



Episode 23

Fitness Motivation in 2021

with RaceMob

Welcome to Toni Talks -- Humanity Matters. I'm Toni Julian, a conscious wellness expert and your host, and today I have two amazing, great friends with me. They're friends with each other, and it's Kevin Chang and Bertrand Newson. Welcome guys!

Kevin: Thank you so much, Toni.

Bertrand: Thank you, thank you.

Toni: Yeah, this is a real treat for me. I was on your podcast not that long ago on RaceMob. What I'd love to go into is you both have such great enthusiasm, inspiration, energy, and as we are starting to move through this pandemic, finally - not over yet, but finally - and as things are starting to open up, what that means for people, how they can become more engaged. And I really want to talk about fitness motivation in 2021, and also together how we can help elevate people, get them moving again, feeling good, getting back into the groove, so to speak.

So Kevin is a technology and fitness nerd and founder of RaceMob, which is a community for endurance athletes. I love the whole endurance, the whole aspect, of endurance sport. It is just so impressive to me. And you also have a podcast. And then Bertrand, you are the founder of Too Legit to Quit and you are the team captain. And an RRCA certified running coach and a USATF certified official. I don't know what all those abbreviations stand for.

Bertrand: Alphabet soup! I love people. I like to stay active. That's what that means. So there you go.

Toni: That's great! So Kevin, can I start with you? Tell me a bit about what you are doing now, about RaceMob and your podcast.

Kevin: Yeah, absolutely. RaceMob was something that I created in 2012. As a technology nerd, I was starting to build websites and figure out how technology can better connect us as athletes. So RaceMob itself, the website has a race directory. That's where you can find out about upcoming 5K's, 10K's, half-marathons, marathons, and we're actually building a lot on top of that in 2021. We're actually building that website again from scratch on the

newest technology platforms. We're allowing our athletes to connect with each other so that you can find meeting points on race days, find other people, follow their journey as you meet them on race day and find other races that they may be able to attend. We're also building a lot of community platforms on top of that so that you can communicate, ask questions, meet other people online, as well as whole other swaths of training plans and training programs, which Coach B is in charge of, and helping athletes train for their races and train for them well. And on top of that, on top of all of that, we have product recommendations, we have a newsletter that goes out weekly and we have our podcast and YouTube channels. So what we really do try to entertain our guests. We have some amazing podcasts guests, just like you Toni, on our podcast. And we just hope to help people stay inspired and motivated throughout their fitness journey. So that's kind of the swath of things that we're doing on the backside of RaceMob.

Toni: Well, that is quite a lot. And I think, especially as people are coming out of the pandemic, that ability to connect with people and find people and go running together - and there's nothing better than having a buddy, right? When everybody's been so isolated for so long, and even in the best of times, that is just so ideal, right? And Kevin, you're still looking for a job on top of all of this?

Kevin: Yeah, I guess that's true. But I've mean - you hit the nail right on the head, right? I think sometimes we think of running or we think of fitness as this lone journey. You're out on the road, or by yourself and you're trying to stay motivated and stay inspired. And yet when you can bring in that community aspect to it, when you can find other people that are going to be in that journey with you, when you can learn and share each other's stories, we've just found it so much more motivational. And so I think I got inspired because I found all these running events and - but it wasn't until I actually started saying hi to people, started actually patting people on the back, started actually listening to other stories on that starting line that really - running resonated with me, fitness resonated with me. And that's actually where I met Bertrand all those years ago, back in 2013, was at a race. You see the friendships that are made and these lifelong bonds that are made on that starting line. And we just want to propagate that for everybody.

Toni: Yeah, exactly. I was going to ask how you met. That is quite amazing. That was just divinely inspired, of course. And I do want to hear, I want to circle back later to some of these stories that you're referring to, because I'm sure they are absolutely beautiful things and that just, everybody just needs that little pat on the back, that little bit of inspiration, that affirmation that they're doing well, and they're happy and it's fulfilling in so many ways. So that's great. And you're coming up on 10 years, I guess?

