

Cardio Challenge Hall Of Fame

Q&A



GERRY WOOD:

At the age of 62, Gerry made a dramatic come from behind victory to win the First Canadian Cardio Challenge!

Q *Ron, how did you get started in the Canadian Cardio Challenge?*

A I was introduced to the Canadian Cardio Challenge by my personal trainer, Ryan Shanahan, who felt I needed more cardio work.

Q *What was your typical cardio routine?*

A I worked out every day, varying the activity as much as possible among running, rowing, stationary bike, and the occasional walk. A typical day consisted of an 8 km run, 30 min on the rowing machine, and 30 min on the bike. Or I might do 45 minutes on the rowing machine, followed by a 10 km run.

Q *What moment in the race got you the most motivated?*

A The personal challenges. First Brendan Fox challenged me to Cornwall. Then Matt Cauz challenged me to take a break. And Ron Atkinson refused to roll over when I got close to him; instead

he increased his daily mileage considerably. Each of these opponents spurred me on.

Q *What did you find most challenging?*

A The last few days of the race were the most challenging. I was working out intensively, with little recovery time. I used large amounts of Ryan Shanahan's Seven Points Sports Cream to stop my muscles from screaming too loudly. It worked.

Q *How did you keep motivated?*

A I set goals as I progressed. First, finish in the Top 10. Then, beat Matt Cauz. Finally, beat Ron, and finish first place.

Q *What kind of physical changes did you notice during the race?*

A I lost 10lbs of weight. My body fat went from 24% to 14%, and my waist went from 37 inches to 34.7 inches.

Q *What advice do you have to all those who aspire to meet you at the finish line?*

A The best advice I can give is "stay with it." Make your workouts a priority. The most important thing is regularity. Even if you don't feel like working out, at least change into your workout clothes; then you'll likely feel motivated.

GERRY WOOD'S RACE STATS FROM TORONTO TO HALIFAX:

TOTAL DISTANCE	TOTAL CALORIES	WORKOUTS	AVG. DISTANCE	AVG. DURATION	AVG. SPEED
1 123.02 MILES	72 083.35	72	15.6 MILES	80.75 MIN.	11.59 MILES/HR