

# Alan Adams\_final(1)

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## SUMMARY KEYWORDS

felt, ski, day, stacking, patagonia, people, fun, bike, life, big, thinking, chelsea, angle, record, alan, job, eating, work, bozeman, bridger

## SPEAKERS

Justin Angle, unknown, Joe Anderson, Lily Clark, Smoky the Bear, Alan Adams

- A** Alan Adams 00:00  
I just felt like this year in particular, like having some time alone in the woods, I think a lot just like seemed extra important.
- J** Justin Angle 00:19  
This is A New Angle, and I'm your host, Justin Angle. This show is supported by First Security Bank, Blackfoot Communications, and the University of Montana College of Business.
- J** Justin Angle 00:31  
Hey folks, welcome back. I am especially excited today to welcome my good friend Alan Adams back to a new angle. 2020 was a hard year for pretty much everyone. Alan decided to make 2020 especially challenging on a singular dimension, vertical feet traveled. In honor of staring down his 40th birthday, Alan set out to climb 2 million vertical feet on his skis and bike in a single calendar year. Not only did he do that, but along the way, he upped the goal, set a record and a whole lot more. So Alan, welcome back to the show. Thanks for putting down the skis long enough to visit with us for a little bit today.
- A** Alan Adams 01:12

Thanks, Justin. Happy to be here.

J Justin Angle 01:14

I got to ask like How are you feeling? Like, are you just sleeping 10 hours a day and like eating as much as you want? Like, what what's your body feel like?

A Alan Adams 01:23

Oh, geez, you know, it's it's sort of funny, it feels it took a few about a month to come down from the whole thing.

J Justin Angle 01:31

Sure.

A Alan Adams 01:32

Like, you know, the first picture like, oh, the week after, I'm just gonna like sleep a bunch and recover and rest. And then actually, like the, within a few days, I was like buzzing if I took a chill day, so ended up I think the week after I still did like 50k or something, just because I wasn't ready to like, slow down. But then I slowly sort of like, you know, rail things down and actually took first day off, like 10 days into the new year. And yeah, I mean, it's crazy. Like, I feel pretty darn normal, which I guess surprises me. You know, like I I don't know, like, I feel like mentally almost like a little more like challenged in the physical side, because it's like sort of had this big thing that took a bunch of time. And now it's like, oh, that's not there. And I have plenty of other things to fill the time and plenty of things I had to catch up on. But I definitely sort of left a little bit of a mental void. That's probably been the biggest adjustment more on it to be honest.

J Justin Angle 02:36

Awesome. Well, we'll get into the mental aspects. I'm sure today that they're especially interesting to me. But before we get into that just give us like, you know, a quick introduction to how this project came to be like, what was the conception? Why do it? How did you do at what point and sort of your deliberations Did you feel like it might be something that's achievable?

A

Alan Adams 02:57

Yeah, I mean, it's sort of like develop literally on the fly. Like I was out ski touring around cook on New Year's, with Chelsea and her friends, Mikayla and Joe, and I just thinking like, Man, it's my birthday year. And I've always had this weird thing with birthdays being like, dreading the getting older thing and like, haven't ticked certain life achievements off the list. And I just like had, like, yeah, we're just like, sort of crazy. And I was like, Man 40, I'd like had in my head, like, my two favorite sports, biking, skiing, times two, that's four, I don't know, 2 million, like, somehow the math just stupidly made sense. And I was like, why don't I see if I can do this, like Greg Hill did this 2 million thing. And he's a pro athlete. That's cool. But like kind of regular, regular Joe, you know, like, pull this off with a good job. And, you know, I don't know if family obligations really, I mean, it's just Chelsea and her dog. You don't have like kids or anything. So it just seemed like a good time to like, go for something big. Because who knows how life shifts and changes and jumps around? It seemed like, the right time. Yeah, I don't know. It was just sort of like this crazy idea. And I like ran out by them when we were out there. And they're like, they also looked at me like, that's a lot. Are you sure? Chelsea just like laughs, you know, and yeah, it just sort of snowballed pun not intended. And this turn to this crazy project. That was like, super fun, really rewarding. And just, yeah, and it grew as I went on. Change. It morphed, but uh, yeah, just so much fun.