Kevin: Yeah, I guess so. Yeah. About 10 years of this platform kind of being launched and created and yeah, I think it's interesting because both Bertrand and I are later in life athletes, I think. I actually grew up, I was overweight as a kid. I had a kind of not so healthy relationship with food, and it wasn't until 2008 that I actually got a dog and started taking my dog for a walk and that walk turned into a jog and it started turning into a run. And so for me, the whole idea, or the whole concept, of helping inspire people to find their fitness self has been really a motivating factor behind RaceMob in general. I think when I found fitness,

I found confidence. I found a new level of energy and I started finding community and friends outside of the home. I felt like I could go out more. And so that's really what we're trying to inspire a lot of the times here is, you know, helping people find their fitness.

Toni: And what better way to do it. And as you said, you walk, then you jog, then you run. It's a process. It's not - you don't go out and become a runner overnight. So Bertrand, tell me about where you are right now, what you're doing, and Too Legit.

Bertrand: Thank you very much, Toni. Let's see here. Where am I right now? I'm the very fortunate head running coach for RaceMob, team captain and founder of Too Legit Fitness, one of the bay area's largest running communities here based in the South Bay, San Jose, California, with over 800 plus members. Very proud of that. I was always pretty active for the most part, but got into running later in life, in my early forties. And I'm all in. As a fitness enthusiast and as a coach and helping share the joy and love of endurance sports, specifically running. I've been a certified running coach for going on, I guess, about four years now. And working with Kevin has given me a wonderful opportunity to fine tune my ability to help mentor others and the love and joy of just getting outdoors, finding a road, track, trail, to explore in the greater Bay Area. And I'm all in. This is what I do professionally. Semi-retired from the hospitality business after three decades. My love of social fitness has flourished and, as we'll talk in more detail, how that's impacted the running community during the pandemic how we've made some pivots and have still been able to find a level of closeness as we still work to be happier and healthier versions of ourselves.

Toni: That's really beautiful. And I love how you say love because I mean, that's what it's about. You create, you both nurture these environments where you can see people are absolutely flourishing and thriving. And I see pictures of wherever you are. There are some roads somewhere, and there are trees and cattle and bridges and flowers and people are doing little, jumping in the air and doing little sidekicks and you can just see the joy in people's faces. I really love it. They're happy. You could just see, they are just brimming with joy. And so the fact that you can bring that to them with fitness just encapsulated - here it is, we're here for you, you've got people's backs, nobody's by themselves and that's just the comradery. And I know there's a gal that you mentioned earlier in a previous conversation that helps you Too Legit. Becky, is that right?

Bertrand: Yes. Becky.

Toni: Do you want to talk about her a little bit? Give her a little shout out?

Bertrand: We can. She's our team co-captain and it's just a, she's a wonderful human being. Her story itself is incredibly inspiring. She has gone through a significant weight loss journey. And as life happens to all of us relationship transition, divorce, raising two kids, a community leader. From a fitness perspective, but also working for the county in a very demanding job, being able to balance all of that and serving as a role model that if you can navigate life's adversity and come up on the other side, even stronger with a smile on your face, inspiring people, just by your own example. We're very fortunate to have her. One of her podcasts is one of our most popular - as was yours, Toni, so thank you for giving us the opportunity to shout her out.

Toni: Yeah, thank you. I know that - I see her just so often and photos and she's always tagged and, you know, I thought in lieu of her being here to give her the kudos, that –

Bertrand: Absolutely there's no Too Legit Fitness without Rebecca Hernandez, without a doubt.

Toni: Yeah, exactly. So tell me more about what you do as far as your training and coaching within RaceMob, how you work together through this joint endeavor.

