladder to get out of that hole? That's

 20:56

a great question. And I think it's kind of a two pronged answer to some degree, James, because whatever qualifications or experiences I've got within sort of the performance related world, or what have you, I've got a few. But I've also got this other prong, and it's called my life experiences. And so that goes all the way back to being a young boy right to near 60 year old right now. And so that's decades of experience. And so sometimes when I'm talking with someone like such, I probably got 20 years on him, or close to it. And but I don't look like I'm 60. So when I'm communicating with someone, they'll they'll, they're at a disadvantage to some degree, because I've got an extra 20 years of life, kinda. And so in those 20 years, I've made a boatload of mistakes. And so I find nowadays that whoever I'm talking with, they will enter into a point of discussion at some period through the conversation, and they'll say, Well, you know, I'm going to give a crude example here, but it will go along the lines of, well, you know, you wouldn't understand because nobody around us ever committed suicide. And then I looked them in the eye and said, except for my brother that you probably didn't know about, and they'll be taken aback. Because they'll, some people think that they have a monopoly on their own experience, and no one else has experienced it. So sometimes the person in front of

you can be talking at you, as if you know nothing about the subject, where as it's the contrary to that, I probably have more experience than they can imagine. And so that comes down to that two way highway of communication. If someone if sach would have come, if sach would have said, Hey, can I sit down with you and then just talked at me for three hours. sach wouldn't be in this conversation right now. He wouldn't be behind this microphone right now. But we had a two way communication. And it was my job. In that moment, as a we'll call it a coach for me to draw all of the things out of Satch that I could in that moment, The Good, the Bad, and The Ugly, so that I could better understand where he was at, make him feel comfortable while he was relaying that, and then figure out with him, not for him, but with him, how I could be helpful. And so that three hours, whether he understands it or not, even to this day, there was a lot going on, that he probably wasn't fully aware of. But it was my job with a clear head, a clear coaching mind a clear trajectory for what I thought would work for sach. It was my job to stick handle that his only job in that moment was to be transparent with me to be vulnerable with me, just as I was being with him. I was setting a tone for him to synchronize with so that he could display himself to me as I was displaying myself to him. Once we were synchronized, we could get to work on what it was that he wanted to work at, if that makes sense.

 James Geering 24:25

I'm going to keep the mic on you for a second. When I think we were on the collective. Last time you mentioned about our conversation, the podcast I did with you as your first one. And you've had this metamorphosis of unpacking your own story. Talk to me about that journey of vulnerability yourself, like being able to kind of access some of these areas that you haven't or you kept very tight lipped about before to, I'm assuming, try and amplify that vulnerability, you know, not only within your own life but also the people that you interact with?

 25:02

That's a great question. And you're right when I was on your podcast, I didn't have my act together. And what does that even mean? What I, for me what that means is I hadn't I didn't understand the weight of the moment. I didn't understand why I was there, or if I should even be there. I didn't understand the ramifications for the future. I hadn't thought it out fully. And therefore, when I was on your podcast, I didn't perform the way I should have. And what does that even mean? Contextually I can look backwards at that time and realize that I kind of sucked. I wasn't good at it. I probably shouldn't have done it. I probably wasn't ready for it. But the best news is, out of all of that. I've said some negative things. They're like, wasn't ready shouldn't have blah, blah, blah. That's precisely why I had to do it. That's precisely why I'm so glad I did. Because now I can see, clearly looking backwards after a boatload of podcasts, that I needed to understand how to communicate my life to others, in a manner that helped them helped me helped me communicate in a way that was impactful to people out there who were starting to listen to the things I had to say. So to your question, when you and I first talked on the podcast, I didn't have my act together. And it was because of that, I now have my act together more because I realized the weight of our of my words, of these kinds of interactions. The three of us right now in this podcast, it's an important moment. I understand that truly. Now. When I first started podcasting, I didn't understand it.



**J** James Geering 26:59

But what's beautiful about that perspective, is because we ended up doing it three times. And if you remember, we did and so I can look back seven years ago, six years ago, four years ago, oh my god, I can't believe I asked those questions or whatever. But that was seven years, six years and four years ago. This is the beautiful thing about it and expecting perfection or going back and deleting you know, an episode. Oh, that was shit. No, that was the moment at that point. And our conversation is only one I've ever done three times. But how beautiful is that? That that started the journey. And now you have your own podcast. I mean, this is this, to me is phenomenal. So you know, it doesn't have to be your best work. I think the the most courageous thing and this ironic I'm talking to a tier one operator about courage. But I mean, it's got so many different manifestations is the first most courageous thing a person could do is step into an arena where they're absolutely fucking awful at the thing. And be bad. I think we even discussed that concept in in our conversation, but going into that place, and it is indelible to on a podcast, you know, that recording. Imagine having 820 Plus episodes of your fucking voice and your mistakes and everything like I have, that stays there forever. But it also forces you to grow, which I think is an amazing thing. It