J

Justin Angle 04:34

So you mentioned Greg Hill, professional athlete that did version of this in the past and you have been a professional athlete in your past: professional cyclist. So you've been able to sort of orient your life completely around a singular pursuit. But, you know, now that's not so much the case. I mean, you mentioned your constraints are maybe a little less than folks with kids or you know, a job where you have to clock in every day to talk about how, like, when I think of that, from my perspective, I mean, I certainly have doubts if I could accomplish something like that physically. But before I can even get to that question in my mind, like, I can't even get to a point where I could think about orienting my life around it to the point where the physical challenge would even be a question. So talk about how you kind of approach orienting your life around it, if that makes sense.

A

Alan Adams 05:33

Yeah, I mean, I think it's, I mean, the fortunate thing is where I live, obviously, Bozeman, you know, the access is right here. It's not like Seattle, where you get to, like, drive up to snoqualmie pass to go skiing every day, like, I mean, I'm 15 minutes from Bridger Bowl, you know, 15 minutes from like, the little Mountain House Academy, ski hill, that's a great ski mode training Hill. When I'm in Cook, obviously, you know, it's like we tour from the house,

you know, biking from the front yard. So all these things are really accessible from like, a location perspective. And then, you know, my schedule, just, I mean, in all honesty, like, COVID, sort of exacerbated to some extent, but like, I mean, I'm pretty introverted outside, I mean, I guess people would maybe think not because of what I do for work, but I really just like a lot of alone time in the mountains. And so to have this be something that I focused on was like, I don't know, just, it just fit. And, you know, I like these weird, like, I mean, I'm a numbers guy. So I think like seeing this number, like, okay, dude, and I set sort of like, initial like targets each week, or daily, and just like, kept a little spreadsheet, and it was just sort of like this weird little numbers game. And it's like numbers game, alongside like, long fun days in the mountains. And it just added up to be like something that made sense for me. I think the past history of like, yeah, I mean, it was a professional cyclist, me, I was on a professional-ish, amateur league team or whatever. But like, I had that training background, I have, like, you know, years of endurance sort of base. But this was pretty different from that, to be honest, because it wasn't targeted, you know, you're not like, staring at your power meter, your heart rate, you're just sort of like chugging along each day to see how you feel. And, you know, going on the fly, because you can't structurally train for something like this, you just sort of have to go. Yeah, just sort of made sense. I don't know why. But, you know, like, my life is, you know, I have it pretty dialed where it's like, I have my toys, I have my, you know, stuff all lined up, like I have good gear right I'm not 22 years old, like scrapping together anymore. Like I have multiple ski setups of one a binding breaks, I can hop on the next one the next day. And if one bike needs to go in the shop, I can grab the other one and go out like I mean, I've been fortunate enough to accumulate those things. And so just sort of like, flowed I mean, I definitely the bike shop was sort of funny, I like, drop one bike off one day, and three days later, pick up the next one, they'd fix that prudence and then two, and then three days later, drop off the next one, you know, they're just laughing at it, you know, but it all worked. You know, I had the support system, with Chelsea with the gear and the bike shop and the skis and just all sort of fell together. But but it's not like I went in with this big plan. It just sort of like all happened on the fly. Which, yeah, just sort of worked out.



Justin Angle 08:27

Yeah, I mean, at some point, you know, you might not have had a plan, but you sort of knew the end number. And at the very least, we're able to divide by 365 to understand, like, I got to at least get this many vertical feet in a given day. And start there. And then yeah, I know, I saw you early, somewhat early in the year, as I recall. And you know, you were ahead of schedule, you had banked some miles as you sort of or some vert as you thought about this, were you thinking like, you know, I really got a pound it early season or this is a time on the bike where I really have to bank some feet or, you know, thinking like I noticed your your fall like you really, you know, really nailed bridgeable on your

skimo setup for a big block. So how are you thinking about, like, once you got into it enough to know, kind of what your body could do and not do on a given day? Like, how did you kind of approach it tactically, if that makes sense?

