



MY JOURNEY FROM 350 LBS TO 26.2 MILES  
*@joshgretz*



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CONFERENCE



# THANK YOU, THAT CONFERENCE PARTNERS!



CUNA  
MUTUAL  
GROUP



NVISIA



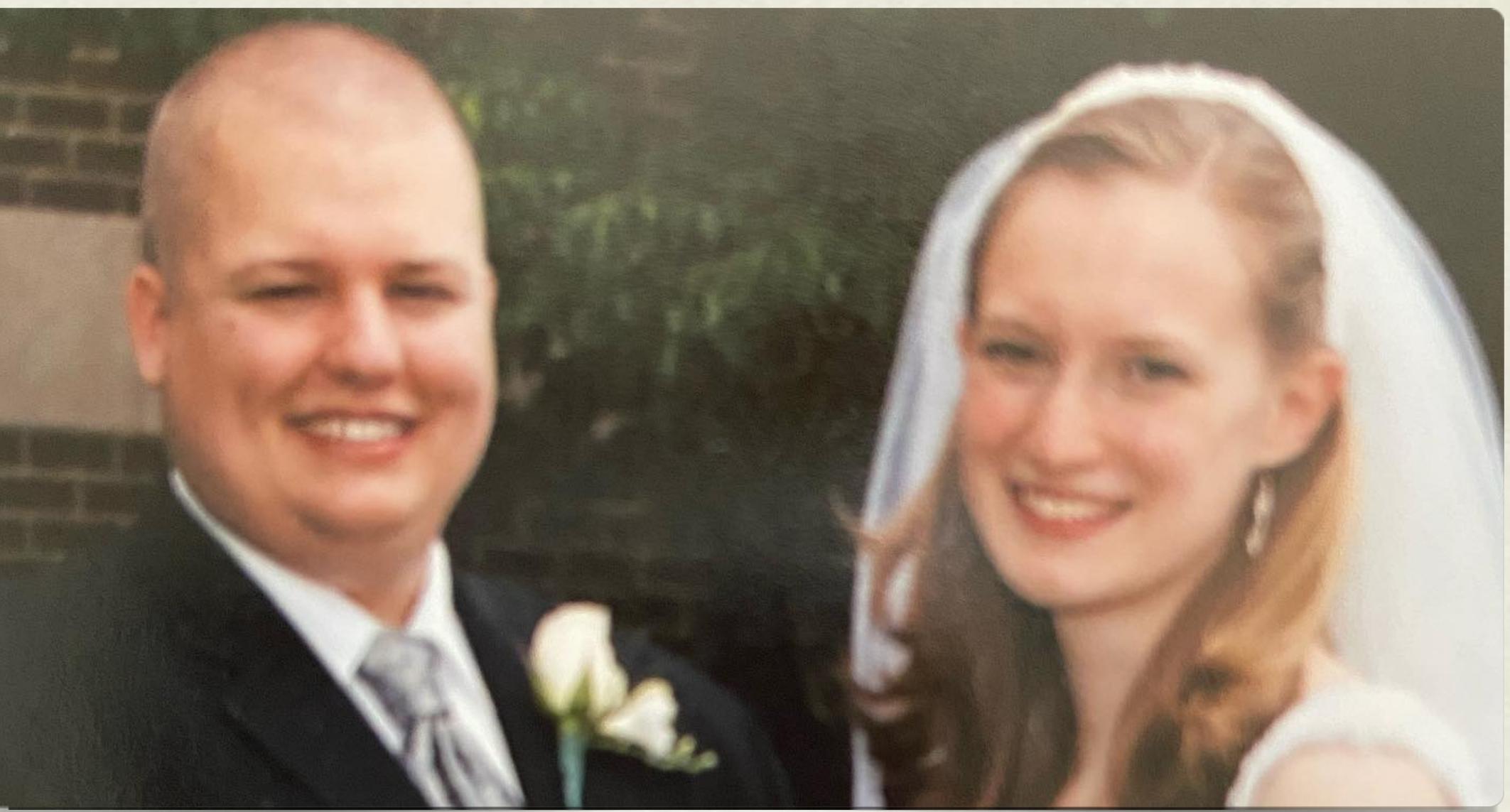
# WHAT IS THIS TALK

- It's my personal journey and learnings
- YMMV
- Personal (no code!)
- Stories are important