**i** 28:16

is I truly hold it as my, as you said, metamorphosis. I stunk up the place so bad that I never wanted to smell that smell again. It wasn't. Well, in my mind, it was and so it requires, it requires failure to begin pursuing excellence, in my opinion, just like sach did. He was failing in life at the point that him and I met. And at some point in that conversation, he decided he was going to pursue betterment. Now he may not have been able to bind to define that clearly in that moment. Maybe it was just a vibe. Maybe it was just a feeling that there's something here that I can sink my teeth into, that's going to make me better, that that would be a great question for sach. But as I sat there, I saw a guy who minute by minute during our conversation was getting back into the game of life, more and more each hour. And so I didn't know it would end up at this position in time. We're right now where he's podcasting and running across Canada, etc. But I do remember this from early in our relationship. People were connecting with me, in my DMs, they didn't really know sach but they knew me and here's what they were saying. It's a really powerful relationship that you two have. Sometimes I watch what you two are doing when you're talking and it makes me cry. Like say actual story was touching people. And when I say such a story, I mean mostly him. But a tiny bit of me, our relationship from the get go created a, a real powerful story where sach could represent almost not the everyday man. But the fact that no matter how much you have been The Hurt Locker you are with the right person at the right time. But with a whole lot of conviction added to it, you can go from deep into the from the dark cave, right out into the bright light of the world, and then become a light in the world, which is what I've seen sach do.

**J** James Geering 30:48

Absolutely. I went to see Avenged Sevenfold and falling in reverse with my wife yesterday. And about halfway through the event, seven fold set, they the singer started speaking about when they lost a drummer to an overdose in 2009, I believe. And the in the conversation, they basically had stopped touring for six years. And ironically, that same dad shared a speech by Dave or an interview with Dave Grohl. And it was the same thing with Nirvana, like it just totally knocked him off their feet. Anyway, they they do this this speech, and then they start playing



the song, which kind of you know, obviously is a memory of the drummer. And I try not to get my phone out. And the concert says it's an absolute nightmare with all these screens everywhere distracting you, but I looked around and everyone had their cell phone camera know what used to be the lighter up the entire arena. And so I just did a little 360 Pan quickly. And as I'm looking around, my wife who's lost her best friend this last year, she lost her boyfriend to suicide before me. And then the people were with that they're they're in tears people to the left. And I realize everyone here has lost someone. That's why this song is resonating so deeply with them. And so with that comparison of trauma, as you said, it doesn't matter. The description of the trauma, losses, loss, Pain is pain. So you know, just want to put that in that was just a beautiful moment. And I realized that we're all bound by this human connection, regardless of politics or ethnicity or whatever. This is a human experience. So Sasha, want to go back to you, you know, you start this mentorship with Shawn, walk me through why that was one of the I'm obviously again, it's not everything, but why that was one of the kind of toolboxes that you are given that got you back on the upswing. And let's go all the way through to the 22 marathons that you just completed.



32:49

Yeah, I mean, this podcast is pretty special for me to get we're kind of at a point where it's like, I'm not in a spot where I was before, and it's having this conversation. So I love this. It's good. Yeah, it's awesome. It's pretty legit. Anyway, sorry, what was the question I had?



James Geering 33:09


Good. That's beautiful. So again, you sit down, obviously, Shawn has given you some of the the philosophies, principles, human performance, expertise, so that you can start forging this plan and getting from finding running cathartic to using it as a superpower. Walk me through kind of the the other end of that the students end of that. And then let's go all the way through to this metamorphosis that you've had, and these runs that you've just done. Yeah,




33:38

I mean, there was a lot to learn. And really, it wasn't even from the performance perspective, a lot of the performance stuff I was trying to learn on, I was learning kind of on my own, and Shawn would suggest things, but sometimes we would plant some seeds that were not growing just on purpose, so I could kind of, you know, help myself learn on my own rather than being told what to do. But a lot of the suggestions were guidance on how to do life better, right, like I wanted to. I felt like I was going through the motions of life, like waiting to die. That's what it was feeling like, and I can see my parents, family, friends, a lot of people live in that way. And I just didn't want to live that way. I wanted to live a more enriching life, and I just didn't know how to do that. So some of the suggestions that Shawn was suggesting, were really helpful. And it was really just words like terms like, you know, doing life better. Okay, well, that kind of resonated with me. How do I do like better? How do I do that? So little suggestions, connecting with people like I remember when Saba Saab was starting his mental health walks. And he was doing he does them every other Sunday, and I had no intention of going like zero. I was like, Why would I go for? And, you know, little things like that. Shawn would suggest, hey, maybe you should probably check that out. Maybe you should connect with people and just little things