Bertrand: Well, I'll take that lead initially, KC. Everybody has their own joint journey, Toni. Everyone is looking to - when they're coming to us to - either they found their inner athlete or just rediscovering their inner athlete and we're there to help them on their journey, help that roadmap of fitness, cause we've been on that road. We have some experience on where to make that left turn, where to make that right turn, where to avoid those little obstacles that will slow your progress down and being able to have people come and share their own experience allows people newer to the community just to be having a more enriched experience. So as we have people coming in the community - first identifying, what are they looking to do? Are they looking to run longer, run faster, prepare for a particular race? And then from there, we're able to assess where they're at right now and then together with input from the athlete and our experience, being able to put the best plan in front of them to help them ensure a success. And what does success look like? The ability to enjoy your fitness experience and to minimize the downtime, downtime injury. Cause sometime that's going to happen. If you don't have a plan, if you're maybe spending too much time or not enough time doing certain exercises, having enough rest, having the right amount of intensity or just kind of cruising down, smelling the roses as you're navigating a beautiful trail, having that insight, coupled with the subtleties of the right gear. Gear? Shoes, hydration, nutrition, what to wear when it gets warmer, when you're approaching a course that may have a little bit more hills, all that experience, and then having a community which has been profound with the RaceMob community and the Too Legit Fitness community. Also the Group Hug community too, that you Toni are putting out there as well, having a sense of community, people who are like-minded, same level of motivation can help pick you up when maybe you're looking for a little bit of motivation, has been the secret sauce for us, with RaceMob and helping our athletes get to the next level.

Kevin: Yeah. And I think part of the beauty of RaceMob is it is national, it's nationwide. We've met people from all over the country. Potentially, we're going to meet people from Europe and potentially all over the world. We've had podcast guests from Singapore and we've had - so I think that's part of the beauty, in this day and age where you can have virtual coaches, you can have virtual discussions, you can have online meetings and share knowledge. So it doesn't have to be so localized. That has been kind of the beauty of this friendship, whereas I think Too Legit initially started as a smaller group, but it has this foundation of being a community and having people that are so welcoming and not intimidating and a group that is for everyone. And now Too Legit has become national, international as well. We're trying to build that same foundation up with RaceMob as well, where you don't have to be located in a certain area, but you can still feel welcome. You can still feel part of that community.

Toni: Right. And I think we sometimes forget, we're in San Jose, it's a million plus people. There are so many pockets in the world, in the United States, where we have somebody out in Connecticut and they're like, well, do you know, what can I do out here? And it's snowing. And just the fact that you can step up and engage with them and inspire them and get them started is really wonderful. And I think thanks to Zoom and all these other mediums, we can actually get out there and impact more. So this has been a blessing in a way. What would you say to the person who maybe hasn't started running? Always thought, oh, that's something that appeals to me, but I've never really done it. Bertrand, you started in your forties and Kevin, how old were you when you first started?

Kevin: Late twenties. Yeah. Yeah. Yeah, but it's definitely one of those things I started and stopped so many times. Right? I had so many false oh, I should do this. I should try it. So I'd try it for a week, or I'd try it for two weeks and it never really stuck until I finally made a commitment. I put it on my calendar. And I think the number one tip that we give to new runners is to start small, start slow, you know, just stay consistent with it. I think too often runners try to think, oh, let me try to go at a fast pace, a quick pace, get this over with quickly. But there's so much value in inherently enjoying that exercise and that run and what you're doing out there. So you're just, you have to find a way to enjoy that experience. And that usually starts by going slow. And that usually means starting with walking, starting with walking or a really slow jog, a conversational pace jog, so that you just enjoy that experience and you want to do it day in and day out.

Bertrand: Yea, I mean, Kevin, you're exactly right. That coupled with what we're talking about, community, having an accountability buddy, having somebody that may be able to get out there with you shoulder to shoulder may be a little tougher for some with the concerns regarding the pandemic, but we're kind of getting further down the line with that. And if you're putting your goals out there that, I'm training for something, or I'm starting to walk. Walks turned into hikes, hikes turned into jogs, the jogs turned into your first 5k, your first 10K. There are great support groups out there as we've talked about that can help you navigate each one of those progressions.

Toni: Right. Exactly. I mean - it's so funny. I'm thinking back on one of my very first experiences running, and I was never a runner, but I decided - someone said, oh, let's go do a 5k. All right. Well, you go through, you do the run and then you lose your cookies, right? Not a great experience! So you're saying there are better ways to do it than that?!