# WHO AM (AND WAS) I

- Husband & Father of 3 Boys
- From Columbus, OH (now in PGH)
- Athlete (just hid it for a while)
- Intern to CTO
- ADHD
- Storyteller







# BEGINNING

*March 2019*



# START WITH WHY

- Core
- Emotional
- More than a goal

# FINDING MY WHY

- Burned Out (level 12) in 2017
- Spent the rest of 2017 and start of 2018 searching
- 2018 was learning and accepting who I was
- March 5, 2019

“There are years that ask questions and years that answer.”

*-Zora Neal Hurston*



“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

*-James Baldwin*

# MAKING A PLAN

- Big Hairy Audacious Goal
- Seinfeld Strategy
- Define Metrics
- Carrot & Stick
- Support Structure

# DAY 1

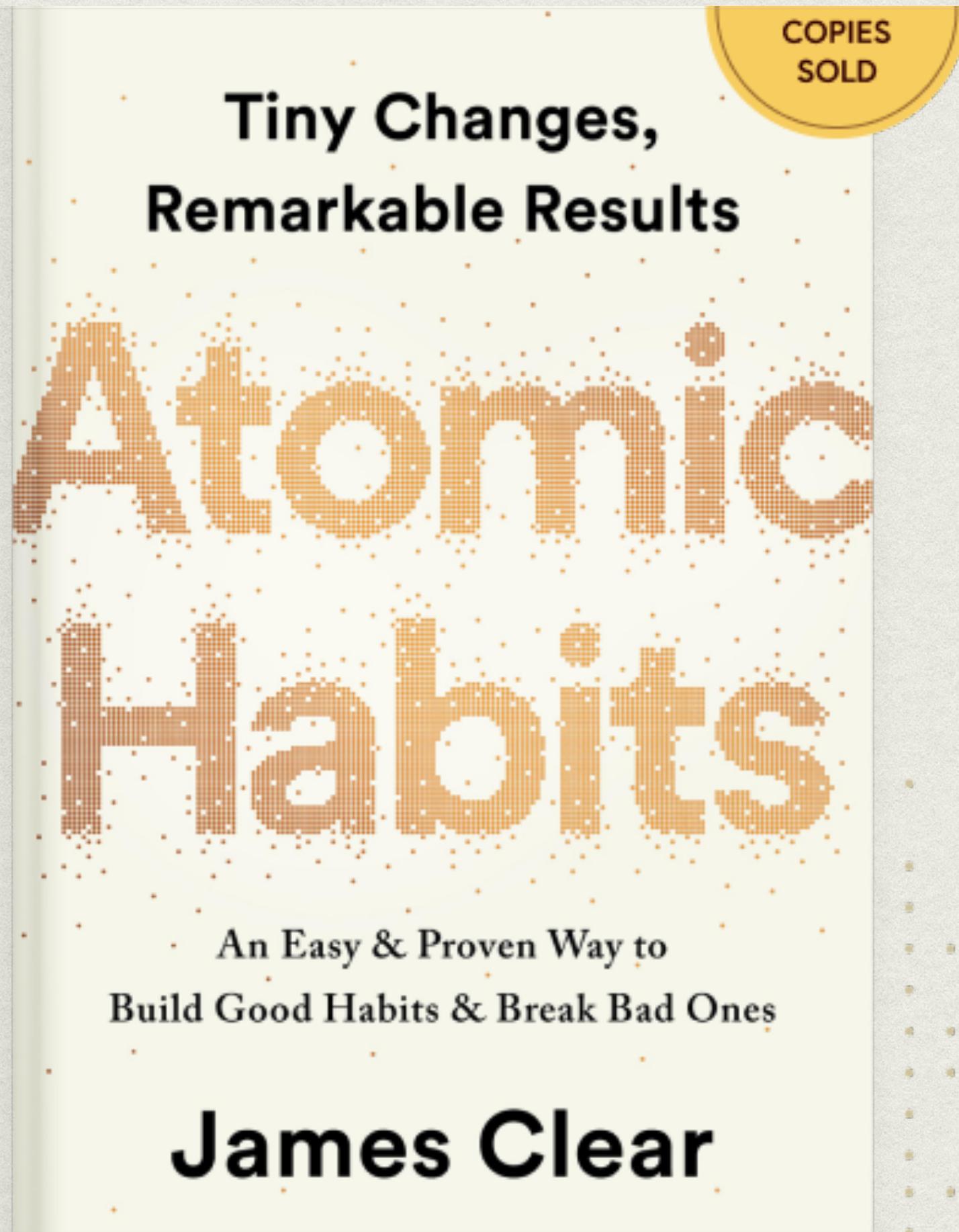
- Invest Early
- Optimize for starting
- It sucked (bad)
- Show up



