

ENDURANCE

S P O R T S F I T N E S S

DECEMBER 2017

**THE PHILANTHROPY
ISSUE - WHY ATHLETES
RACE FOR A CAUSE**

**THE BENEFITS OF USING
CROWDFUNDING FOR YOUR
NEXT FUNDRAISING
CAMPAIGN**

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**BRADY MURRAY -
FOUNDER OF RACING
FOR ORPHANS WITH
DOWN SYNDROME
(RODS)**

TIM GARRETT WINS UBERMAN

BY ALIX J. SHUTELLO
PHOTOS PROVIDED BY TIM GARRETT

Tim Garrett has been competing in ultra events all over the world. His latest endurance racing accomplishment was the second annual Uberman in California – Tim is the second person to ever complete the race solo. Garrett has a 7-year history of completing ultra events all over the world and Uberman is his latest endurance racing accomplishment.

Tim Garrett, 55, who lives in Sydney, Australia started running at age 48 (back in 2010), when a girlfriend asked him to join her as part of a team for the 100km Northface race in the Blue Mountains in Australia; where each individual would run 50km leg.

Garrett ended up doing the full 100km, and the rest, as they say, is history.

“That first race was such a great feeling of euphoria! Since then, I have competed in many races in different environments. I’ve run around the world doing 100-, 200- and 300-mile races,” Garrett said.

In his quest to discover interesting and challenging races, Garret often sought the advice of other athletes based on their experiences and ultimately chose to com-

plete the [6633 Arctic Ultra](#) in Canada's Arctic Circle, where temperatures reached -49°F.

“I remember sitting down at the end of the race thinking, ‘Wow, that was so hard, there were so many technical aspects to this race’...and I realized I wanted to do more of these types of races,” Garrett said.

And do more, he did. In 2014, Garrett completed a 56-day self-supported expedition to the South Pole from Union Glacier (a distance of 702 miles). A few months later, he went to the U.S. and cycled to St. Johns, Newfoundland and then over to Vancouver (an endeavor that took 46 days).

In 2015, Garrett completed his first ultra

triathlon – the Enduroman Arch to Arc, a race from England to France in which athletes run 87 miles from London to Dover, then swim the English Channel (20 miles), then cycle 181 miles from Calais to Paris. To prepare for the the race, Garrett joined a swim squad to acquire ocean swimming skills, and after six months of training he was ready to compete.

Garrett then turned his eyes on Uberman a 556-mile race starts on Catalina Island, CA. Participants swim 21 miles in the open Pacific Ocean to the shores of Palos Verdes. The 400-mile bike route leaves the city of Angels and climbs 20,000 vertical feet before descending to Badwater basin. From Badwater, athletes run 135 miles through Death Valley before

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ascending 13,000 feet to the trailhead @ Mt Whitney, the highest peak in the Continental United States.

"Training for this was intense, tiring and a huge commitment," he said. To train for swimming in the Pacific Ocean, Garrett swam 20-25 hours a week. He put on extra weight, and concentrated on technique and improving strength to negotiate ocean swell tides and swimming against currents.

Garrett found Uberman to be one of the most difficult races he's completed. For the first part of the race the swim conditions were perfect but soon, the wind was up and currents were against him. Garrett was stuck only 3 miles offshore in the same place swimming against the current and wind.

"The Catalina swim is one of the seven most difficult swims in the world," he explained. "It's a night swim, 21 miles long with some strong currents working against you at the end. I was expecting to finish the swim in about 14 hours but was stuck going nowhere for 3 hours in the last part of the swim, and I was sick three times. Swimming through the whale poo didn't help." Finally, he landed on the beach at Terranea Resort, negotiating the large rocks on the shoreline.

"I was exhausted, and threw up when I landed on the beach. During the swim I'd had an entourage of whales, dolphins and seals popping up to check me out, and at night I could hear the whales singing. The water temperature was too warm for my wetsuit, and I found that I had to flush the suit with water to keep cool. But I found the Catalina swim was much easier than the English Channel, so that helped tremendously," Garrett said.

The bike ride was 400 miles on a technically challenging course which negotiates steep hill climbs, mountain passes and canyons. Garrett pedaled through deserts in arid conditions during the day, and very cold conditions (especially in the mountains) at nighttime. Every hill and mountain pass had 20-30 mph headwinds which slowed his pace down. "At least the traffic kept their distance and California drivers were civil," he said.