Bertrand: Kevin, we talked about this - finding your why. Everyone has good intentions, but it's tough to find the motivation and to stay consistent, because ultimately it's the ability to stay consistent weekly with some tweaks into the training schedule, adding a little bit more mileage and varying the types of exercises, varying the intensity. Those are the things that we can get into more detail, but it's the consistency after you have bought in. And what's the motivation? One, to see a healthier version of yourself. Being able to conceptualize and visualize that happening, or maybe taking yourself to that finish line, your first 5k or 10K, that's the motivation. Feeling the metal being put around your neck or being a role model for your kids and your family, or maybe it's a cause. Maybe there's a charitable foundation that really speaks to your soul that is going to help keep you motivated. And once you put

those goals down on paper and then put the plan down on a calendar, it makes it easier to break down the process versus, oh boy, I have to train for how long? What do I, can I really see myself getting any faster or is there anyone that I can talk to who has maybe gone through this process before? And once, those questions are answered, it just gives you a better sense of direction as we talk about navigating your fitness path. And you have these virtual pitstops that you can ask and get really good information. You just feel more empowered along your journey.

Toni: Yeah, absolutely. I mean, there are a lot of things we would not do without professional advice. Right? I mean, that's just across the board. You have someone that's gone through that experience before, and it's not like it's something that you can just go eat a cheeseburger and go run. I mean, you're talking about nutrition. There are a lot of different aspects of taking care of yourself. So given that, Kevin, what do you normally eat before you go on a run? Whether it's training or - don't tell me donuts!

Kevin: Maybe on one of those, more on the rare side. I do most of my cardio in a fasted state. I usually do my runs early in the morning when I do go running, and that's usually - so usually I don't eat too much before my run. That being said, if I am going on a race or something that is going to push my endurance more - I think most of my runs, again, I'm at a comfortable pace. I'm not going to push my endurance too much. I'm not going for long runs except for maybe once on the weekends. So if I am pushing my endurance longer, then I am trying to balance again, the macros that we've learned from you, Toni, but making sure I'm getting the proteins, the complex carbohydrate, a little bit of fat in there. So I will try to do a little bit of, again, like peanut butter or almond butter. Maybe a little bit of complex carbohydrates, toast or something like that. A little bit. Yeah. So those are the kinds of things that I'm looking at doing for my longer runs.

Toni: Right. When your body really needs, not only the calories, but the nourishment. And then post-recovery. And Bertrand, what are you doing mostly before your runs? Well, I asked you a question - I know most of the answer, but share.

Bertrand: But that's a very good question, and much like Kevin, for me, shorter distance runs and shorter distance would be 5k, so three miles to six miles or so. And training runs, I'm generally running in a fasted state. I'm not ingesting any nutrition, typically. Anything plus six miles for me at this stage, I may bring some water with me or electrolytes because I'm salty sweater. I'm sweating out electrolytes, so I like to replace like with like, replacing with electrolytes. And anything when I'm towing the line for a race day or running for time at a half-marathon distance or marathon, I can say with absolute confidence that for - let's see, in 2019, I was very fortunate to PR at every distance from one mile to 26.2 full marathon distance. And for my half marathon PR and my marathon PR, I was fueled. My a.m. breakfast was Toni's High Protein Performance oatmeal. So that's my go-to. I recommended it to my athletes. It was part of a study back in probably 2016 where facts speak - if you are properly fueled pre-workout, it can help your performance. A lot of times with energy management athletes, sometimes they're working in a depleted state or in some cases we're eating the wrong things that impact our performance or having a better understanding of nutrition. So again, great question. And for some that is better earlier out

in their running journey to ingest something during the run, pre-run. And also if it's a longer distance, we can talk about what are they eating the night before and how substantial that morning, the day of your race or the day of your big run, a longer distance is going to be some people - it may be a bagel and peanut butter, banana oatmeal, Toni's oatmeal, protein, things along those lines. So great question.