“Every action you take is a vote for the type of person you wish to become.”

*-James Clear*

# HABITS > WILLPOWER

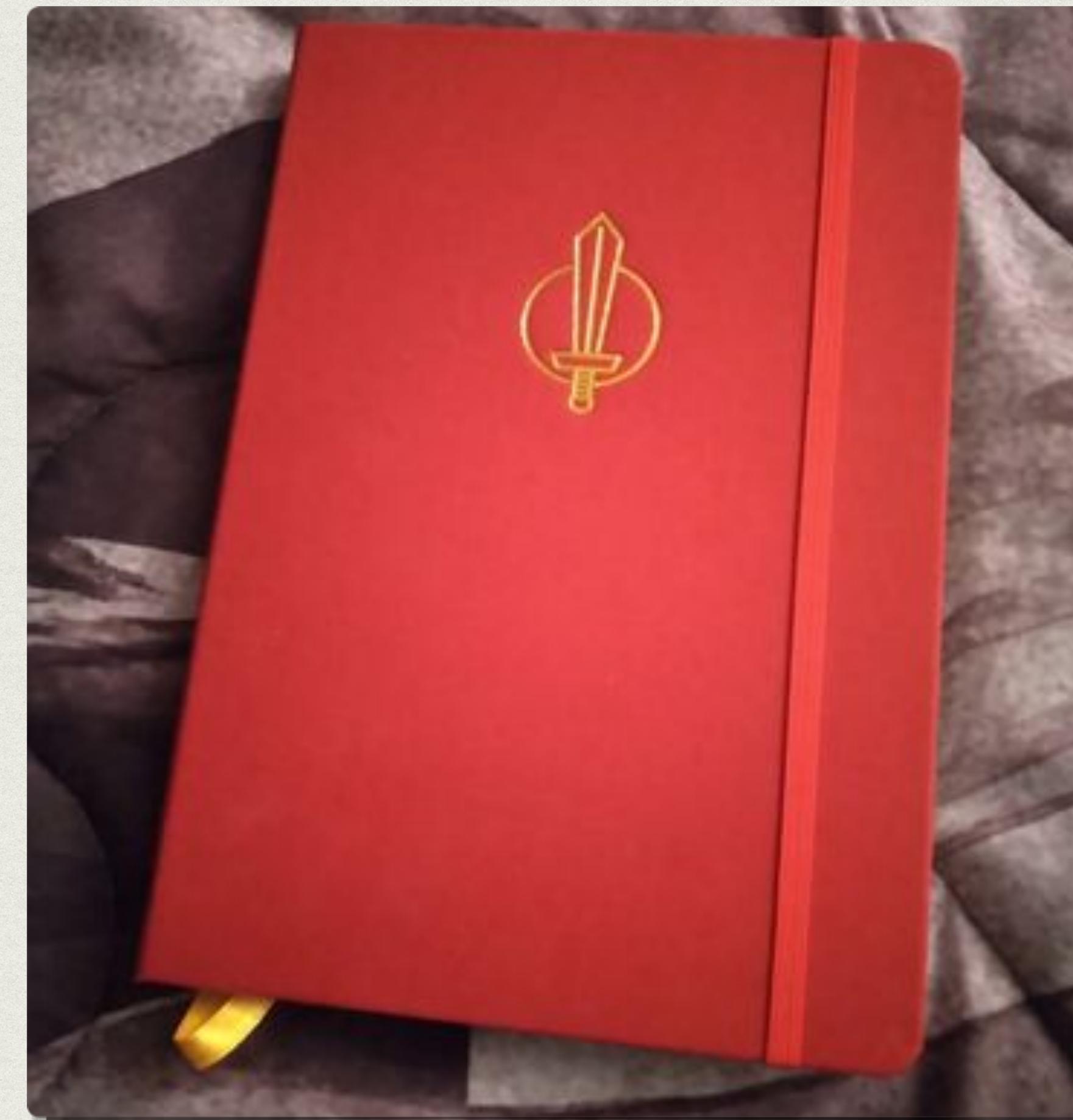


- Get 1% better every day
- Eliminate bad & establish good
- Evaluate your environment
- <ad>Buy this book</ad>

“The best way to change long-term behavior is **with short-term feedback.**”

*-Seth Godin*

# HERO'S JOURNAL



BACK TO THE STORY



# CHRISTMAS 2019



# WATER SLIDES !!!!



# GRINDING

- There will be setbacks







# GRINDING

- 10,000 Hours
- Find Distractions
- Celebrate Growth

“There is nothing noble in being superior to your fellow man; true nobility is  
being superior to your former self.”

*-Ernest Hemingway*

# MONUMENTS

- Choose A Deep Meaning
- Regular Baseline
- Drive Choice & Behavior





# FINISHING THIS ADVENTURE

- Reached my final weight goal (160) on 9-27-20
- Ran 1/2 marathon on the elliptical on 10-6-20
- Success brought fear



# FINDING THE NEXT ADVENTURE

- Important to keep going to not regress
- Build on success, but keep it fresh
- Friend suggested I try running
- 1st goal was 1/2 marathon in April 2021

