

Preparing for a Long-Haul Hike: Part 2 with Dr. Robert Dery

Six months. No running water, no conveniences of home. Constantly on the move. Absorbing the remarkable beauty of the open wilderness, while simultaneously battling everything Mother Nature has to throw at you, from pouring rain, to wild animals, to lightening right above your head. That is the reality of a long-haul hike.

This week we are back in the studio with Dr. Robert Dery, a mountaineer and explorer turned Emergency Room Doctor. He's here again to give us more insight about what long-haul hiking is really about, how to prepare, and what to expect, both physically and mentally.

It's not only weather and terrain you have to battle while you're on the trail, it's yourself as well. Why are you doing this? Why not turn back? Why continue? Dr. Dery gives us a glimpse into what it took to keep him on the trail in terms of supplies and logistics, as well as the mental fortitude required to stay motivated and focused for six months in the natural world.

If you are an explorer and you are wondering things like: Should I do it alone or should I go with a group? How do I stay fully supplied for six months? How and when can I have hot meals? How should I prepare for weather? Some insider tips and personal experiences are just a click away. Press play today, start your adventure tomorrow!

Interview with Jess Poitra: Guidance to Healing

We're once again chatting with the amazing, transformative personality that is Jess Poitra.

Jess is a huge proponent of, and performs, Integrated Ancestral Healing. However, this wasn't always the case. It might surprise you to hear that Jess started out as an attorney, focused on international law and steeped in the corporate world. There's a big gap between that world, and the new world she work in.

Having suffered for many years with severe rheumatoid arthritis, and after a frustrating and expensive two years of aggressive pharmaceutical therapy, she discovered she could heal herself, and achieve remission, using nutrition alone. She has been in remission for over 6 years now.

Within the last two and half years, and mostly due to the shamanic work she does with her husband, Zach Poitra, she has realized that healing can actually go much deeper than what nutrition alone can do. She says, as with all health conditions, "there is a psycho-spiritual component to autoimmunity."

Here we'll talk quite a bit of what she's learned. For example, she says "embodiment" and "interoception" are the keys to excavating the roots of chronic illness. She has learned how to search out and release held tension and emotional patterns within the body, which were what caused the illness in the first place, and wants to help others do the same.

"What's the "special sauce" she says? "It's the embodiment and "interoception" pieces that really takes this specialized healing to another level entirely."

Now, Jess has developed a 12-week online course that distills her own journey down into tangible steps, and guides clients through their own healing process. This course is really the culmination of a dream, in that it will allow her to share a deeply empowering and effective healing protocol with as many people as possible, helping you too.

As Jess puts it, "The world needs this new course! And specifically, the world needs this FROM JESS POITRA."

I love what Jess is doing with this new project and wanted to let you know about it too. Find Jess's brand new course on nutritional work and course at:

You can contact Jess about her ground breaking nutritional course work at jess@theselfhealingbodyproject.com

Also, you can help Jess get the word out about her new course by contributing to her CareerFunded campaign, which is now live! Visit www.theselfhealingbodyproject.com and support her in any of the following ways....

- (1) Make a donation of any amount (use the "Back This Campaign" button)
- (2) Buy the first module of the course for only \$9!
- (3) Purchase a t-shirt or a hoodie with her awesome logo!
- (4) Purchase the course at the special CareerFunded prices

The guidance and content of this course would cost \$2500 as a one-on-one coaching program, so the CareerFunded prices are a tremendous value.

Lastly, and separate from this new course above, if you're interested in working with her with Ayahuasca, you can get in touch with her at: www.ayahuascafamily.com.

Interview with Jess Poitra: The Road from International Law to Spiritual Healing via Ayahuasca

What do you think when you hear the word *Ayahuasca*? Rainforests, Shamans, and a psychedelic drug trip? While not incorrect, these preconceptions are missing some of Ayahuasca's most important properties; such as its main role in spiritual healing ceremonies.

So how does one end up healing with Ayahuasca? Join us in this episode to learn more about this traditional spiritual medicine, and much more.

This week we sat down with the amazing, transformative personality that is Jess Poitra. Jess is a member of a team that does Integrated Ancestral Healing and Spiritual Ayahuasca Journeys. However, this wasn't always the case. It might surprise you to hear that Jess started out as an attorney, focused on international law.