A

Alan Adams 09:25

Yeah, well, I mean, started off early was like just staying on this 5500 foot a day target. And that was pretty realistic, like on you know, fund skis around cook and then some occasional schema workouts and schema races. And then and then in March, in April or March, Bridger shut down because it COVID and a lot of days, I could go up there and like ski in the morning and then come back then town and like, oh, okay, work a little bit. And then, you know, it's light out till later. It's like, Oh, I could go for a quick little bike ride after work and get a couple extra K of vert on my bike and I started stacking honestly because I was worried about getting COVID but like I was like, What if I get COVID to take a month off, which sounds really stupid, but like that's just in my head, I'm like, I need to get a month ahead. And then, you know, it just kept stacking and I was like, Oh, I didn't I haven't gotten COVID man like I live a life and that I can probably not get that if I'm careful. And so I became like militant about COVID precautions like my own health and just, you know, the greater good, right like everyone was doing and and just kept stack. I'm like, man, if I'm just out in the mountains, if I'm not working and I'm not at home with you know, doing house things, I can be out in the woods on my mountain bike or on skis and I won't get COVID and I'm gonna get a really fun time. It just kept going. And I definitely like staggered it like it was ski and it was ski and bike combo and it was like all bike which it was hard to do that amount of effort on bikes so definitely like I had to sort of meter that early and then it became in the fall was like this beautiful window again of like a combo bike and ski and then I sorta, yeah, I banked a lot of hurt in December early at Bridger because I really wanted to make sure that I could enjoy like Christmas to New Year's with Chelsea and Cook city and not be like having a payout huge days at the end you know, like when the daylight short and like she was on her holiday break and just wanted to you know, push away that selfishness aspect and be like stacking ahead. So yeah, I did like two weeks 10k days, just nailing it Bridger on Skibus skis which people thought I was nuts, but I was, I was actually having a ton of fun. It was like, ripping early season groomers on like, these tiny little skinny skis that were light and it was just like I could do like laps and friends would join in and like do two or three with me and then go back to work or whatever. It just, I don't know, just like kept being so fun. Like I I just, they just kept stacking on itself.

J

Justin Angle 12:00

At what stage did you make the decision to kind of go for two and a half million? Like

what stage do you think that was possible? And talk us through that decision?

A

Alan Adams 12:10

Yes. So I think it was in April, when I was doing all these days at Bridger and likes getting some bike rides and afternoon, I was like, wow, I'm stacked a month ahead almost. And if I don't get sick or don't injure, get injured, I could like, go bigger. And I remember reading about this guy, Aaron Rice, that had done two and a half million. And granted, these guys did it just on ski. So it's sort of like a different record in a way like, that's like, man, I could bet I could do just human power vertical, like, exceed what Aaron Rice did. And that'd be pretty neat. You know? And, and again, I'm a numbers guy. So like, I mean, I'm a sales guy, right? So it's like, give me this target. It's like a stretch goal, versus just the regular goal, you're still gonna try to it's like, oh, well, if I go for the stretch goal, I definitely hit the first goal. Then it just like, snowballs. And I think if at any point, I wasn't having fun with it, like I probably would have just been like, you know, I set up for two mil that's fine. But it just kept being fun, I guess. And like, I mean, there were a couple days here and there where it felt like I was just stacking vert or something but or rush squeezing it between work meetings and emails and just life but I don't know overall, it was just like 90% plus percent. It was so much fun that I just wanted to just sort of keep it going. And it felt like a fun little extra. Yeah, stretch goal and just kept pushing. So and I was learning a lot to like, just out there like I guess a lot of time in my head, but also just like listening to podcast and listen to the news and thinking a lot and it just felt like this year in particular, like having some time alone in the woods to think a lot just like seemed extra important.

J

Justin Angle 13:52

A New Angle is supported by First Security Bank, Blackfoot Communications, and UM's College of Business. Access to capital, broadband and education are three ingredients any community needs for success.

U

unknown 14:05

Raging wildfires have scorched a record number of acres and killed at least 31 people.

U

unknown 14:08

Continues to climb from those devastating wildfires.