Toni: Yeah. Great. Thank you. When we did that performance trial, it was really to see - not just my product, but the concept of balancing macros. And so what I thought was so interesting is that when we asked you and the other cohorts, I think there were 25 of you, and thank you again, by the way, for that. In fact, I just put a picture of you checking your watch as we're getting ready to start, in my new book that's coming out in the next month and talking about the performance trial, because it doesn't just relate to endurance, but it relates to our blood sugar levels, balancing them, how we feel during the day, how alert we are, our mental focus and acuity. So it relates to a lot of things. For endurance, it's particularly important because if you don't have that free-flowing glycogen, where are you going to get it? Right? At some point, you do need to look at what is, what you've eaten the night before and things. But what was so interesting to me is that everybody is different as well, right? So there can be runners who would rather not eat anything and they do great if it's a short distance, so maybe they've built up to it and they feel better that way, but they still need to replenish of course, after. But what was interesting is during this performance trial, some people just ate protein. Like whey protein and water. Some people ate just a carbohydrate, like a bagel or a banana. Some people ate a carb and a fat, like a bagel and some peanut butter, but nobody ate balanced macros. And it was interesting to me, like, why is that, that after - for 25 different athletes, some elite, like you were Bertrand, and are in that particular cohort and some that were recreational. Nobody really did that. And I'm not sure why that is. I don't know if you have any thoughts around it, a little bit of a segue, but -

Bertrand: I think it's just a matter of education. I think it's a matter of just understanding and communicating the importance of nutrition, even as, I guess I would say a more experienced endurance athlete and a coach, I'm still learning. When we partnered with you in February for the 14-day Cut the Crap challenge, for both Kevin and I, there were some aha moments for us. The list you put together for us, foods that are very good for you and the ones that oh, you should probably avoid. And then to see the testimonials from people who committed for 14 or longer days with weight loss from four pounds, upwards of 15, 16 pounds over that two-week period, just phenomenal and how people felt, people getting off prescribed medications because they felt better. And those were some wonderful takeaways.

Toni: Isn't that incredible? Under their doctor's supervision, of course, but their A1C counts came together, and these are people that weren't necessarily athletes, but they did see the weight loss. And I think what they loved about it, and this is what I think is a really healthy attitude, is that it is great to have that goal of perhaps losing some weight, but the more important goal is being healthy. And so the weight loss is, or even weight gain, is a symptom of what's there. Perhaps an issue that there's too many calories, not the right kind of calories, not the right balance. So it was just great having all of - Kevin, you were telling me

about how you're making changes in your household. That was pretty remarkable. And just, what did you get out of it, Kevin? What was your big takeaway?

Kevin: Yeah. I mean, I think, yeah, just like Bertrand mentioned, I mean, I think we're all trying to get educated as much as possible on all of this, on what foods work and what foods work for us, as well, and what foods work within our households as well. And so I think the biggest takeaways that I got was really planning out a lot of those meals in advance, not waiting till the last minute to order on Door Dash or to pull a snack out of the cabinet and really to remove a lot of those bad snacks from our pantries can help tremendously in the long run. So yeah, I think the 14 day Cut the Crap challenge for me really eye-opening. As Bertrand shows some blue dominant Blue Diamond almonds right there! Yeah. I mean, I think it was really eye opening, and I think the support as well from the Group Hug community where we all shared recipes, where we all shared success along the way, where we got our stamp at the end of the day, all of that was just tremendously helpful for me and I think everybody who was involved in that challenge.

Toni: That's great. And I think I totally agree with you Bertrand, is that it just comes to education. And so many of us were raised into households where we just eat a certain way, that's kind of familial behaviors that are established, and then you go to do something like, oh, I think I want to become an athlete, I'm going to start running. And then you still, you're still kind of stuck back with maybe what worked for you when you were 18 years old, but you know, our bodies change. We age, we are putting certain exertions on our bodies through the fitness and everything. So tell me about that, Bertrand, if you want to start. And Kevin, you too, right after, is some of these stories where you've really impacted someone's life. Was there somebody that just sticks out in your mind, as this was just so amazing because they did this?