Find out about Jess' incredible story as she walks us through the intense self-enlightening journey that led her to quit law school and drove her to her current position as a spiritual healer.

Jess is a woman who did not let roadblocks in her life keep her down. While most would have been crushed following a five-year battle with debilitating Rheumatoid Arthritis, Jess used it as a catalyst to begin her new life as a healer and Ayahuasca practitioner to help others struggling with debilitating situations of their own.

And there's more here in this episode. Hear about her journey

to ancestral healing via:

- Quitting Law School
- Kayaking
- Rheumatoid Arthritis
- Practitioning
- Ceremony
- Ayahuasca
- Church of the Awakening, Soulpreneur f(x)

Her's is really a courageous, unique story. Start your own journey of self-discovery by listening to the full episode now!

[Athletes, Sports Supplements & Supporting “People Who Move.”](#)

Hello folks,

Recently I was ask to give a simple interview about myself, BioTropicLabs.com, how I think about athletes, and my ideas on supplements – mine included; and a few other items. I thought the questions were well thought out so I wanted to post the interview here.

Take a read, have fun, and I'd definitely like to hear back from you here, so comment and share too! Thanks all!!!

Craig

Interview Questions

1. **Dr. Runco: What is your background and why did you decide to start BiotropicLabs?**

Craig: Of course this is a long story, but to be brief, from a YMCA beginning I developed into a world class swimmer, a sprint freestyle/flyer. At the end of my athletic career, at one time or another I'd achieved being the 2nd fastest sprint freestyler in the world, qualified for 2 Olympic Trials, set at least 2 individual NCAA records and several other relay records; was on 3 NCAA championship winning teams, garnered 23 All American awards; was teammates with several Olympians – the most notable being Dara Torres and also several other Olympic medalists; was coached by 2 Olympic Team coaches; and was the fastest inductee into my collegiate Athletic Hall Of Fame; and some other stuff too.

When you're competing at a high level, you're up against a lot of phenomenal athletes. We're all seeking edges. As part of my never ending quest to find competitive edge supplements that actually worked, I tried every off the shelf supplement under the sun, but for me, nothing worked. Ultimately, with a lot of effort, I worked myself into a solution that worked for me. I developed it during a time when I was competing for a spot on the US Olympic Swimming team via Olympic Trials. Speaking for myself, the results this hybrid formula were startling – they really blew up my training. This experience would eventually lead me to the second part of your question, why I started BioTropicLabs.com.

Creating the company was a natural evolution. I have deep empathy for all people who "move," but in particular, athletes, because I know what they go through in their training; their recovery, sleep, rest needs, nutrition, and how hard they train and what they give up to do it all while chasing everything from simple process oriented competition, to chasing personal bests, to elite level athletes chasing records or qualifying for their main event.

Having been through all of this myself and understanding their plight, I decided to come back around to my most natural space, e.g., sports, sports nutrition and sports psychology, etc. I really like to help all the athletes that I can to train better, smarter and harder so that their competitive outcomes, whether process oriented or as an Olympic caliber athlete – may achieve the outcomes they personally seek.

2. Dr. Runco: If you could only pick one of your supplements for a long distance runner to use which would it be?

Craig: This of course, is a difficult question to answer because I custom formulate each supplement to achieve different outcomes based on the individual's wants. That's why I offer a free consultation for guidance in the right direction, if the user desires. However, If I had to lay down the gauntlet for a single item, I'd say the AFA supplement; but it's impossible to discount the beauty of the other supplements, and choosing is largely subjective. What I think is best may be different for someone else.

As far as the AFA product goes, it's a robust formula and may fill other gaps that many athletes suffer from, like nutrition gaps. It supports muscle repair and recovery, higher cognitive functions, clarity of mind when training and competing, and has a natural "lift" effect, likely due to the *Phenylethylamine* (PEA). Also, athletes need the suite of B vitamins, especially B12 from the highest quality source available. Mine is from Argentinian, vegan clean, no pesticide grass fed, zero hormone and defatted liver anhydrate for energy and red blood cell production support (I know that was a lot there!); and beetroot as a natural nitric oxide simulator for vasodilation to get all this good, healthy clean energy to hard working muscles where you need it most.