- J** Justin Angle 14:11  
Last year, wildfires scorched a landmass nearly five times the size of Yellowstone National Park. He was the largest area burned since reliable records began. Fires are getting bigger and hotter and more devastating than ever before. What all that fire means and what to do about it depends on who you ask.
- L** Lily Clark 14:33  
Experience of a forest taking fire is really something.
- U** unknown 14:37  
Not only a gift to us, but it's more more of a gift to the land.
- U** unknown 14:42  
There will always be fear of fire. I know that and I don't pretend there won't be but in certain situations there shouldn't be.
- J** Justin Angle 14:48  
I'm Justin Angle. And for the last couple years, I've been talking to scientists, historians, and firefighters themselves to hear their stories.
- U** unknown 14:57  
You owe it to the guys that died.
- J** Justin Angle 15:01  
I wanted to figure out, how did we get here?
- U** unknown 15:03  
We're going to knock fire out of the landscape.
- S** Smoky the Bear 15:05  
Remember, only you can prevent forest fires.

U unknown 15:09  
It was a crazy ambition.

J Justin Angle 15:11  
And where do we go? It just knowledge is freakin power.

U unknown 15:16  
I'll talk about in a calm way, but this is me hitting the panic button.

U unknown 15:20  
Am I making any difference here with the science? That's what I wonder sometimes.

J Justin Angle 15:26  
This is Fireline, a six part podcast series from Montana Public Radio and the University of Montana College of Business, about what wildfire means for the West, our planet, and our way of life.

J Joe Anderson 15:52  
This is Joe Anderson, I am the CEO of reflex protect, and you're listening to a new angle.

A Alan Adams 16:02  
The way our world was like, it was like it felt so weird in the regular scheme of like, just everything going on with COVID. And, you know, all the, obviously the political stuff, and then the social justice stuff, and like, everything just felt like the world was falling apart. And I'm like, you know, I can go for this huge record and like control one little part of the world that can be just awesome right now for me. And it's not changing the bigger picture other than maybe some people are, you know, following it, and like, getting motivation to go outside more of themselves, which actually became this like, secondary awesome goal at the end that I didn't realize was there, but then became this awesome thing. Yeah, so it just sort of felt right. When everything else felt wrong, you know what I mean?

J Justin Angle 16:47

Absolutely. And, you know, probably we're able to kind of like, it's an escape, in some ways you can, you can focus your energy on something you can control and make sense of, but also, you know, it allows you to sort of get away from a lot of those. You're not running away from reality, really. But you're also able to sort of maybe take reality and temper the speed of the news cycle and the intensity of it with a little bit of meaning in the hills as you'd like to spend so much time there.

A

Alan Adams 17:20

Yeah, I mean, it was one day, it was actually sort of funny that pops into my head was was election day. And like Patagonia was a paid holiday, which is awesome. And, obviously, Montana, you can, I like doing the absentee ballot, just because I like to get online and research everyone and like, take time to do it. I don't like the rush of going to the polls. So I voted, I voted two weeks before. And so it was funny at that day, like, it was like this weird cycle of weather were like all the Malbec trails were dry again, which doesn't happen in Bozeman, but this local like fun, just sort of flow sort of flow trail called Leverage Canyon was like, and, and I was like, oh, man, that'd be fun. And I just started laughing it as like, Man, I'm just gonna stay out here and laugh till dark because you know what, like, someone in some, you know, someone in some town is like literally sitting outside waiting to vote right now, for probably as long as I'm going to be out here riding my bike, like that my company is paying me to have the day off, I already voted. sort of get paid run up like today. Like, this is awesome, you know, and like, it was just this. And like, it also kept me away from the news all day, right? Which was like, a really good thing too. Because it was like this super emotional day, cuz I had a relative who just passed and, and then that it was like, just a magic day. And like, there was just something about that amongst everything else going on. That just, again, just felt right and just kept me motivated.

J

Justin Angle 18:48

Talk a little bit about your job. I mean, listeners will recall, we had Alan on the podcast and a couple years ago, or he talked about your work for Patagonia. But you know, your job went through some ups and downs this year, you know, furlough and so forth. Like talk about, you know, job, job security, and then the flexibility of you in a sales role that allows you to kind of work your schedule around some of your athletic objectives. How did the job line out both in terms of its strengths and weaknesses to help this project along?

