

Ep.47-Josh Hageman

Kelly: Welcome to the Triathlete Hour. I'm Kelly O'Mara, your host and editor in chief of Triathlete Magazine. Now this week, we have an interesting show with a regular age grouper who happened to do something not so regular. Josh Hageman is an ex-Marine who started riding on Zwift before it was cool, started collecting Zwift badges and finding ways to motivate himself. Now he's collected every Zwift badge out there. At least, he thinks he has. It's a bit of a treasure hunt. He spends a lot of time also trying to find out about new ones online. So if you know of a secret Zwift badge he's missing, let us know.

We also think he may be the first person to have done this, but again, hard to know for sure. Josh talks to us about his tips for staying motivated, juggling kids and training, creating your own challenges in real life that are just as crazy, and his marshmallow business. All of that after this short break.

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All right. This week, we're talking to Josh Hageman. I think I said that, right? Who has all of the Zwift badges. That's why I read about you on Slowtwitch. I didn't know you could get all the Zwift badges, but Josh then when I started like Googling you, you're an ex-Marine, you have a modeling portfolio...you own a marshmallow company.

I was like, who IS this guy? So I feel like we have to start with the first question. Marshmallow company.

Josh Hageman: That's... let's get this one out there first.

Thanks for the great intro! And yeah, you did pronounce it right, but yes. So the marshmallows I got into just a couple of years ago, out of complete randomness and started...you know -- felt I wanted to try making marshmallows. My kids were having an argument one time and I was like, how do I solve this? I was out on a run trying to think after the fact ... like, how do you solve it? And if you're familiar with the game, Chubby Bunny, (*Kelly: yeah!*). Where it's like... you put a marshmallow in your mouth and say, "chubby bunny," and then another one in your mouth.

I'm like, what if I could just shove a marshmallow in their mouth and then have them continue their argument. Which is impossible to stay mad at each other then if you're saying that, with a mouth full of marshmallow, but... The marshmallows were too big for them. They were... they were a little small, they were younger at the time.

And so I'm like how hard can it be to make a marshmallow? So I started making them just for the heck of it. And then... it kinda grew, started bringing it over to friend's houses and stuff like that. And then people were asking if they could buy some and I'm like here, I'll make some and bring them over.

And it turns out, I found some demand for it. And now I've got well like a license for the County and now...I make and sell them. And it's great. Just finished a big Valentine's Day ...

rush for marshmallows. It's a fun, unique kind of thing. And it's good! Let's me express myself creatively.

Kelly: I don't even know how you make marshmallows, but -- I thought they were just marshmallows, but you make like different kinds. You make artisanal ones. Do you make like an endurance marshmallow? Or is there an athlete marshmallow?

Josh Hageman: You know, that was one of the first feedback that I got from this.

"Oh my God, you should do like an electrolyte infused marshmallow or something like that!" And I'm like, that'd be cool. I did actually ..I kind of experiment on myself sometimes... [is] a couple years ago I ran the JFK 50 miler and brought marshmallows, brought my own marshmallows with me to try out as fuel for it.

I needed to supplement with gels and all that stuff, actual like proven fuel...but it was a tasty treat and you have the added bonus that they're already sticky enough, you could stick them on your top tube or the bars, like the stuff that I used to have to stick on the top tube of the bike.

Kelly: Yeah, that would take like... your bike already a mess after a race. So that would take it to the next level--

Josh Hageman: Exactly. But yeah, it's just sugar and gelatin. So really it's not much different than other fuel sources... I need to talk to some actual scientists and work this out. You know anyone?

Kelly: Okay. So we have a new plan for you. Another thing to pick up.

Josh Hageman: *laughs* Sounds good.

Kelly: The actual, obviously the reason we wanted to talk with you is not because of marshmallows, but about the achievement badges on Zwift. So you have every achievement badge on Zwift, which I didn't know was a thing you could do. You might be the only person to have done it. We're not totally sure.

Josh Hageman: It's... it's an unknown at this point. And I will qualify it that it's all of the known badges, Zwift is pretty hush, maybe a little sneaky about it, but every now and again, there's new badges that the community, the Zwift community ends up discovering—most often by accident.