Bertrand: Wow. This is going to get pretty personal, real quick. All right. Let's see here. December 2020. So still in the midst of the pandemic, three of my siblings, my sisters that are twins and my brother, we were talking about the coming year and they know that I'm an avid runner. My brother has run several races with me, but my sisters were curious and it came about that they wanted to do a half-marathon. We're talking about doing a half-marathon in December 2020. Race date was at the end of February 2021, so a very short window. And what did they do? They had the want, they committed. They put it out there in the universe. And then we built a plan that they bought into, and what it was what changed for them, what really clicked was the sense of supporting community and trusting the process that there was a plan by day, by week. And for them to really, as Kevin mentioned early in our conversation, you have to walk before you jog and jog before you run. So that process - granted, it's siblings and there was a level of sibling competition in a good way, it fostered - ok, if that person got their two mile walk in, then I'm going to go ahead and get my two-and-a-half-mile walk in. Oh, you did two and a half miles. I'm going to go in and get my three-and-a-half-mile walk in. So it built the consistency that led to confidence. It led to see changes. It led to more conversation regarding what can we do to feel better when we talk about our diet and nutrition. And then the sense of community from a family perspective was just profound. So my sisters went from probably not being able to run a

mile completely to finishing their very first half-marathon in less than two and a half months or so, in just over two hours and 40 minutes - 13.1 miles. Could not be prouder of them.

So that's a from a conversation, an idea, to them thinking we want to, but I don't know if we can, and just take a deep breath and be comfortable in, we're going to start from walking and just trust the process and were there some occasions where maybe because of the positive momentum and the sense of, I can see my physique changing, maybe them getting a little ahead of themselves, maybe doing a little bit much and the body kind of pushing back on them? Yes. But sometimes we need those things to happen. They'll kind of learn those lessons and be consistent, methodical. And we'll pay emphasis on rest days, very important, and days when it's, when that five mile walk or walk run or jog is on the calendar, where you have somebody else out there that you can reach out to and get some perspective. Maybe they're sharing a playlist, maybe they're sharing their favorite smoothie recipe that can be a reward at the end of the workout, or maybe it'll help get a jumpstart at the beginning of the workout. And this sense of confidence and accomplishment, and to take you to race day. I mean, one of the happiest days as our family was when all four of us were able to cross that finish line as a family, so good stuff.

Toni: That's pretty incredible. And they were in excellent hands with you, obviously.

Bertrand: Oh, thank you very much. You know they did all the hard work. They did all the hard work. I could not run for them. I couldn't, you know, they had the commitment. They had the tenacity and the grit and you know, I have to give a lot of credit to the RaceMob way of bringing people along and feeling comfortable, but really listening to the athlete. Family or not, the coach is only as good as your ability to listen, and you have to take in consideration the obstacles on what people are navigating in their day-to-day lives, because you may have a plan and you can't look at it as just it's that many miles, it's that many workouts, get it done. That's not going to work for everybody. Some people are driven that way. Type A personalities, very organized, can plug it in and just go get it. But other people have other moving parts, especially when you're dealing with the pandemic and people's ability to put food on the table and spouses and kids in school, homeschooling all those other pressures. How do you find time in a short window to start training and dedicating you know, five, six hours a week to getting healthier? But the healthier component doesn't mean strictly fitness, it's the mental health benefits as well that is completely profound. And it rubs off on other family members, which has happened for us. My sisters are runners, they've joined other running groups. And it's great.

Toni: That's remarkable. I really appreciate you sharing that personal story that is near and dear to you as you can get. How did your mom feel about it?

Bertrand: Oh boy. Yeah, mom and dad. Just yeah, and the cousins and the aunts, it was just a big – and friends – it was a huge family affair for everyone. Not a dry eye, you know, when those pictures were shared and the stories behind it. Thank you for asking and giving me the opportunity to elaborate.

Bertrand: Yeah. Absolutely.

