

Cardio Challenge Hall Of Fame

Q&A



MATT CAUZ

Matt Cauz was the third to complete the Canadian Cardio Challenge, but the first to do it entirely by foot. He holds the current record for calories burned.

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

A My trainer, Ryan Shanahan, introduced me.

Q *What was your typical cardio routine?*

A I would run 4-6 times a week depending on how much distance I had covered, my work schedule and how my knee was feeling. I did all treadmill work until the weather got warmer and then I ran outside.

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

A Right from the start. I enjoyed the challenge of seeing if I could pass people who were doing activities that would cover greater distances than simply running.

Q *How did you keep motivated?*

A First and foremost I don't want to be fat. I wish I could say it was for health reasons or to have more energy or any of those other lies, but really I just don't want to wake up one day and be pushing 250 pounds. Also if I am ever single again I need to be in "dating shape". Secondly, that evil Gerry Wood and his insane cardio regime. I am very proud I kept up with him as long as I did. Clearly the man has no full time job or has not seen his family since November.

**"if I am ever single again I
need to be in 'dating shape'"**

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

A Beyond losing 30 pounds, the biggest change was just how much faster I could run and how much further I could go.

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

A Find out as much as you can about the person in front of you in the race and then use that information to taunt them. Have fun with the challenge.

MATT CAUZ'S RACE STATS FROM TORONTO TO HALIFAX:

TOTAL DISTANCE	TOTAL CALORIES	WORKOUTS	AVG. DISTANCE	AVG. DURATION	AVG. SPEED
1 123.16 MILES	159 132.16	147	7.64 MILES	59.66 MIN.	7.68 MILES/HR