Next up was the running portion of the race, in Badwater.

"What can you say about the Badwater that hasn't already been said?" Garrett said. "My legs were mush from cycling against the wind, and my sole priority was to look after them and recover from the ride as well as protect my knee (in which was in dire pain) The run was hot and very dry, nutrition and fluids were good with the support vehicle in tow but necessary for this

endurance race."

Garrett reports that Uberman is an endurance athlete's dream. "It's challenging, and that in itself is a reward; there's the physical component...you have to be strong for the swim, you have to be fit for the ride and the run. But by far the most important is the mental focus and goal setting. There's no room for self-doubt or emotion; you leave that behind when you sign the dotted line saying Yes I'm in, 101 percent."

"When it comes to Uberman," Garrett said, "Only determination and the intense desire to succeed – and a firm belief in oneself – can get you through Uberman. I believe Dan Bercu has created a fantastic race requiring the ultimate combination of strength, fitness and the essential ingredient: a positive, resilient mindset. Get through this, and you will have earned the title 'Uberman'."

Timmy's next endeavor (dependent on getting funding in the form of financial sponsorship or being a brand ambassador) is to be the first person in history to complete a solo, unsupported, unassisted expedition to the North Pole from Canada's Ward Hunt Island. "Everyone who has tried this has either been rescued and had to abandon the challenge, or died; there is nothing harder than this because it is the most dangerous place on earth. The conditions are savage, and that's an understatement."

"I have been planning this for the last three years and have been building up my experiences for the last six years. This is totally dependent on getting funding in the form of financial sponsorship or being a brand ambassador. I have a sponsorship document proposal for any potential interested parties. Achieving this will receive global recognition, massive media attention for any company partnering with me and make history," Garrett said

Further details on Timmy's website <http://timmygarrett.com/2018-north-pole-unassisted-unsupported-solo-expedition>