A

Alan Adams 19:18

You know, first I see the flexibility the job is is very magical for you know, having some room to alter this day schedule. I mean, I'm one of those people that I love just doing

emails like in the morning with coffee, so it's like, all hands on work two or three hours starting like 6am. So that flexibility like okay, I'm going to work two or three hours in the morning and then go do something and then come back and work, you know, another three or four hours and then go do something and come back and work another one or two, and like split up the day, you know, really helped and you know, I cover my account basis involves Alaska and those folks are two hours behind me timezone wise so it does help to like sort of book into my day where I'm available for some of their stuff later in the day, so schedule wise, it's awesome. Then the furlough piece was interesting. I mean, as we sort of discussed, you know, like Patagonia was, we had two months where our website was basically shut down. And a bunch of the reps had to go on furlough. And it was like, you know, we were one of the departments to get the least hit, just because, you know, obviously, the sales guys are turning numbers, which helps get the company back on its foot. But there was thoughts that it was funny that my region would have no one here because no one would fly. You know, no one from New York was going to fly to Yellowstone to do their vacation. So my accounts would basically be dead. It turned out that that was the opposite. Everyone came here. My accounts were super busy. And so you know, quickly into the whole furlough thing, they're like, oh, man, like we put the wrong people for. So okay, it was a set timeframe, or like, it was like, Oh, you're coming back on this date. So that there wasn't a stress of like, Oh, I don't have a job, it was more just hitting a pause button, which is hard. I love my job. And I love my accounts I work with and I definitely was still answering, you know, doing things on my gmail account, because we weren't allowed to use our Patagonia address. And I was still feeling texts and phone calls in the side. And, you know, trying to keep it minimal, because obviously, like, I wasn't supposed to be working in quotes, but you know, still kept that rolling as best I could. Yeah, I mean, that was definitely also hard to just because I felt this, like, my dealers were in the trenches, you know, working through COVID. And I was like, on vacation, getting paid. You know, sort of like Patagonia is very helpful in terms of making sure we were compensated, like, in addition to the unemployment, extra bonus, whatever. So they, like paid our sick time to cover it. So it's not like, like, I had no financial hit, you know. So it's just, that's what they're telling me to do. So and that's what you're told to do. Just I guess, embrace it, you know, it's, I embrace it the best way I could, like, I just went out and did something fun. And, you know, I guess yeah. Made made some lemonade out of that. So. But yeah, it was there was some stress there. And the company was, you know, there's a lot of stress, because I think, basically, you know, it was like, we were preparing for sort of, like, economic meltdown. Right. And then it didn't really happen with the kind of sports and activities that Patagonia serves. And I don't mean that lightly. I mean, like, obviously, a lot of people did have financial impacts, you know, across the, obviously, the economy of the US, but like, Patagonia was like, people were going to recreate their getting outside. So like, the demand for our product was high. Our retailers are busy, and they were mad, that mean, they are fried, you know, because their deal, you know, especially in my own,

like, they're telling people to wear masks that don't want to wear masks, because they're, you know, they live in Wyoming, and they don't feel they need to and, or whatever it was just, you could feel how stressed and how hard it was for some people. But as a company, we were doing well. In a way, we were just limited, honestly, by like supply chain and transportation issues and other sort of limiters. You know, those of us that were sort of told we were gonna be able to come back or brought back on the date, we were told and life continued on. But the job is very different. Like, I'm not allowed to have people in my showroom allowed to have allowed to go into the stores. I mean, I, I do in my own time, but like, I can't go in and say I'm here on Patagonia's behalf working, I have to just like, stop and look at something or buy something and like, go say hi, if I want to, but like you're actually told not to, technically, because we don't want to, you know, have Patagonia spread COVID right. You know, I mean, it'd be awful. It's changed, obviously, a lot of zoom calls and remote meetings and remote line showings. And it's a very different job right now. But that's, I think, what everyone's dealing with, to some extent, you know, so I'd say it's, it's hard for me, because I'm not a technology driven person, I'm more of a face to face or person. So it's been a challenge. But one that's, you know, manageable, and it's also give me a lot more free time, which helps help the verb.