But, I just have to add that I love the Oxcia for its "purity," its clean energy, vasodilation and oxygen delivery;

and my Chlorella stack for its support for the blood oxygen theme (like AFA) and with further support for blood detox. To each, their own. You have to experiment to know what works on your chemistry.

3. **Dr. Runco: These days there are a lot of concerns regarding GMO's, "natural flavoring", Gluten, corn syrup etc. How do you and Biotropic Labs approach this and what is your view on the concerns regarding them?**

Craig: I share these concerns. All our products are essentially clean energy "super foods," healthy and "earth made." I use only natural ingredients, no flavorings, not GMO, gluten free, no sugars of any kind whatsoever, and that are World Anti Doping Association (WADA) "safe."

4. **Dr. Runco: It's funny ... people always ask me "is there research" or "where is the research." My response is always "when was the last research paper you read that was published in a peer reviewed medical journal?" However it is also my experience that companies and vendors will quote research that is either not theirs, not statistically significant or is not published in any sort of credible journal. What is your opinion on research and can you provide our readers with links in case they want to read about it.**

Craig: This is such a great and important question. Mostly I agree with your implied, if not stated, position. But as a "using athlete," I suggest an augmented, scrutinizing approach to this subject. Peer reviews, clinical trials and such, critical as they are, are not the be-it and end-all, as the saying goes.

No matter the study, trial, or the so-called legitimacy of the study, the challenge for the athlete – or anyone for that matter – is, while being safe and sensible, we have to find what actually works. No clinical or other study guarantees

that a given supplement will, or will not, work on your specific chemistry. This is the same for prescription medicine too.

For example, creatine is well documented to support muscle gain. But when I used it, following the directions diligently, I got nothing from it and found it far too much work to continue anyway, yet others swear by it. For my money, as a former world class athlete, what I ended up doing was both experimenting with hybrid formulas, and listening to my athlete friends, e.g., what was working for them? What did they recommend? It's what was floating around my athletic scene that led me to products that might work, and in my specific case, a nutritional doctor who worked with me to concoct formulas that has an amazing affect on me, which are now on my site for you to try too.

So, for me, in the final analysis, I say be smart, do your homework, read the labels, know something of the ingredients you want to take on. If it all adds up to "this makes sense," then I say give it a try, and most definitely ask your athlete friends what's working for them. (Look at my testimonials please.) For my money, despite all studies – and they do matter – it's what my athlete colleagues say that matters most – to me!

- 5. Dr. Runco: The endurance community is building especially in running. How do you plan to support this ever-growing and expanding market and what are your ideas and dreams regarding providing this community with nutritional support to help increase their performance and recovery?**

Craig: Another stellar question. I was a natural swimmer. It came relatively easy to me. Training was always brutal, but competition was generally a breeze. But running is an uncomfortable sport for me. I discovered this when training for my first Ragnar Relay series, which I still do (nothing

compared to you ultras!).

Training for Ragnars showed me the tip of the iceberg as to how difficult run-training is. I suppose for non-natural swimmers, that's tough too, but I can help anyone with that.

And by the way, the largest part of my audience is runners, ultra runners, and triathletes.

As I said earlier, I deeply empathize with what such athletes endure during training, and then competition. To further support the endurance community's efforts, we continue to develop not only sports supplements around such athlete's needs, but we offer gratis consultations with athletes to discuss their training regimen, nutrition, supplement usage, how they approach in season competition vs main event, tapering, etc., and for those really wanting highest level achievement, sports psychology counseling.

Lastly, we're just plain available to all athlete inquiries on any subject that they feel may help them, so we always ask them to hit me up for a chat using this link [scheduler link]. We're just plain committed to an athlete's improvement, so whatever I can do to help, I'll do it. Feel free to take a look at one or two of these links of our Ambassadors and what they have to say about my products. Scroll down on # 1 & 2 to see the video. Number 3 is an audio file.

1. <http://www.biotropiclabs.com/testimonial/spring-v/>
2. <http://www.biotropiclabs.com/testimonial/kevin-rail/>
3. <http://bit.ly/2ljNNU2>

Hey, I hope you enjoyed this post. Let me know what you thought please and leave comments!

Danielle Faith Gordon, Part 2. Lazarus' story; exploding back to life from the living dead.