like that was what really helped me get out of my head. The ditch, right, it started kind of getting out of that by connecting with people talking to people that I would have never thought to talk to before. And just because of my ego, so connecting, talking to people, and through that process, I started recognizing that, you know, all kinds of people have all kinds of experiences, and we're likely more alike than we're different. So I started recognizing that. And then, you know, through our weekly conversations, we would have conversations about training and running and, and things of that nature. But it was more of like how to continue moving rather than how do I run better? Right? How do I continue overcoming challenges like pains or discomfort or things like that. So more mindset type of coaching, and how to overcome those types of things. I remember when I was my first Ultra was going to do, I think it was in April of 2022, it was a backyard Ultra up in salmon arm. And so just for your listeners, the backyard Ultra is a, it had a loop of about 6.7 kilometers with about 150 meters of elevation gain through that 6.7 kilometers. And you just keep going within. So you have to do that loop within 60 minutes. And you make it with that loop. And you just keep going and going and going until you can't. And so I hadn't ever done a ultra before, I had never experienced the environment, I didn't even know what was required to go to one I didn't understand the gear and food, nothing. And so I would ask your own questions. And I mean, he wasn't listening to me too much on how to prepare for it. Other than mindset, but I was my ego was so out of control. At that time, I was getting crushed. 100 Miles easy, no big deal. Whatever I did this thing before I ran 100k on my own, I can run 100 miles, whatever I got there, and I was like, pretty out of my element. There was people with pit crews, and I was there by myself with a bag and that's like, legitimate, like a bag of almonds and mixed nuts. And I thought that was gonna be enough. Anyways, so it was little things like that. I didn't I, I suspect he probably kind of guided me into feeling a little bit of a sting from that. Because I didn't, we might debate this, but I didn't quit it, I just couldn't make it to the next cutoff point. Which was based on time. And so we had a conversation about that one after. And it was helpful, you know, after having a conversation on, you know, not making meeting expectations. I I started reevaluating how to do the next one better. And so each one that I had done last year, which was an altar every month. I epically failed each one of them, but I learned on each one of them. So I think what I what was really helpful in communicating with shamans how to learn how to how to improve off of issues or mistakes I had made and not beat myself up because of those mistakes, but just keep moving forward rather than, Oh, I'm sorry, I'm this and that. Okay, just observe what you did. And figure out how to do it better and apply those skills next time.

 James Geering 38:18  
Shawn, your response?

 38:21  
Yeah, I feel that that's pretty close to the truth of the matter. You know, when I first met Sachin, he was mentioning things like, you know, go out and, and join the mental health walk with some people that perhaps he'd never talked to before proceeding that I challenged sach to hey, you know, why don't you just go out and go to a random coffee shop and sit in it for a little while, see if you can meet someone. How about this, this time you try to strike up a conversation with a stranger in a coffee shop? How about you learn how to brew coffee in a way that you've never brewed it before so that you can maybe start gaining friends who are into coffee, just just start forming relationships that are based on passion rather than empty

moments of inane conversation, that relationship building through a long term trajectory, as it were. And so such did engage in that and week by week, month by month, he was interacting with more and more people feeling more and more comfortable with it. Until one day I think he found himself just for lack of a better term, I'm gonna use the term normal. Just another normal guy, you know who who does these things? Well, ish. But that well, ish wasn't enough for the task that he had set for himself at the time, which was to run across Canada. So as you know, you for trajectory, strategize, or at least that's what I was doing. I considered that at some point. He's going to have to run and talk to people on that running routes. So He's trying to scale such up to become what he had self visualized of running across Canada as an inspiring individual. There's a lot of moving parts to that beyond just the administrative portion. And so most of those things are mindset based, are the way you run your life based, they're not about what running shoes or you're using, or how many carbs per hour, these are much more deeper philosophical wisdom based ways to run your life. And so that's what we spend a lot of our time talking about, though, maybe such initially thought that I was trying to high performance coach him, and not as an athlete, but just as a person, it was much more than that I was, and I wasn't trying to live coaching, coach him. If I'm being honest, what I was trying to create was a strong relationship that other people out on the internet could observe as a successful story based on a guy who committed to a program that he didn't fully understand at the time, but saw enough success in it, that he continually engage in it month after month, until he's at the point where is that right? Now? Sachi, as a self created man, at this point, I had very little to do with it, in the sense, but at the start, he needed some help. And I was happy to do that, as every human being should be happy to do for another human being, as long as you understand that it's within your abilities.

 James Geering 41:42

So kind of trying to glean what you said, it sounds like you never imparted tools, specifically it was principles or even concepts to explore that may or may not lead to failure. And therefore lessons, we are surrounded by a lot of people now that call themselves life coaches, and you know, all kinds of stuff that tell you, you know, if you do A, B, C, D, and E, and you live this way, and you eat this way, then your life is going to be better. But we're human beings and we're all different. So what made you use the philosophy that you did the the, the kind of general self exploration compass philosophy, rather than let me send you a wellness sheet and you just check the boxes when you do it.

 42:35

Because that's the way I work best I work best boutique Lee working with the person in front of me, like, I like to feel like my time on the planet is worthwhile. And a cookie cutter one page are photocopied from the other 1000 photocopies that I handed out over the decades, that just ain't me, I'm not a photocopy guy, I may look the person in the eye, and then deliver the best I can for them in the now. And that now, solution will be different a month from now. And so I my greatest love in life is to work with someone in the now. And that takes many forms based on the individual who's in front of me. I've been doing it a long time with a lot of athletes, a lot of people in a lot of different industries for decades. And whether I've done it well or not, by sure have made enough mistakes that I can do it better than quite a few out there. I'm not the leading expert in any of this at all, I may, I may only be a seven out of 10 in respect to how to do these kinds of things. But that seven out of 10 ain't bad. Because as I look back over the

years, it's created results and not results in the sense of I created such. And when I say it creates results, I mean, I know how to work with someone so that they become awesome. Whatever that means

J

James Geering 44:14

was sash before we hit record. You said something like I'm a completely different person than the last time we did an interview. So walk me through that continual evolution and then let's talk about the the marathons that you just ran.



