

Bryland Bristopher - By Charles Henley

age: 47

residence: New York (Formerly from Nebraska)

education: PHD in Exercise Science (Bachelors in Weightlifting)

occupation: Exercise Science Professor (On sabbatical for Olympic Training)

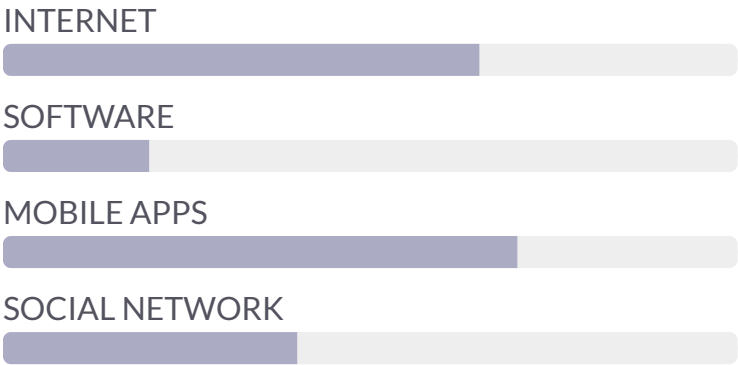
marital status: Single



"LIGHTWEIGHT, BABYYY"

Bryland spends the first half of his day jogging the cityscape. He stops by whatever healthy diner is nearby to refuel for the remainder of his day. He spends his remaining five or so hours teaching various ES courses followed by HIIT training. Schedule varies when marathons are approaching.

Comfort With Technology



Criteria For Success:

A hearty run and a productive day of training. First place in any running competitions he partakes in.

Needs

- Four hours jogging per day MINIMUM
- Scenic routes to his destinations
- High electrolyte beverages (for recovery)

Values

- Proper planning
- Proper gains
- Proper runs

Wants

- Gut-wrenching uphill death runs
- Long routes to his destination
- Stops along the way to refuel

Fears

- Biking
- Ungrateful Students
- An easy battle (nothing to learn)