We're back with Danielle for part two of her story, and again, Wow! She's a story of survival against all odds.

It's worth reminding you that she is now an athlete and coach extraordinaire, but once a addict, athlete + drug addict. She's punished herself to the brink of death, by all rights her early choices should have checked her out of life long ago, but she's still here. And what a blessing for her and the rest of us she is!

This a very smart, transparent, unapologetic and complex woman who thoughtlessly, fearlessly – and with foolhardiness – dived into drug addiction with a splash of high level, heart thumping and sometimes altitude challenging fitness. She traversed mountain trails on bike and foot, putting her whole life to a test driven by an uncontrollable, unhealthy will where only fate would ultimately decide her outcome.

Fate did decide. In this case, someone does get out alive. Rather than being crushed 6 feet under by the negative forces she invited into her life, she found a moment – an epithelial moment of clarity – to jettison these demons, leverage her powerful will, rebuild her soul, mind and body anew. And she did just that.

Chatting it up with this now strong and sage-by-experience woman, a now lit up vibrant life, gave me, and left me with, so many thoughts of “Why,” “How'd this happen,” “Is it really over,” and the like, that I hardly knew where to go next in our interview because as we talked, there were so many more

corners – dark ones and one in Grace too – of her universe that I wanted to delve into, ask more of of all of it. But, as All Things Must Pass, so did our time together; but she made me the wiser for it.

For some reason, she “willed” herself into this combination of drug induced high level fitness while tempting the gods of Death, We’re going to find out why she choose this particular path of life education.

She is, and has been for sometime now, a highly credentialed fitness and life coach, and you should experience her gifts. When you’re done listening to her story here, go to her site at <https://daniellefaithgordon.com> and check her out.

Get into one of her coaching programs, like her “THE BODY MASTERY IMMERSION” program. She’ll make you fitter, stronger, smarter – she’ll change your life – just like she changed her own.

Now here’s part 2 of her story. Listen in....

[Danielle Faith Gordon, Part 1. A Lazarus story; exploding back to life from the living dead.](#)

Wow! That’s all I can say about Danielle’s story! (Almost.) Listen to the song’s opening lyrics. That’s Danielle’s life. Want a story of survival against all odds? It’s right here.

Athlete and coach extraordinaire, drug addict, athlete + drug

addict, she's punished herself to the limits of life. By all rights her early choices should have checked her out of life long ago, but she's still here. And what a blessing for her and the rest of us she is!

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[Hiking the Continental Divide Trail with Dr. Robert Dery](#)

Long haul hiking

As some of you know, I’m preparing to do a long haul hike, specifically, the Continental Divide Trail.

So, this podcast is about the world of long haul hikers and a man who completed one, and part of another long hauler. So this intro is longer than usual, more of a blog-like intro, because to introduce this gentleman I need to provide some deeper context.

What’s this all about?

What’s a “long haul hike?” It depends on who you ask. But historically, it’s one of a small handful of very long hiking trail that don’t give up their lengths very easily. Here in the USA there are primarily 3 of them, 1) the AT or the Appalachian Trail (2,181 miles), 2) the PCT or Pacific Crest Trail (2,650 miles) and 3) the lesser known CDT, the Continental Divide Trail (3100 miles long).

The Triple Crown

Collectively these 3 trials are known as the Triple Crown. For those who complete one of these as a single, non stop hike, earn – and I do mean *earn* – the distinction of having completed what is known as a “Triple Crown” through hike. It’s quite a distinction and not at all easy to do. It’s more the mind game than the physical aspect of the hike that gets most folks. But if you’re lucky enough to complete all 3, you’ve completed what’s called the Triple Crown; you’re now a ‘Triple Crowner’. I’m shooting for all 3 starting with the CDT.

Time

How long does it take to complete one of these long haul hikes? Considering the different lengths of these 3 examples above, your average pace and time, and assuming you’re not into setting records, expect a minimum of 4, and upwards of 6 months. Yes, 4 to 6 months of hiking virtually non stop until you’re done – or done in. And there’s generally a single window of opportunity each year to complete such a hike, so for most of us (there are exceptions) we have one shot a year to do one. That’s long haul hiking.

As an aside, this is also referred to as “Thru hiking.” Long haul and through hiking are often used synonymously, although not always exactly the same thing. But, generally speaking, it’s acceptable to call a “long haul” hike, a “Thru hike” as well.