I think maybe within the last two years or so was the extra credit badge called Liftoff and that's ascend the Alpe du Zwift segment there in under an hour. And so that was one of the more recent badges that was kind of accidentally discovered. So right now there's 143 total known badges, at least according to any research that I've done.

Kelly: So if that's not true. Someone let us know and you will go and get the other one.

Josh Hageman: Yes, exactly. Exactly. It's definitely turned into a bit of an obsession and every time I log in to Zwift, which is pretty much every day or every other day, then first

thing I check the badges and make sure that was the latest Zwift update. If there was, if there were new badges added or anything like that.

Kelly: Okay. So there might be new ones. We'll keep an eye... And then are you going to have to go and get those? If they like pop up.

Josh Hageman: Yeah, just in January, there was a update where they added like four more route badges and route badges are straightforward enough. And so you know, you go out, you'd ride the route and then you get the badge. So there are only, I think, four more for that. So that was pretty straightforward.

Kelly: I feel like for people who don't know Zwift, which isn't that much of our audience, but my mom listens to this sometimes: There are badges. You get a badge for doing something where, like you just said, climbing Alpe du Zwift in under an hour, riding some route, hitting some amount of hours. What was the weirdest badge you got? And what was the hardest one?

Josh Hageman: You know, to the point of badges like you're saying... they're really just carrots, just little attaboys, that are nice little rewards that is not, you know, the entire reason... some people are very anti-badges and that's fine.

They have other motivations for being on Zwift or at least they say that's the deal. And that's fine. That's not my only reason for being on Zwift, but it's a fun little like side quest deal. I'd say probably one of the hardest to do was the route badge for The PRL Full. That's the Prudential Ride London full course, it's like 110 miles or something like that. And ... it's a pretty boring course. There's not a whole lot going on, it's... there's other ones like Uber Pretzel, or Four Horsemen, I think it is. Either one of those it's like an 80-mile ride and it finishes up the Alpe du Zwift and those are just like... Ugh, I'm going to be on the bike here for a long time. And that's how it goes. But I think the hardest, and it was before the Alpe du Zwift, or I'm sorry, the Everesting badge. And for Everesting, for the badge itself, you can do that. That's where you accumulate the total elevation gain of the height of Mount Everest. So 29,029 feet. And so I decided to do it on Alpe du Zwift, which is probably one of the most common I would assume on Zwift, but really can do it on any incline. And so you go out and just keep riding. So it's I think it's just right around nine times up Alpe du Zwift, so you just ride up and then coast down, then ride up and coast down, and so it made for a long day, it took me like 12 hours, total—but I was well fueled, and my local bike shop Transition Tri they let me set up in the shop there. That was nice. This was maybe a year, year and a half ago,

Kelly: Really? So before everyone else got into Everesting, cause everyone got into Everesting last year, but you did it before them.

Josh Hageman: Yes...total trendsetter. No, it was then. There were definitely a lot of people that had Everested, but I did it in April of 2019.

Yeah, it was, so I have not done a real world Everesting yet, but hey, it depends how many more races get postponed this year then that may be the next thing in the spring here.

Kelly: I haven't... I have no desire to try it, but obviously a lot of people did! What got you started on the Zwift badges at first? Lots of people are on Zwift, lots of people go for the races. They go after a challenge here or there. Did you just start picking up a few and then think, "Oh, I'm going to do them all"? Or was this like a goal from the beginning? Like "I'm going to do them all."

Josh Hageman: I had started on Zwift and at first, honestly, I was like, I don't get the hype.

You know this is... [*Kelly: you sound like me, it's fine!*] Yeah exactly. I did the little trial thing and then let it just kinda sit for a bit then and actually did Rouvy for probably five, six months. And also just stayed with just structured workouts, you know...manually controlling the resistance and everything. And then over the winter a couple of years ago, so now just three years... I was like, Oh, I'll give it another shot. And I saw some of the badges and at the time I think there were only like 39 or so badges and there were no route badges. When Zwift added the route achievements, maybe a year or so ago that really just added, like 100 different achievements, which is great because that's more carrots for all of us who care about carrots to go out and chase and give some kind of...middle of the road type of motivation. If someone needs it, if they don't, then it doesn't matter, but so that's how I got it.

Kelly: So you started out when it was only 30 and it seemed manageable then...