Kevin: And don't forget that your niece and your sister shared a video for your birthday. And they ran 52 miles, right? It was so emotional. It's just such a heartfelt moment that you've inspired them. And they said, so right in the video itself, how much you've inspired them.

Toni: I think he just pulled on the heart strings there – yeah, the waterworks.

Bertrand: I was cutting onions. Cutting onions for the salad I'm going to be eating later. But yes. Wonderful. Fitness is the gift that keeps on giving, because again, it's not always about scale weight. It's not always about how fast you run. Health and happiness are measured in emotional health as well. And when you're able to connect with other people, it just touches you and moves you in a different way. And there's so many factors out there in this world today that are beating down on us, that your ability is to be able to connect. And get outdoors and do something that makes you feel good. And it's good for the body as well. And mind. There's no monetary value there. You can't quantify that from a monetary standpoint. It's priceless. That's why the three of us are speaking today, because we see that and realize the importance and how it can help others as we all just try to be happier versions of ourselves.

Toni: Hey, we're all just trying to figure it out together. Be happy, right? Be as caring as we can toward each other, hold people's hands, bring them along when they need it. Right? Forgive. There are just so many elements to all of this and - recognizing that you never know what's going on in somebody's life. They could have all kinds of situations going on. And the fact that people do have this natural desire to elevate themselves. And that is what we have in common with every single person in the world is that everyone wants to live a longer, happier, healthier life. Right? I mean, to me, this is so much about unity. Like why wouldn't people want to be a part of what you do? Like it's about unity and really sharing that with people.

Bertrand: And to Kevin's credit, we had a, let's see, a running fundamentals course. And there were some wonderful stories that came from that, but I know he may have other stories as well on success stories, but I can think of one that's pretty special to him as well, because he knows some history. So I want - I'll let him take it from there.

Toni: Yeah, let's do, Kevin. Let's see if we can get you crying a little bit.

Kevin: Well, I mean, I think similar to Bertrand, I think when we entered the pandemic, none of us really knew what the situation was going to be, how people were going to come out the other side of it. And I think there were some very personal stories that I had with my father-in-law, with my mom as well, entering the pandemic, you know, with them actually finding fitness, being able to walk every day, getting Fitbits and being able to kind of top their scores and you know, really finding their own way throughout this pandemic and them listening to our podcast and getting inspired. And I still get emails, I still get messages and text messages from those folks about how much they're enjoying our conversations with guests throughout the entire time. So I'm really thankful for the ability for us to still have that platform be able to still motivate and inspire people throughout this really difficult and tough time. But what Bertrand was alluding to was we've gotten so many requests from people that are new to running. And as you might expect, running - sometimes people

think, oh, you just throw on a pair of shoes and you just go out, but there are nuances to it. There are figuring out the right pair of shoes, figuring out your running form to some aspects, figuring out how you're going to do periodization. So how are you going to improve your running in the long run? And that sometimes is through structured workouts, through structured training sessions or through, sometimes, dynamic warmups or pliability workouts, a little bit more stretching and getting kind of your tendons more pliable. So we did launch this running fundamentals course back in October. A couple of different kind of lesson plans along the way to get somebody up to speed with what you may need to know to just start your running journey. And we had some tremendous success, especially as Bertrand alluded to - a good friend of mine was in that initial batch. Her initial 5k I think was up near 50 minutes and by the end of those six weeks, she was running a 5k at 36 minutes. So knocking nearly 15 minutes off of her 5k time and just an incredible experience. And we just learned so much from the interactions, the exchanges, and she was just so happy and so proud of that moment. And we just hope that more and more people kind of take that next step in learning how to run and anything that we can do to help people get there. We're happy to do, and it's just been very rewarding.

Toni: Oh, that is beautiful. You can just imagine the empowerment that you gave her and how that's impacted other people in her life as well. So can you talk a little bit about some of the community things that you've done? Certain events, things that you've done that help give back. As if you don't already, you do. I know you do more.