44:32

I mean, that's what we should be, I think, right? I'm trying to improve all the time. And especially now. I hope that in six months from now, I'm a different human again. That's why I keep evolving, keep growing, keep being better at whatever I'm trying to do. So I think a lot clearer now. I'm a lot more calm now. I have a lot more self belief self worth confidence. I have a sense of duty and obligation. into the greater good or collective around me. So these are all given me purpose and to have a level of purpose now I've never really had before. Working in law enforcement for me wasn't really my purpose, and maybe different than many other people. It was a paycheck for me. And I didn't go into it thinking, purpose went into it thinking pension and security. And so, you know, I had the wrong idea, the whole time. And as soon as I met Shawn, it was really simple, really simple things that I'd never done, right? Sit down, what your why, write it down, figure it out, and spend time doing that. I spent like, maybe a few weeks trying to figure that out. And little things like that, understanding what my purpose is, what do I want to do man? maximize my skills for everyone around me simple. So if I can do those things every single day, life's exciting. Life's good. Because your skill? Yes, you would hope to have some skills. And if you don't, it takes forever to develop them. So you're going to be busy for the rest of your life. So I'm Yeah, so I kept growing, developing and learning really last year nine Ultras, I learned a ton last year, man, I like you're trying to do nine ultra marathons. That's one thing from a performance perspective. But well, how do I communicate better with people? How do I engage more people? How do I increase the footprint of what we're trying to do? raise money and awareness? How do I do those things? Well, I had no clue four years ago, I had no clue how to do that. Now, I understand a little bit better on how to do that. Speaking on a podcast communicating like this, I couldn't do this two years ago, three years ago, I couldn't even I couldn't have a proper conversation, let alone, you know, running across the province in August 22 marathons in a row, the running was the I don't want to say the easiest part. But it wasn't the most challenging as it related to all the other things associated to it, organizing, planning, and connecting with people. You know, all of that I couldn't have done 12 months ago, it wouldn't, it would have been too hard for me. Because I had planned some stuff to make sure that I had certain things happen. And none of them happened in August, and that would have screwed me up. So but like day one, day two, obstacles start presenting themselves, and we just start pivoting, figuring them out as we went. So it wasn't a huge issue. And yeah, so I think for me, it was a lot of growth over the last year, two years, or our last time we had a conversation.

J

James Geering 47:30

So obviously running as part of the conversation. Giving back in altruism is always a common

denominator when it comes to someone's growth and healing. In my opinion. What are some of the tools that you found along the way on this journey of exploration that you use now, whether it's daily, weekly that you didn't before, when you were struggling? I



47:49

think about other people before myself? Every single time soon, because I naturally just think about myself. It's like just organic, like I just am neurotic, generally speaking, have a kind of a weird sort of mentality in that regard. But as soon as I started trying to change my thought pattern to think of other people, if that had to mean my ex wife, think of her before me. That was the really starting point for me, man, like, a few years ago, she made a few comments towards me, and I took him to heart. And I didn't want really, that to stand. She called me selfish. And she was right. And so I, I don't want that I don't want people to think of me as a selfish person. So I constantly think about how do I move in a way that I'm not selfish? So as soon as I started thinking about other people, man, I wasn't thinking about my uselessness. I wasn't thinking about how about myself, I wasn't in my own head. And I said this a bunch of times to other people in service saved my life service was my salvation, like, without serving in the way that I want to serve. And the way I think of it, man, it's changed everything for me.



James Geering 49:03

Well, you know, you're somewhat unique as far as and extremely honest about it, which I think is so important, because there are groups of people that exist in all the uniform professions that are there for a paycheck bear for benefits. In fact, I'm blanking on who it was. But someone just the other day, that's what took them into the military until they got bitten by the bug. And then, you know, they ended up being passionate like it was Ruby. But But when people transition out when they are going in to serve, this is a struggle that I hear over and over again, and more often than not, once they find another purpose because there's a, you know, 100,000 ways to serve and doesn't have to be in a uniform that seems to be when they can find their feet again, and then you know, move forward.



49:48

I think for me out of the uniform is better for me. Because I don't Allah think for myself, I like to make my own decisions, I like to think outside of the box, I like to do those types of things. And, you know, whatever the reason is, I may have not felt that way years ago or, you know, working in an environment where you don't have much control over how you move forward. Wasn't, I don't think is the type of person I am. So I think maybe I wasn't really designed to go into a uniform career. But having said that, man, I feel pretty. I feel like what I'm doing is pretty authentic and organic. For me now. It's like, not even, I'm not even thinking of what to do, I just kind of do. And, you know, I've been moving forward, without understanding what the future holds, you know, maybe I have a rough understanding of the future to a certain degree with a lot of uncertainty. But now I'm kind of okay with that. Because things have been working out and I just keep moving forward, doing the things that I like to do and the way that I like to do them serving other people and then kind of attacking any opportunity or, or something that presents itself I look at it and see if it's a worthy cause and then I engage it or don't. So it's been out of the uniform has definitely much, much better for me in terms of service. So

**J** James Geering 51:20

one more thing, don't I'm sorry, Shawn diamond, please.