J

Justin Angle 24:17

Sure, yeah, I mean, that there's sort of costs and benefits. And I would suppose with an endeavor, like the verb project, like you got to take any window of opportunity, you have to seize it. So whether it's the furlough, whether it's, hey, you know, I can't go into shops, I can't quite travel as much whatever it is, you got to look at that as an opportunity to, to get some vert in the bank or, you know, just take take advantage, right.

A

Alan Adams 24:44

Yeah, I mean, time became the biggest thing with this, like, your body is smart enough to adapt and mean you're an athlete, you know, that you know, your body just, like, Hey, this is what we're doing, and just make it happen. And, and physically, it's like, yeah, it's not that hard. I mean, it's not that hard, it's it's the mental and the time and creating the time and, and then knowing that you have people around you that you can enjoy that time with to, you know, versus like, everyone around me was like into reading and painting and something else like it would be different, right? But most of my friends are like, Oh yeah, like we can't go to dinner. Let's go on a mountain bike ride. Let's go ski touring. You know, like, that's just what we do anyway. So, yeah, time is like, the biggest thing, right? Oh, two hours, okay, I'll just go bang out a quick ride from the house, you know, or whatever it was, like, I was just filling that time and, and definitely limiting and thinking about like, okay, I'll do this one errand today. And then Chelsea, I would share like the list of errands. I can do

this one today and this other one tomorrow, but I can't do both, you know. So time became a definitely a hot commodity.

J

Justin Angle 25:52

Yeah, the time management piece, you gotta be a big challenge. You're thinking about, like, man, I get so many questions about, like, what your body went through. I mean, I saw you, I guess, early summer. And of course, you looked lean. But yeah, you sort of look like you're in the flow. And there's any changes your body went through other than like, the sort of metabolic just being up all the time. Like, sleep all these things, like how did the body deal with it?

A

Alan Adams 26:26

I definitely had to sleep a lot. I was definitely getting eight to nine hours a night sometimes 10. And then yeah, eating anything in front of me. You know, jokingly, there was one coffee shop that I felt was like doing a good job with COVID precautions and, like, I'd go in. And anything half anything in the day old half price bucket was like, just like, in my hands. But you know, like, I mean, I definitely I lost a lot of weight at first, and it actually scared me because I was like, Oh, I know, if I get below x, I'm going to get sick. So I like just check that right away. I was like, okay, start feeding and I just didn't, I didn't really understand how much I had to eat. But then I got that back on track and got to like my sort of healthy weight and felt really good with once I settled back in, it was like, I could just sort of stick it there. And I was like keeping an eye on that. Like, if I ever started to dip I would like really fall you know, like, just eat more. You know, Chelsea and I are pretty good about eating healthy. You know, I mean a lot of veggies and you know, simple meat and a lot of carb like we we eat a good balanced diet. But definitely stacking a lot of carbs, just like in treats with whatever you do. Like just like when you're on the bike, like, you know, whatever cookies, banana bread, cakes bars, wasn't bringing in like, you know, just like goos and gels like that stuff was not going to be appetizing for this project. So, yeah, like it just sort of like stay on top of the eating the sleeping. Recovery drink. Like I never thought that mattered. I was like as a joke, just something some nutrition companies trying to sell you. But like if I missed my little like weird recovery drink that I was like, working with, I would literally like garbage the next day. That was always just something I prepped in the morning like this. First endurance brand oxygen, like recovery drink was like, Chelsea had read the ingredient. She's like, that's gold right there. It's got the right amount of this and that I'm like, okay, so I just started taking that with me every day. But other than that, like your body just sort of like gets into the rhythm of something. And I think that's what kept surprising me because like, I remember like, you know, when you hear the podcast, frequent, guys, you know, Mike Foot kept checking in on me like, Hey, are you doing how

are you doing? And I kept being like, dude, I'm waiting for the wheels to fall off and they're not falling off. And that kept surprising me because I was waiting for them to fall off and they and honestly I expected them to and it just wasn't an I don't know it was just like a special sauce of like, not going hard I think to help you know like when a buddy wants to come and hammer I was like dude, that's not me. I can't just hammer up the hill with you at zoom for all day. Like you know, like we get to have conversational pace because I'm doing this tomorrow. Yeah, the next day.