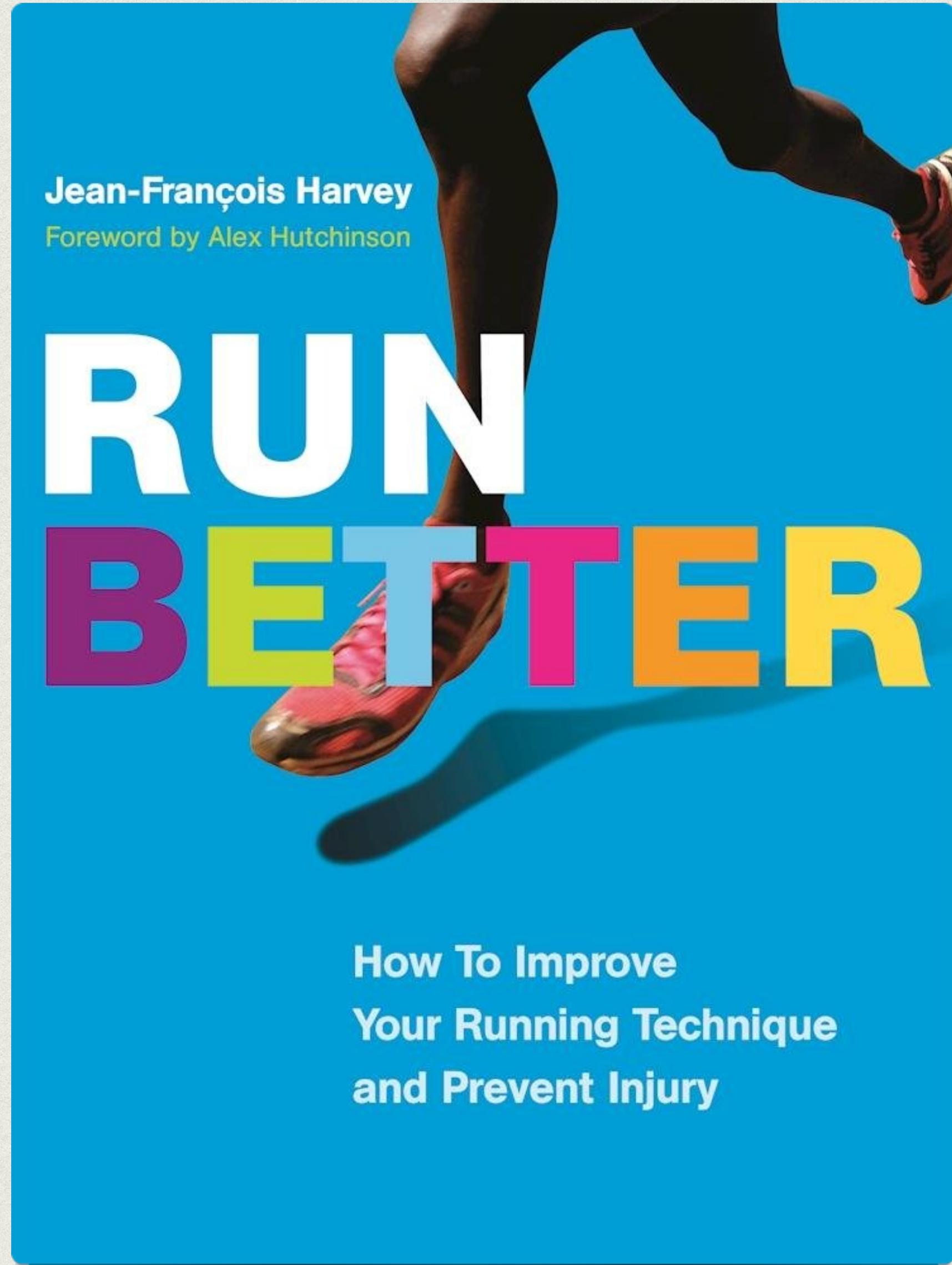


# RUNNING (GRINDING 2.0)



- 10,000 Hours
- Find Distractions
- Time To Think: Running ?= Hammock
- Keep your easy days easy
- Celebrate Growth