 51:23

Just a couple of things. One is so such is describing something that I feel as a process, at least in my mind, I think that is a process. And Satch was a part of the process and the process kind of looks like this in general terms. someone shows up and they're in The Hurt Locker, you help them out of The Hurt Locker, you teach them to self actualize. And then you let them self actualize. And Sal sach is now self actualized. He doesn't need me, he doesn't need anyone, he can now take care of all of these things himself. He hits me up later today or later this month, or whatever the case is. It's not because we're in phase one, or phase two of the helping someone out of the problem. He's he's in the phase called self actualized, where he is able to not only manage his life in a way that he enjoys, but he's building on that enjoyed life that self actualized not everyone is in that position. There's veterans who are in that first phase in that second phase and may never see the third phase of self actualized unless they talk to the right person. That's something to consider for anyone out there who's listening. The second thing I'd like to add is know your why. And this is the should play well. James with your comment about Dave Grohl from Foo Fighters. And I was, I just thought this morning coincidentally, it was a video. And Dave Grohl was on a talk show. And he was being asked a few things. And then he relayed a story. And I don't think anyone expected the story. The story kind of went along these lines. He had quit rock, he quit being a musician. He he couldn't do anything after Nirvana after Kurt Cobain. And so he was out of the game. And he decided to go to the Ring of Kerry in Ireland to get some time alone get away from it all get his head, right. And as he was driving through the Ring of Kerry, he it was as he said, I believe it was lightly raining and it came up on a guy who was a hitchhiking overcoat. And and as he kind of pulled up in the sky, this guy was wearing a Kurt Cobain t shirt. And as Dave Grohl said in the interview on this talk show, man, I just can't get away from it. I just can't evade what is directly in front of me, I'm never gonna get away from this. I can't quit life. I can't get away from that life. So I have to get on with my life. And so he said, he left the Ring of Kerry went back to the United States and started up a little rock band called maybe you've heard of it, foo fighters. And so, I mean, it's a great story, man. It's a great story. It's a great story of a guy who had his why. And then he lost sight of his why. And through a random, unplanned, brief flash of the universe in front of his face, a t shirt was enough to turn him around. And so that T shirt moment with Dave Grohl is sach and me it's a random moment and And, and these random moments are all around us all the time. There's there's hitchhikers, and Sanchez, and Sean's, and Dave girls all over the world. But the only time those things come together and make a meaningful change in someone's life is when the guy behind the driver or behind the steering wheel of the car, and the hitchhiker out on the side of the road, look each other in the eye and figure out what's going on in the moment. And then do something about it.

**J** James Geering 55:36

That was a video I was talking about. I shared yesterday. And if you saw it on mine or not, but it was the grammarian.



55:41

Yes, yes, that's it, buddy. It was probably from you. And



James Geering 55:44

he said, I realized at that point that I can't run from it. That's right, that's a mic drop moment right there. It's between your ears. No matter where you go, whether it's the bottom of the earth are out in space, or Antarctica or the Arctic, it's still going to be with you until you turn around and face it.



56:01

That's right.



James Geering 56:04

We'll stay on with you, Sean, this would be an interesting perspective. We have our conversation is the first time you do a podcast. Now you guys have the collective. And you've done hundreds of podcasts. So out this gym, and let's jump because you guys do every single day, don't you think? Right Monday through Sunday. So walk me through some of the the AHA hours or commonalities or things if you had to look back and summarize some of the lessons learned from I'm frozen behind the microphone to all these people that you've got to interact with an interview and listen to now, what have been some of the kind of bullet points if you could summarize, if you



56:45

want to go back to the first time that I got in front of a microphone. I've already established that I stunk up the place and I was freaking out. And so from from kind of like, not quite a worst case scenario, but certainly from a this is not a great start. Till today, all of those podcasts that I've done the hundreds and hundreds of podcasts, each one has built on the next one. Each one gives me some minor wisdom from the person that I'm talking to. I've now not I don't have the luxury of talking to all of the amazing people that you have James But now I've talked to a lot of amazing people in podcasts. And I find for myself, every time I interact with someone who is wise, I gain and so I just keep committing stacking the wisdom, minor wisdoms on top of minor wisdoms until I'm at a point now where I can look back. And this is the reflection part. I couldn't see it on day one. But it's so evident to me now, that when I committed to podcasting, that was the start of a very long journey that is so worth while. The things that I've learned about myself, about other human beings, and more importantly, how to connect my minor wisdoms out there to the world so that others can then stack that minor wisdom into their lives, and then add their wisdom to other people's lives. That's what I feel is been the biggest benefit for me, watching my personal growth, watching the Collective's growth and feeling a sense of not pride, but a sense of worth. That I know, there's people out there right now, at this very moment that I don't know, who have benefited from me engaging in this process.