**J** Justin Angle 29:15  
Yep, exactly.

**A** Alan Adams 29:17  
I became a slave to like, like on my road bike well that open that I have that you also have a power meter on there. I was like okay, keep it in this you know and I would go to I did a couple of races and some things here and there but like really dialing it back and and again COVID help because there's no you know, there was a couple races that were run but like they were super low key like nothing intense. So that made it easier I think to just have like this like more long haul steady kind of summer fun. And winter fun.

**J** Justin Angle 29:52  
Yeah, I mean, those events can consume a lot of mental and physical energy. They're just the intensity of racing can have sort of an outsized effect of the time spent in those in those intensity zones? And yeah, not having those things. I mean, I could see how those things could be motivating because it'd be like signposts along the way and things to sort of build your efforts around. But at the same time, they come with a cost as far as the sustainability of the daily effort.

**A** Alan Adams 30:23  
Yeah. And I think, yeah, the mental aspect is huge, right? Like, I mean, I think, you know, I mean, I was stacking a lot into life, right, like, a lot of hours. And like, if you're focused on, you know, your friends and your partner and work, and, you know, and then this project, like to add in traveling to a race or thinking about a race, it's like, an a prep to make sure your gear is dialed. And it's like, and I don't have to do that, like, this is actually a lot easier. You know, the COVID cancel happened. It was like, Oh, this is so much easier if I can just like, just adventure every day, which, you know, and I mean, I love racing. So it's not like I wouldn't, you know, I'm excited that some of those things are gonna happen,

maybe in 2021 or '22. But you know, it for a year to just, like, go adventure more, and have that be the norm. It was, it actually worked out really well.

J

Justin Angle 31:17

Well, Alan, as we close here, what would you say to somebody listening to this, just thinking, Oh, my God, I don't believe this guy was able to do this. Or maybe they're kind of mulling around some sort of a goal that feels audacious that they haven't been willing to really, you know, think about the reality of, yeah, what piece of advice would you give to somebody who, you know, here's this and is a little bit inspired, and maybe needs to take the courage to, to think about a goal like this?

A

Alan Adams 31:46

Well, I think it's like any goal with you know, it's work, life based anything like you have to, if you just look at it as like one big number one big thing, it's daunting, right. But if you split it up into chunks, like bite sized chunks, which for me was like sort of like looking at a week at a time, then you just chip away at it. And it becomes like this little bite size thing that you're just doing every day, and you're stacking it up. And you know, if I think about like, let's say someone's like, wants to go climb Everest, you're going to start by, you know, if you live in a city, you're like, Okay, I'm going to climb stairs every day to get fit for this, I'm going to, you know, go travel somewhere where I can go hiking, go on big adventures, like you just, you chip away at whatever it is you have near you to, like, prep yourself for something like this. So it's stacking those little bits and pieces at a time. I mean, I think to me, that was like, the biggest thing I learned is like, Don't look at the big numbers just like sack away, you know, chip away at it. But also, just recognizing that your body and your mind are like, always way stronger than you give them credit for, like, you know, one thing I sort of felt a lot was like, if I looked outside one day, and it was cloudy and gross out, it's like, okay, that's what I'm seeing. But like, it's actually what I say it is to me, like, I want to go out in this. And I put on the right clothes and like have the right attitude. It's actually knocked rows out. It's actually something beautiful, like there's something in that cloud or in that, you know, in the woods that's happening right now. That's beautiful. And like, if you just continually push yourself out the door with that mentality, whether no matter what it is, whether it's a work project or something else, like it is what you say it is to yourself. It's a good day, it's a bad day, it's a cloudy day, it's a sunny day, like those things are as much in your head as that are in the physical. Right. And I think that's, for me one of the lessons now that like everything else now seems even work stuff and like other projects I'm working on all seems smaller, because it's just how I look at them. So I just think it's a lot of mental adaptation. And the physical will just follow if you're doing the right things. For me at least.



Justin Angle 33:53

Yeah, I think that's great wisdom, Allen, congratulations on on the accomplishment, the record, and just all the learning and I really appreciate you sharing the story with us today.



Alan Adams 34:05

Yeah, thanks, Justin.



Justin Angle 34:08

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