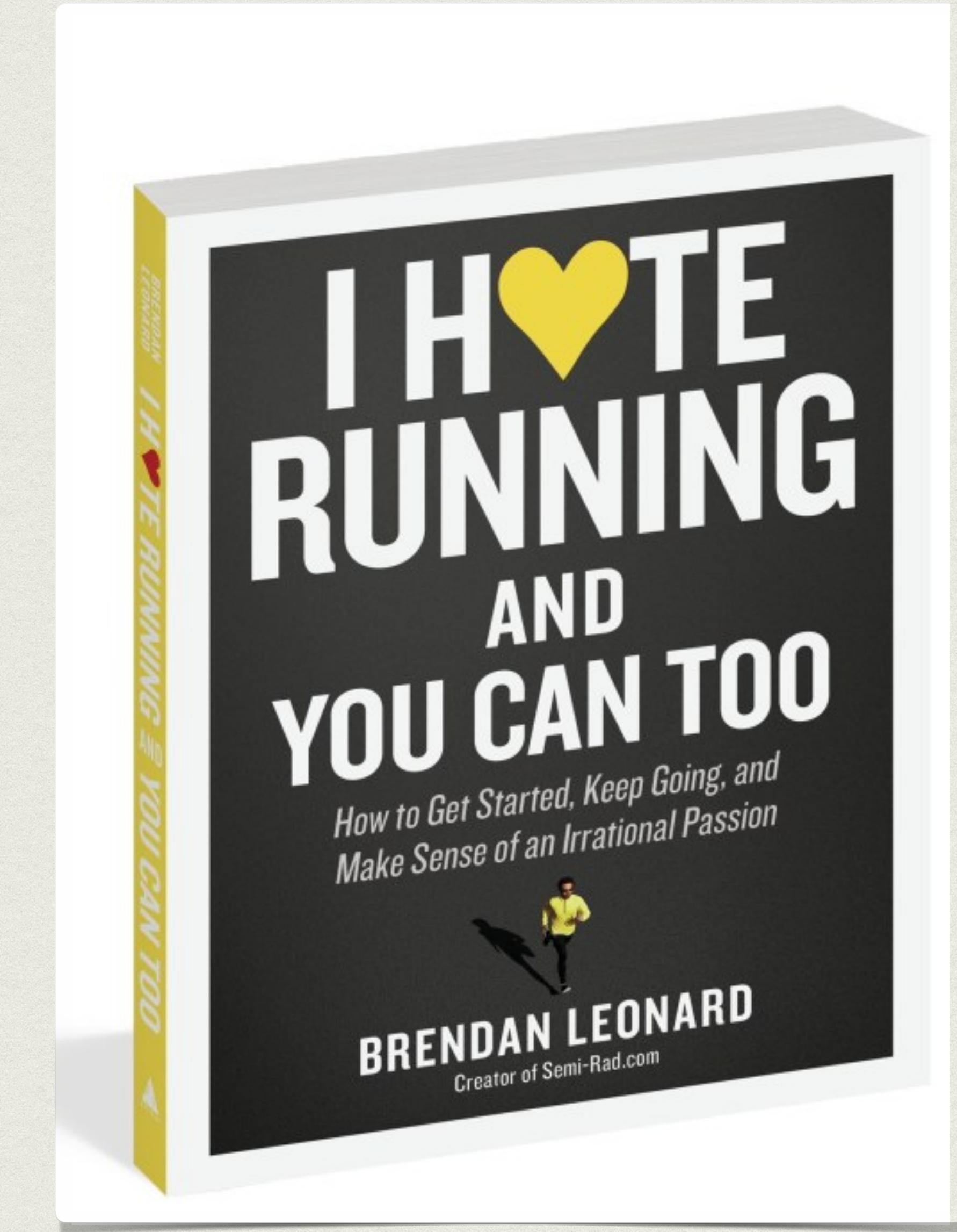
# RUN BETTER





# I HATE RUNNING

*And You Can Too*



“Run the Mile You’re In”