Josh Hageman: Yeah, exactly. I'm like, maybe I'll just, I think I've ridden, maybe eight days in a row, maybe I'll try for the one where it's ride a lap for two weeks in a row. Okay. I'll try that. It used to be called the unemployed badge, but they changed that a year ago to the "work from home" badge...

Kelly: I kind of get that. I see how you got yourself sucked along the way. It's like the story of how we all got into this. What would you tell somebody though, who now wanted to be like, I'm going to get all 140 or however many there are, is there a tip you have? Is there like a strategy to this? What have you learned?

Josh Hageman: Most of them are, like I said, most of the badges, if someone wants to go out and chase down badges, I think go for it. Most of them are route badges, so you can get 80% of the badges collected or completed just by going out and riding the different routes. And the great thing about that is too it mixes it up, actually I have Zwift running on my laptop or iPad and then, movies or shows or whatever playing. And that's what I watch. But you can do the routes while you're either free ride, where it will dictate the train and resistance for you, or you can do it while you're doing a structured workout, which you're on the trainer doing it anyway. And so it was just kind of a little added bonus.

And, listen, that's not the reason I get on the trainer anyway, I get on to get faster and race faster and everything too...but you know it's really... It's nice for me, it's a nice reward for, for work that normally doesn't have an immediate kind of reward is the ...

Kelly: The work is the reward, Josh.

Josh Hageman: The work is the reward! And it's good, and it's nice. Listen, it's not a finisher medal. Some people are all about the virtual racing and stuff right now as well. It's ... that isn't a motivation for me, but yeah.

Kelly: So I was going to ask you, was there any kind of prize for getting all of them? Did Zwift say good job or no?

Josh Hageman: No. I had actually, because I'm that obsessive guy about this, and that's who I am, I guess I'll just embrace it, lean into it, so I emailed them like, "Hey, are there any other badges at all?" And they, they were kind of evasive on the answer to that.

But they were like we look to have the community figure that out. And they're like, you can try Googling...there's a lot of resources... I'm like I *have*. Otherwise I have been going around trying to see what other challenges there may be or what other hidden things there may be. But just to a point, whether, whether those badges are... I don't know

Kelly: If there's like a hidden one... if there's I'm assuming you guys all talk, there are discussions, there are forums...it's like a whole thing.

Josh Hageman: Not so much. There's some on the Zwift support forums, but no real definitive answers there. But so we'll see, hopefully, if anyone knows any other badges that are missing. Hey, ya know...ask Lionel Sanders, is there, a hold 1000 watts for five minutes badge? I don't know. I have no idea, but yeah, there's people that will know. One thing was there was last year at the I think, was it Endurance Exchange or...?

Kelly: The big conference, yeah.

Josh Hageman: Yeah. And someone ran, on a treadmill and ran on Zwift under a four-minute mile. And I watched the video. It was incredible. It was awesome. I watched it to see what popped up afterwards. If there was another hidden badge. And there was not.

Kelly: I gotta tell you, he actually just *missed* the mile. And I only know this cause me and my friend, were very curious about, we were there, and we were like if you're on a treadmill and you set it for a pace and you miss it... do you fall off? So at some point he must've hit it slower because we were like...

Josh Hageman: Ahh. Ah yeah. I was not there, I just watched the video. So this is good to know. This is good to know.

Kelly: So maybe there still is a sub four-minute mile. No, wait, he ran a sub four-minute mile. He didn't run the world record. That's what it was, so maybe there was a world record mile badge.

Josh Hageman: Then there's only I guess one person that can get that, and that is not me, not me.

Kelly: So you actually also do triathlon in real life. Let's talk for a second about how you got started in it. You were at the...God I never know the name of it, but the big Marine defense

thing out in Monterey where they study languages. And I say that because I used to live out there and that's what I always thought of it as.