J James Geering 58:56

Seven years ago, if people have asked me a question I've been in conversation, they'll be like, oh, you know, that that sounds bad, or that's a shame or and it's amazing now. And if you starting to find this, you're like, Huh, well, let me let me tell you about this guy had on the show who's got a solution to that thing? You know, let me send you a link to that episode. And it's incredible at the whole. My whole conversational space now is different because it's become a library and I'm not the expert, but I know so many people and I've gleaned just enough to be like, huh, your back pain. Let me tell you about foundation training. I'm gonna send you a YouTube link. You know, this is this is how it helped me I was a firefighter a fucked up my back. And I was told I needed surgery. didn't do it. Use this movement, practice heal my back, just did a fitness competition the other day deadlifting 225 10s and 10s of times. So what I this this accumulation of knowledge, I think makes you a more interesting person. Not that you're trying to be the interesting in the room but you have a response to a conversation that you can then open more doors and add more value. And then the conversation starts going to some really interesting places with people that you might have had a very, very superficial conversation with normally, and this is not so much in the interview, but in everyday life, so you might have just talked about your coffee or traffic or weather or whatever. And now she found yourself talking about their childhood trauma or, for example, for you the loss of the brother, you know, and now you're going into a place of value rather than a very superficial interaction.

i 1:00:29

Yeah, I agree. And I think one of the important aspects of podcasting, just as we are right now, I don't, I'm not actively seeking to push wisdom out. I'm just actively engaging in the now. And podcasting is all about who you're podcasting with. I do a live chat where I just talk to the internet, and I'm not interacting with anyone and on Instagram. And it's, it's difficult, because you're not interacting with anyone. But the moment that you start interacting with people in a podcast, like the collective or on this podcast right now. Well, now you now it's an interactive process. It is an ebb and flow. It is a give and take. It is a learn and learn moment. And I think that my experience in podcasting today eight out of all of the people that I've talked to, I've come to understand that the true value in podcasting is not only the person in front of you, but the people that they represent behind them. All of the wisdoms that is pushed into that person is what you're looking at their network is what you're networking with. James's network is massive. The Collective's network is getting bigger, but it's it's much smaller than James's network in context. But right now, as James and I communicate in this very moment, our networks, our shared networks, it's a really powerful thing, once you start understanding that concept, I think.

J James Geering 1:02:11

Absolutely. Well, sach, I want to go back to you. You know, we just did the 22 marathons in 22 days, expand on that talk to us about the training for running across the entire country of Canada and Terry Fox, his footsteps. And then anything else that you kind of want to impart before we start closing out?





1:02:35

Yeah, thanks, man. Yeah, so I, I ran 22 marathons and 22 days in August. But it wasn't, I wasn't doing races I was I was just doing the distance of a marathon. So 42.2 kilometers each day for 22 days. And I decided to do it across the province of BC so that we could. So one reason is as a training block to ultimately run across Canada in two years. So it was a significant training block that I can have. I want to also engage with some people along the way and see if we can meet some firefighters because in the month of August, BC has crazy fire season this year was no different. So I wanted to raise some awareness to that. And I wanted to get some hard training. And so we had a bit of elevation through those 22 days. And I had never done anything like that before the the furthest side ran was probably the most I had ran was probably three marathons and in three days consecutively. So this was a significant jump forward in terms of what the capacity was for what I was able to what I've done before. So the training was pretty substantial. I mean, I started training December of last year. And it started with just training, changing my running mechanics. So I could run more effectively and efficiently rather than how I was running before. So that's about six weeks to just start that process. And then training block after training blocks throughout the months. Built up to in around June, I had a six week training block where I was running close to 1000 kilometers for those six weeks, but 150 kilometer or 150 kilometers a week or almost 100 miles a week. And those were challenging, actually, I would I would argue some of the training that I was doing was a bit harder than the actual 20 G days itself because I had never done that and I was running in training all on my own wasn't really with anyone else. I was figuring out my own nutrition, my own hydration like all these things just kind of manipulated. I did have a running coach who programmed a lot of the running for me. So Ron Lowen is a local coach here in the Lower Mainland and he he would program my stuff and over the last year I've had a few friends kind of I've made some friends along this journey and have created almost a team around me to help me through the process of training. So strength conditioning coach, Jake stone and Kinesiologist physiotherapist all these different people that have been part of the process to help me to achieve what, what I did. So these people were helping me from a training perspective and performance perspective. And then when it came to the running in June, July for the training block of building up to the 20 marathons that was essentially on my own and trying to figure out how to properly do that. And then, you know, got to the point where I got to August and August, we kicked off from a town called Revelstoke on the eastern part of British Columbia, and was with my girlfriend. So she was my support vehicle, she had a truck, and I had all my food and everything in that. And then we just kind of started. And each day we would try to want to another town. But as you can imagine, when you're doing something that large things come up. And you know, what's the same Mike Tyson say everyone's got a plan to get punched in the face. I got punched in the face day two. So things had to kind of shift a little bit. There was significant smoke in the area for most of the first 10 1011 days because of the forest fires and recommendations to not run outside, obviously, but that wasn't an option. So actually, day to Julius car was having issues so we weren't even able to drive it. So we had to really adapt and overcome. So we just ended up staying in Revelstoke for a few days until we actually sorted out the vehicle. So as the first the second day, I ran half the marathon outside and then elected to run the rest of it on a treadmill. Because I was getting in my head. You know, I was getting messages from a lot of people, Hey, should you be outside, it's going to be unhealthy, this, that. And the other that started kind of bugging me, because I was actually feeling some headaches and some side effects to the smoke. But and then the third day, I did the whole marathon on a treadmill. And that's when I got the message from Shawn suggesting that I figured out how to get the car squared away so I can get back on the road. So we got that sorted out and got back on the road, probably day four ish and continue down. And you know, the first 10 days were were challenged man, they were hard. They were because it was a new