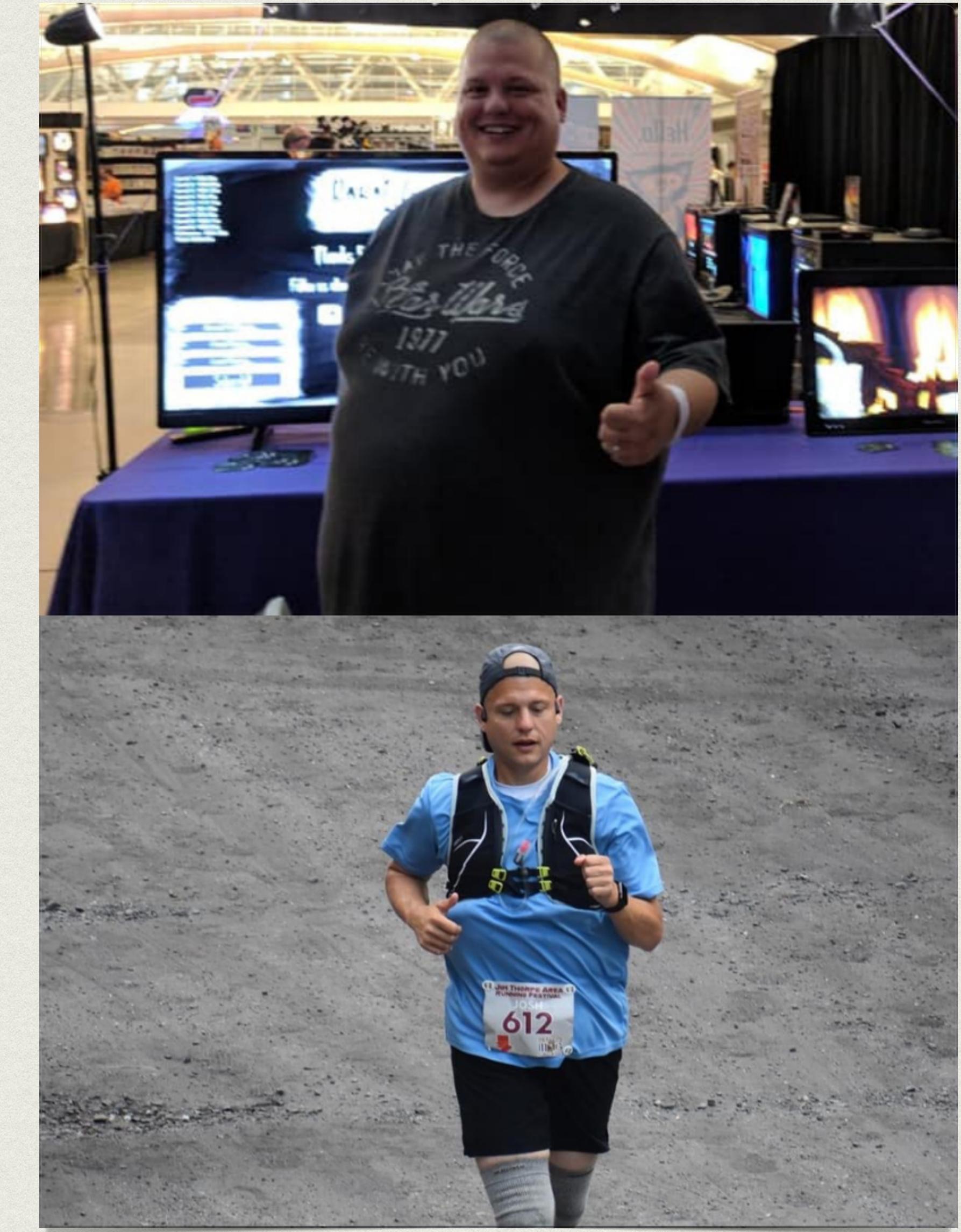
*- Ryan Hall*





# JOSH'S STORY

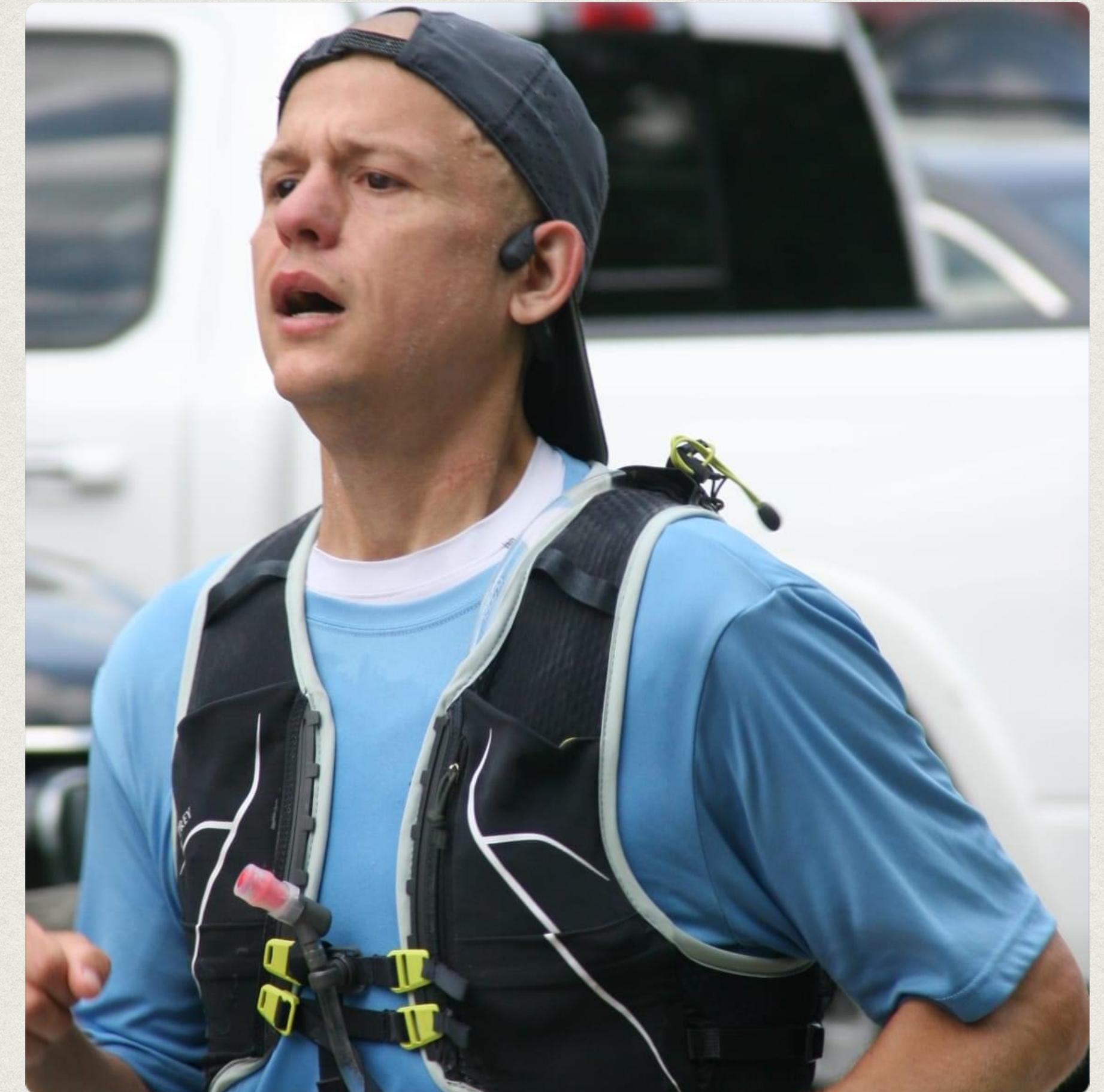
TODAY.COM





# UNEXPECTED CHALLENGES

- Fear of Food
- Loose Skin
- Pelvic Floor (guys have them too)
- Body Dysmorphia
- Imposter Syndrome
- Tyranny of the Faceless Other



# MINDFULNESS (AND STRETCHING)

- Introspection
- Meditation
- Yoga
- Chi Running?



# NUTRITION

- Veggies
- Fiber
- Protein
- Other Supplements



# FINDING THE NEXT ADVENTURE (3.0)

- Sept 4, 2021 (TT Marathon)
- Oct 17, 2021 (Columbus Marathon)
- Jan 16, 2022 (Louisiana Marathon)
- 40 Miles on My 40th in Japan



# FINDING THE NEXT ADVENTURE (4.0)

- Boston Qualifying Time
- 50 in 50



# REFERENCE

- Start With Why
- Sondheim, Seurat, and Software: Finding art in code
- Built To Last
- Seinfeld Strategy
- Atomic Habits
- The Hero's Journal
- Outliers
- Endurance: Mind, Body, and the Curiously Elastic Limits of Human Performance
- Hammock Driven Development
- Tyranny of the Faceless Other
- Calm
- Sara Beth Yoga
- Sydney Cummings
- Predictably Irrational
- Run Better
- Incrediwear Knee Sleeve
- Knees Over Toes
- I Hate Running And You Can Too
- Chi Running

# WHERE YOU CAN FIND ME

- <https://www.strava.com/athletes/joshgretz>
- <https://www.instagram.com/joshgretz/>
- <https://github.com/jgretz>



**THAT.<sup>®</sup>US**

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**DAILY**