Isn’t there something more reasonable?

Sound ludicrous? Well, if hiking and camping is within your wheelhouse, you can “section” hike these long haulers too.

Section hiking

Section hiking is picking a section of one of these long haulers and completing only that section in a much lesser time frame, whatever distance and time frame suites the hiker. It could be as little as a weekend to a month, or more. But

tackling a long hauler in this manner means it will take years to complete a single trail. That ain't fer me! If I'm hitting a long haul hike, I'm going all in, doing it in one shot, 4 to 6 months – and likely for me, 5 to 6 months to get it done.

As another aside, you can also section hike just for the joy of taking on a piece of one of these 3 famous hikes, without considering completing a long haul in several iterations.

It don't come easy

Not the song, but bagging one of these beauties. Getting one of these done is not easy. You don't just go hike them. You need a support team of at least one totally dedicated partner to see you through this, deliver food and other trail necessities to you during the hike. In some ways, it's like going to war. You need a support team, a supply chain, good weather and some good luck to go along with a well trained body to get it done. And, experience helps.

I've been around this stuff since early on

I grew up in New England hiking and camping with the AT on my mind for a long, long time. But I don't think I've ever spent more than 4 nights in the wilderness. I have spent a month in a large, 2 person tent living out of a camp chest, in a deeply wooded boy scout camping reservation in New Hampshire, but that's not quite the same thing. Despite this, growing up around a wilderness oriented environment for the first 15 years of my life made wilderness camping a known and comfortable thing for me.

I've got 2 Eagle scout brothers (one of whom is a master mountain climber, one of my mentors in this arena) and I was a Star scout on my way to Eagle; and two more of my brothers are wilderness oriented individuals too. But to complete a long haul requires more than what I know.

Seeking wisdom

So I reached out to someone who's actually done this particular sort of madness, someone in my own family who I'd only found out recently has done this sort of thing: my cousin, Dr. Robert Dery. He is a unique individual with a moving story.

Among the giants

At one time, Dr. Dery was a highly respected and revered high altitude mountain rescue stud. Want to know how to navigate a high mountain hike or climb? Reach out to this man. He was the dude who flew up the faces of mountains with thousands of feet of exposure all around him to rescue those that didn't make it. This included newbies, experienced and even expert hikers and climbers.

He did this for so long that at one time I figured he'd finally made his peace with his mother's (my aunt's) suicide, and would go to the grave himself saving other people's lives where he could not save his mother's. That, however, is the subject of another story for a different day. But we'll get that story in a sequel.

In from the cold

Robert finally left the mountains after about 10 years steeped in them, wanted to do something else. He figured it was a natural move from saving folks on the mountain top to saving folks in the emergency room. So he applied to Stanford Medical School, got accepted, and moved into emergency medicine – same stuff he did in the wilderness, but now in hospitals.

Dr. Robert Dery is currently an emergency room doctor on the Western Slope of Grand Junction, Colorado.. But before this incarnation, in a not so far away other life, he took on the AT and part of the CDT.

Time to talk

I figured it was time to reach out to him and glean information from an experienced backwoodsman.

Here in this podcast, you're going to learn

Hangin' with Chris Jagger – another conversation

Mick Jagger of the Rolling Stones is not the only Jagger with superior musicianship, song and lyric writing skills. He has a brother named Chris and Chris is arguable every bit as good as his brother, albeit different, and he has been making music just about as long.

You may not have heard of Chris but that's simply because the limelight shines so bright on his rock and roll royalty brother. It can be tough to get noticed in that company. Were it not for that, you'd know Chris well, like you're going to know him now.

But I know him, and I'm proud and honored to say so.

Chris is an enteric, bright and incredibly talented artist, music to be exact. But his talents don't end there, and you'll see why here. Chris clearly has strong opinions and was kind enough yet again to take the time to chat with me about all things music, and some things not music.

He's played in huge venues such as Midnight Special, American Bandstand; has toured the USA and the UK – the world for that matter, and plays live and tours still today.

“Chris's career, unlike his brother has spanned many fields in the artistic spectrum, from clothes design and theatre to

journalism. He has appeared in repertory at The Citizen's Theatre in Glasgow (his first play there was with one Pierce Brosnan)."