thing for me. I had never done it. I was trying to understand how to navigate through that and men in new relationship trying to navigate through that what I'm trying to run across the province. So there's a lot going on in life to manage. But once we got to Ashcroft, which was halfway through and Ashcroft is we're on our ranches. So the charity that I'm supporting. It's got 120 acres 10 cabins on it for members to use whenever they want. So they can go relax and recalibrate. So I stayed there. And it was in around 40 degrees Celsius. So then that had its own challenges running in that kind of weather. Again, the smoke rolled in on day 11, which was pretty bad end up getting, you know, couple nosebleeds and whatnot, but nothing that was going to end the run. And once we made it through Ashcroft in the heat, we got to little white, which is another small little town that was fairly hot. But that was getting actually you know what, we had a bit of an issue at day two. So I started understanding fueling my body and nutrition and how to properly do it. And I was eating as much as I possibly could because I was burning so many calories each day. And I was trying to set myself up for the next day. So I was able to run them. So the day before we kicked off to go to silhouette, I don't think I ate enough. So when I started the run, I'm running halfway through I was like holy man, my legs are not moving super heavy. Again, started getting in my own head and started not freaking out. I was like man, I don't want to not complete and I just finished halfway through I don't want to be that guy who did half and then jammed out right. So so I called an audible and I spoke to Julia who's driving and I was like let's finish the first 21 is drive into a little wet get some food eat as much as I can and then we'll kick back off for the other half so ended up doing that and that worked. So I ended up getting some food in me and luckily that was the issue and I felt fresh after getting some food and from then on it was I wouldn't say it was easy but it was less challenging because I was in a groove started feeling the flow got had dialed in my nutrition, my food, my liquid, my electrolytes, all those things during the run itself. And then when I got the day 15 and 16 the adaptation of the the Running Start taking effect. So I started actually feeling pretty strong and pretty. Pretty strong. I was feeling pretty good actually. And I was trying to maintain a pace for all of the 22 days that wasn't super fast so that I can still be able to run for the next day. So the pacing was in around seven minutes per kilometer, seven and a half minutes a kilometer. And when I got to de 15 1617 I felt like okay, I can go a lot faster here. But as stayed within the allotted time frame that I set for myself before I kicked off. But yeah, man, the real the last five, six days was pleasant. I ended up coming back into the Lower Mainland of British Columbia where I live. And it just shifted, everything just shifted man, it was like the weather dropped like five or 10 degrees Celsius. So it was like cooler. So I didn't have to get up super early as I was trying to avoid the heat in the other areas. So that allowed me to get more sleep. And then it was familiar territory, not as much smoke, and there was still smoke, but it was nothing compared to what I was dealing with before. So it was like a non factor. And once that started happening, we got to Squamish Whistler, and things started looking different seeing the scenery that we had was beautiful mountains and trees, everything was lush, the water from the rapids and Whistler area was beautiful to see as I'm running. So those things were kind of fueling me along the way. And then eventually we got to the end. The last day we were we had to finish in Victoria and Victoria is on the island. So we had to take a ferry to get there, it's about 90 minute ferry. So the you know, it's about 32 kilometers from the very point where the ferry arrives on the island to get to Victoria where I was going to end. So I had to get the book 1011 kilometers in before I actually kicked off to the ferry. So I ended up running at the ferry on the ferry itself, getting the kilometers in there. So I could at least avoid wasting time after got there felt super fresh. When I was running to Victoria, I suspect it was probably the adrenaline dump and excitement of finishing. So bombed down all the way down and got to the BC law enforcement Memorial. That was where I wanted to end. And that's where the names of all the fallen members have first responders. Their names are written on that monument, so I wanted to finish there. And when I got there, it was pretty awesome man, like, I didn't expect anyone to do anything for me. I just kind of want to do a thing. And the

chief of Victoria Police was there with about 12 members just waiting to receive me, which was kind of cool. Well, no, it was really cool. It was awesome. And to top it all off, right when I got there, the chief of police was like, Hey, man, can you give us some inspiring, inspiring words? I was like, Cool, man. Yeah, I just finished reading a whole bunch, I got a lot of things to say at this moment. Not really know, I was tired. And