SIDE BAR - TIMMY TALKS TRAINING

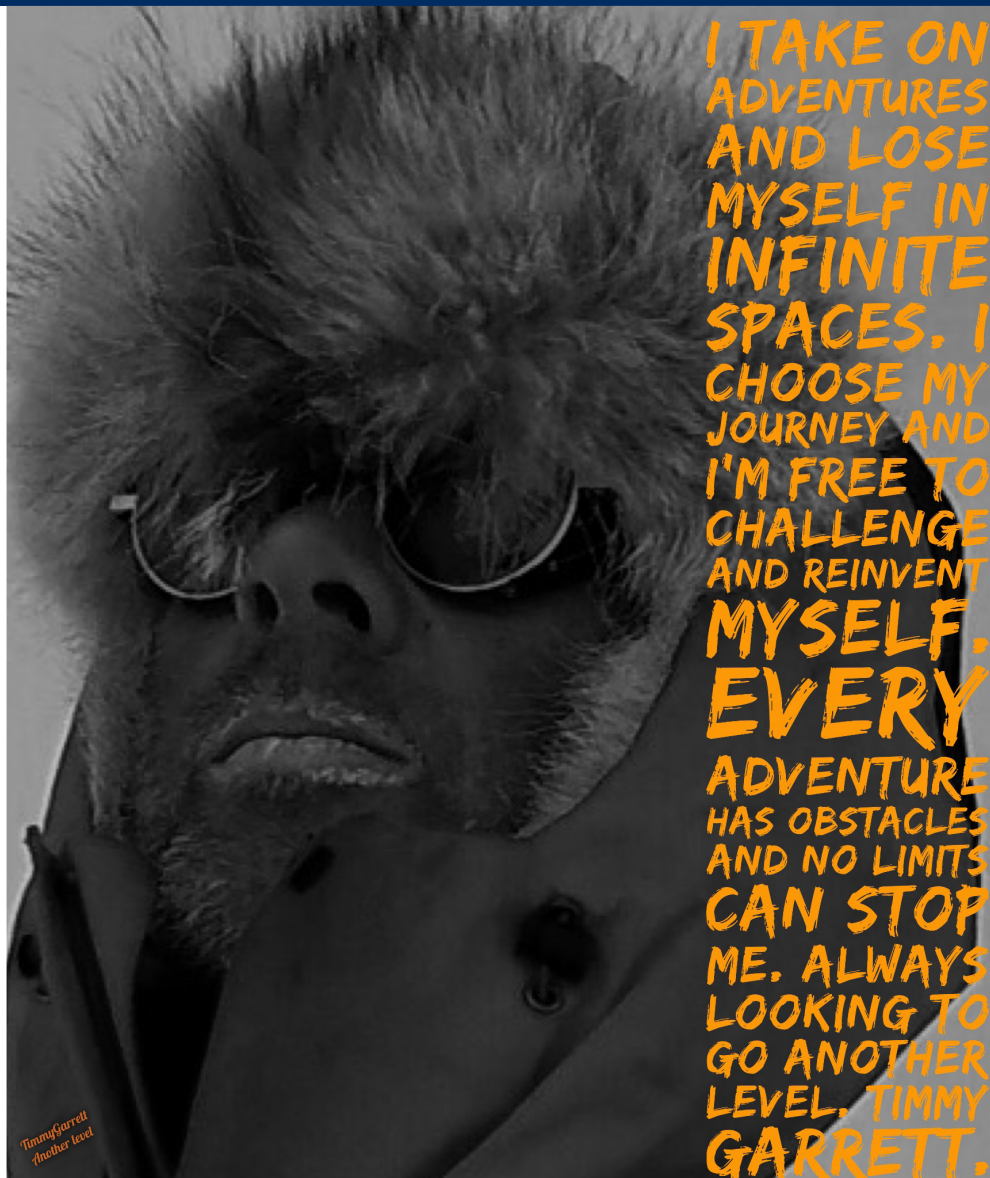
While it's easy to focus on success, I have had many failures with hypernatremia, dehydration, hypothermia due to cold and to lack of food intake and altitude sickness. I have focused on my failures and learned from them to work out my personal nutrition needs and to find what equipment and clothing works best for me. I treat my training and races as a science, and always monitor my health using blood tests for my liver function. One critical test I use for training (although I already intuitively know because of how my muscles feel) is my Creatine phosphokinase levels, which measure muscle damage. I also use Dexa scans to monitor body composition and muscle repair.

My day starts at 3:30 a.m. when I get up and drink 33oz. of water, then stretch for half an hour, then run for an hour, then have breakfast (oatmeal). I cycle to the pool and swim 5 miles with VladSwim squad in Sydney. Then I work from 9 to 5 (I'm an executive manager). When I finish work, it's family time with my kids (10-month-old and 4-year-old from my current marriage, and I also have two from my previous marriage who are 16 and 21 years old).

Later, I train again for 2-3 hours with cycling and running. I try to keep training out of family time by starting early and doing nighttime sessions. Big runs, which are 50-plus miles, usually start at midnight so I can be home for the kids. Long swims are always ocean swims around Sydney, and I usually see sharks; usually 4-8 hour swims, depending on how close it is to the next marathon. Pool ses-

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sions are 15 hours per week, and Sunday is long ride day - 150 miles of cycling. I make my own energy drinks and energy bars to



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fuel me on the longer rides and swims. Preparation is the key to any race, and I always push beyond what is required and look to test the limits of failure. Adventure races never go smoothly, so there needs to be a Plan B and Plan C. During a race, while the bigger picture is to finish, the primary step is to get to the next feed station. (After all, without fuel you go nowhere!) Mentally I am just focused; I'm satisfied that I have created a strategy, achieved milestones in my training regime and am prepared. I tend to cut off from the outside world and go into a meditative phase.

My biggest motivator is that I enjoy goal setting that challenges me physically, mentally and spiritually. It is a test of courage, strength, endurance, determination; the challenge is to finish, and to test the

tolerances outside of the comfort zone. The thing that drives me most is the challenge to be better than myself - to face the discomfort of the elements and the course. When people ask me "Why?", my answer is simple: "I work out because it's a lifestyle choice that keeps me balanced and gives me energy and a positive outlook." I don't sleep much, only between 4-5 hours; and I probably cross that fine line between inspiration and obsession, and maybe what started out as an exercise became an addiction. But, I'm fit as hell, I see the world, and I have adventures that make me feel alive. I have a passion for living.