Kevin: Yeah, absolutely. And I think, we are still looking to expand that community side of things. We do have a community portion of our website – it is something that we're going to rebuild and kind of relaunch here in the next couple of months. A coach has been leading a every other week, so yeah, every two-week kind of coaching session for our athletes. So we're talking about topics such as strength training, such as nutrition, different topics that will help the athletes along the way. And again, we have kind of a lot of these podcasts, YouTube discussions, a lot of articles that we're publishing up on the website, but there's a lot of content that we are producing to help athletes and help kind of answer some of the major questions that athletes have in their running journey.

So, these are a couple of the things that we're working towards and as the pandemic protocols start to lift in the next couple of months, we have a lot more plans over the next couple of months.

Toni: Fantastic. And so how do people reach you? No matter where they are in the world, I would love for them to be able to connect with you, to be able to learn from you.

Kevin: Absolutely. So people can email me directly, kevin@racemob.com. We're also online on most social media platforms, so you can find us on Instagram, Twitter. We have a Facebook community, so just search for RaceMob on any of those platforms, or just go to racemob.com where you can sign up for our weekly newsletter. We have a couple of quizzes and questionnaires, if you want to get a free training plan from Coach B or connect with Coach B directly. So just go to racemob.com/training for any of that. And just reach out to us. We're always here, always available for any questions that you may have.

Toni: Fantastic. And what about Too Legit? Is there a different set of contact information?

Bertrand: Yeah. Thank you for the opportunity, Toni. Certainly. And yes - the Instagram, and you can find us on Facebook at Too Legit Fitness. So pretty simple and straightforward. If you're looking to contact Coach B directly via email, it's bertrand@racemob.com.

Toni: Excellent. And I will also be able to include all of those links into whatever platform I will be sharing this with, so they can also look there as well. But if not, they can certainly listen and find out. So is there any other closing remarks, any words of advice, any wisdom, any gee, I wish someone had told me that 20 years ago? Any parting advice?

Bertrand: I'll go ahead and start, can close with with KC here. Let's see, active runner for over a decade, have run a couple of marathons and a few five Ks in that time, and I've learned a thing or two, and I've learned very clearly that you cannot, no matter how active you are, you cannot outrun a fork. You cannot. Nutrition trumps everything. You can spin your wheels, you can do all the workouts, which is important. You have to put in the work that way, but equally you must be mindful of your nutrition. You will have greater gains. You will get healthier quicker if you are able to combine your fitness routine with a strong, consistent, well-informed, well balanced diet. And it's taken a while for me to understand that. And now it's one of the things that I consistently, as talking to athletes, to impart that wisdom on them, is that, let's take a look at your nutrition before we start diving deeper into workouts and five Ks and progressive intervals, all that other stuff is how's the nutrition? So that's the one nugget I wanted to pass on. Toni, you've really helped Kevin and I in that area and will continue to help the RaceMob and Too Legit Fitness communities moving forward.

Toni: Yeah. Always happy to help. And I'm so glad that some of it has, you've gleaned some additional things from it. Kevin, what about you? Any words of wisdom?

Kevin: Yeah. Yeah. I think just the last parting words is, you don't have to go it alone. You don't have to do this by yourself. There are others in the same boat that are going through the same thing that you are, others that can help you along the way when you have questions. And so reach out. You know, find a community that can help welcome you. We always recommend that you come join us or you join Toni's Group Hug. There are so many people out there that are willing to support you along that fitness journey, that are willing to help you along the way. And so yeah, my last parting advice is don't go it alone. Find some friends and find a community.

Toni: Don't go it alone, get good nutrition. And the two of you are just such remarkable human beings. I just always have to say that, because I'm constantly impressed by just your compassion and your caring and your wisdom and your intellect and your sense of humor. And you are both such remarkably awesome people. So I think whoever decides to reach out to you, if you help them a little or help them a lot, they are going to be in really capable hands. So thank you.

That wraps up our episode of Toni Talks – Humanity Mattes. Be sure to subscribe so you never miss out on how we can elevate our mindset, our bodies and our spirit together. So let's do this guys! From our heart to yours.

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