1:12:28

I was talking and there was a so it was right in front of them, the monument. And then we had 12 members around kind of the semicircle around me. And to my left flank, I saw an elder guy, older guy, probably in his 70s wasn't wearing a uniform clearly. And he you wanted to share some thoughts. So I, I engaged with him. And he wanted to just thank me for what I what I did. So for me, that was pretty important to hear, because he had mentioned that he was a veteran who served in the Canadian Air Force in the 70s. And after he had retired, he became a police officer with the Toronto Police Service. And through his service, he experienced mental health issues. So he's been dying, he was diagnosed with PTSD. And he wanted to thank me for what I did and appreciated the fact that what I was doing, and he said it was helpful, or it's helpful for people. And I know man that for me that that made everything worth it for me because right at the end of it was awesome to hear somebody say something like that. And it really resonated. So all in all the 22 days were pretty amazing. I learned a ton of stuff. And I'm definitely a different, different person after running those 22 marathons mentally for sure.



James Geering 1:13:53

Amazing. So what's next two years until you're attempting to run across the whole country? What's the next step for you?



1:14:01

Next step is keep training. The goal is to do another training block for next year. Don't know exactly what it's going to look like. But it'll look roughly like 50 Ultras in a row. So, you know, maybe 60k a day for 50 days. If I can make it happen, I'm starting the planning phases of it right now if I can set it up to where I'm running from the Terry Fox Memorial and Thunder Bay, to Mile Zero and Victoria, which is about 3100 kilometers. And that's the plan man. We'll we'll kick off sometime next year, see if we can run 60 kilometers every single day for 52 days. And then ultimately, that'll help prepare and train and meet a whole bunch of people and connect and do all the things that I just did but on a larger scale. And then 2025 APR 12 kickoff to run across Canada from coast to coast, which is 7300 kilometers. The goal is to see if I can break the record, which is in around 106 Hundreds having to call 106 207 kilometers a day for 67 days, 10 hours. So the goal would be to eat that. So we'll see what happens.



James Geering 1:15:08

Beautiful. We'll show on your response to what you've just heard. And then any other closing comments that you want to make before we round this thing off?



1:15:18

Yeah, sure. And my my take on this is not going to be appreciated by sach. I can assure you, or maybe anyone out there, but I hope I hope what I'm about to say, resonates with some, when I hear someone running 22 days in a row, it's not that impressive to me. I know. I know, that sounds cruel, but it's not that impressive, because I know people who've done way more. What is impressive to me, is where Satch started a couple of years ago, that's the story to me. 22 days of running, honestly, big deal. I agree. And I agree with you. So so there's a lot of people out there that hang on the idea of the impressive story of Sanchez trajectory over the last two years is the fact that he can now run, and some of those people will focus on the fact that next year, he's gonna run even further. And that's the impressive part. That is not impressive, to me. That is just the logical outcome of someone who has made his why so important that he's going to execute against his visualized goal. That's the process, how far you run and how long you run. Those are just details. It's where you came from, and where you're going to take it. That's what impresses me. So for all of the folks out there who have enjoyed following such a story, and it's 22 days of running, please don't get it confused. The real story is how far Sachi has run over the last two years in his personal improvement.



1:17:10

I agree. And I would like to jump in I 100%. Agree. Because running to 2020 marathons, enrollment is a million people that can do that even more. I mean, it's not, it's not really that big a deal. For me to where I was in three, I met Shawn two years ago ish. So from there until where I'm at now, man, it's it's



1:17:32

notable. Yeah, that's been great. Yeah, yeah.



1:17:35

And I think it's, if anything, man, if anyone can learn anything, it's not about my Running Man. It's about how I was able to at least make some positive changes in my life so that I can move forward in a positive way. And I'm doing what I do is train and run, that's just whatever. But in terms of like, how I've got how I gotten out of the ditch, and, and I'll be clear, I'm not perfect, I screw up every single day, all the time. But I'm in a position now where I'm not constantly negative, and constantly, in a negative spot, I'm actually positive most of the time and fairly, feel pretty positive about the future, and feel a sense of worth and value that I bring to my life and to maybe some people around me. So I think that's the important takeaway here rather than running. And, again, I'm not that fast, to be honest. I'll try to be you know, but yeah, I concur with what Shawn just said.



James Geering 1:18:43

So we came up with this kind of the mix of the two of you about an hour before we recorded it supposed to be originally research on his own. I'm so glad that we did this the conversation that

we've had this kind of double perspective on, you know, the journeys, when you guys first met and where you are now, you know, Sean's metamorphosis in the podcasting world, even though he's such a high performer in so many other areas. There's been so much to glean from this conversation. So I want to thank you both so so much for coming on the behind the shield again, this evening.



1:19:15

Thank you, man. Appreciate the opportunity to chat with both the X is fun.



1:19:20

Yeah, I agree. Really appreciate the opportunity, fellas. And I'm just glad that I had a little bit of a better performance on your podcast, James and sach. I'm really happy to be able to report that every day that I watch you performing, you're performing better every day.



1:19:40

Thanks, man. Appreciate that.