(<http://www.chrisjaggeronline.com/bio.html>)

As much as I love his music, his stories are just plain amazing too. A story he tells of Jimi Hendrix's clothing really surprised me. I'm struggling to determine which I like better, his music or his life story. But no matter how you choose, you cannot lose listening to him here. He's a blast.

Take a listen and hear what Chris has to say. He's very interesting and you're going to love him, his candor, authenticity, and his music. (Yes, that intro is Chris playing the blues.)

After the podcast, take the time to learn more about Chris Jagger, his songs, turning dates and his writing at: <http://www.chrisjaggeronline.com/>

Also, check out these select songs of his below. When you're done with that, do a YouTube search for more and listen to them as well! He's phenomenal.

Chris Jagger, Concertina Jack

Chris Jagger, Racketeer Blues

Chris and Mick together, DJ Blues (Studio)

Chris and Mick together, Rolling Stones' "Dead Flowers" (Live)

The Mighty Quinn Part 2 – Sit down with actress-turned fitness expert!

This is part 2 of 2 interviews with the Mighty Quinn, that is, Stephanie Quinn, obstacle course competitor, coach, mentor, and Social Media expert.

We're still waiting for word from my boys in the band that this song was actually about her. As I said earlier, until they tell me otherwise, we assume that it is, because this a very mighty Quinn! (Who else could the song be about? An Eskimo???)

Today we move away from her career as an actress and music aficionado to her current incarnation, a strong, fit, beautiful and accessible woman making her mark in the obstacle course world. And if you happen to fall into one of her workouts, she'll make her mark on you too.

We'll discuss her infusion into the Austin, Texas fitness scene, specifically the Obstacle Course racing disciplines, where Stephanie trains like a madman (woman), competes with fury, and somehow has fun in the process.

One of my favorite discoveries on the web about Stephanie was finding a site that had her physical statistics as: Height, 5'7," Hair blonde; Eye color Green: Body Type "Average."

I've met Stephanie. Let me tell you, this woman's body type is not at all "average." Stephanie's managing an expensive biological machine expending calories like an F1 race car, quite distant from "average."

Let me remind you that a big part of Stephanie's story is how she got in shape from no shape at all to high level fitness,

fitness instructor and motivator, and competing in a way that's entirely fulfilling for her. She's become such a great athlete, coach and mentor; and she wants you to know you can do it too.

Come on in, listen to this amazing woman, and have some fun. And when you're done listening, reach out to her. She wants to help you achieve your best.

[The Mighty Quinn – Sit down with actress-turned fitness expert!](#)

Obstacle Course competitor and Social Media expert Stephanie Quinn, also the subject of the classic song by Manfred Mann, the "Mighty Quinn," is with me today. Although I don't have confirmation yet from my boys in the band that that song was actually about her, until they tell me otherwise, it is, because, well, this Quinn is indeed mighty.

A rule bending and self described social alchemist" (listen to find out what that is), Stephanie is a strong, fit, beautiful and accessible woman making her mark in the world. And if you happen to fall into one of her workouts, she'll make her mark on you too.

Her story starts in Michigan's Upper Peninsula (I've been there – it's cold!). From acting and playing music at a young age to somewhat accidentally and unintentionally navigating her way to the New York acting scene; to the Austin, Texas fitness scene, specifically the Obstacle Course racing

disciplines – Stephanie has a story that is varied, diverse and wildly different today than how it started.

One of my favorite discoveries on the web about Stephanie was finding a site that had her physical statistics as: Height, 5'7," Hair: blonde; Eye color: Green; Body Type: "Average."

I've met Stephanie. Let me tell you, this woman's body type is not at all "average." Stephanie's managing an expensive biological machine expending calories like an F1 race car, quite distant from "average."

Stephanie tells us how she moved away from a career as an actress into the high level fitness and Obstacle Course racing; how she got in shape from nothing to compete in a way that's entirely fulfilling for her and become such a great athlete, coach and mentor; and how she can do that for you too via the web.

Of particular interest to me is the story of how, at a particular juncture in her life, she actually tried to Gain weight, not lose it. Now that's a rarity for most woman and the story behind that is very interesting – you'll want to hear it.

Come on in, listen to this amazing woman, and have some fun.