Josh Hageman: Yeah! Yeah. So it's not just the Marines, but Marines are a small contingent there or at least were. But yeah, it's the Defense Language Institute in Monterey and that was... an incredible experience. This was in, I was there from 98, 1998 to 2000. And it was great. It was my job to go into the classroom each day and learn Arabic. Like I said, this was before, obviously September 11th. So it was a smaller kind of contingent than it than I imagine it is now. But in our free time, you're in an incredible area in Northern California and there's some amazing riding. So my buddy Jason and I, we went out, we were very low level enlisted Marines that made no money at all. And so we actually went to the bank, got loans and went out to a local bike shop and bought ourselves bikes and then spent the next few years like paying off these bikes, but totally worth it. And it was, I got a sweet celeste green Bianchi road bike. And I rode that thing for years and years, but that's how we, then we started getting into triathlon.

So our first triathlon there was at Pacific Grove. Which was so cool. And had a chance to like, sitting there at the... the spaghetti dinner the night before and the table next to me is like Mike Pigg. He's there. And I'm like, these are... he had just retired at that point, I think.

Kelly: Wait wait, we need to go back for a second. Can you still get loans to buy a bike? Is that a thing that people do still? Cause I don't feel like that's good financial advice.

Josh Hageman: No. I don't know. It's most things I did as a young marine... probably not good advice for really anyone, but that's OK. I lived to tell about it and some good stories came of it. Now it's not loans, but there's you know, there's ..

Kelly: Oh, you can do like on layaway for bikes.

Josh Hageman: Yeah. Klarna, or something like that. I think there are, so I avoid that too, but...

Kelly: if you can't afford the bike, don't buy the bike, let's just say...

Josh Hageman: Then just don't get it.... Go used. But yeah, there wasn't Craigslist or anything like that at the time.

Kelly: OK. So you got your start at Pacific Grove, which like we talked to Lauren Brandon on the podcast, she got her start at Pacific Grove. I love Pacific Grove. It's not around anymore! I'm hoping they bring it back, but it has the famous kelp crawl where you have to like...And like, when I showed up, I thought they meant kelp like little seaweed. Like 'oh, that'll be cute.' But no...

Josh Hageman: No. it's full on Pacific ocean kelp. And I wasn't, wasn't or never have been, swimming as my forte, but it is the great equalizer going through that. It's a two-loop... it was a two-loop triangle, and so you have to do the kelp crawl twice. And I don't know how far it is. It seems, you know... [*Kelly: like a mile-ish?*] The race itself is Olympic distance, but the kelp section itself is maybe a 100, 200 yards, something like that. But it is slow going.

And so it was the great equalizer though, because even like the front of the pack swimmers who have perfect form...form is completely out the window when you're trying to swim through kelp. The better your catch is, the worse you're going to do swimming through that stuff. So that helped, if you're flailing, and that's your swim style, then that's probably a positive thing.

Kelly: And somehow, it's also the coldest water I've ever been. Well, one exception, but very cold, very miserable. And somehow this convinced you to like, stick with triathlon.

Josh Hageman: Somehow, you get that hook in you and you're like, you know what? I can do this faster. I think there's room for improvement. I'm going to see what else I can do. And yeah.

So then later that year Jason and I, we decided.. there was a... I read an article, I think, in *Triathlete Magazine* about Rudy Garcia Tolson, who was maybe like 10 or 11 years old at that point, was doing a race with a Challenge Athletes Foundation. So I read about that and they were having this race in La Jolla, California. So we planned on that and it was, I think it was like half-Ironman, or close to distance. [*Kelly: Yeah. Non-branded long course.*] Yeah, it's in La Jolla, an even more beautiful spot than Monterey. So I'm like, this sport is fantastic.

You get to go to these awesome places and swim and bike around. And so that was really...Just such a cool experience and to see all these people out there competing against themselves and each other, it was great. And, to see Rudy Garcia Tolson out there... he did this swim and Robin Williams actually did the bike leg for him that day. Which was awesome because out on the bike leg Robin Williams looped past me and I'm like that's pretty awesome. I'll take that. Didn't have a chance to chat, he dropped me pretty quick.

Kelly: Definitely making California, you're making California sound very much like everyone thinks California is like, "then I went to the beach and I met Robin Williams."

Josh Hageman: Right? That was this was a long time ago. So I'm only hitting the highlight memories there.

Kelly: OK. Obviously you've done a lot. All of us have stayed in triathlon a long time. You've done a lot of things. I know in the last few years you started kind of creating your own challenges too, not just racing. The kinds of races people make up. I'm trying to remember all of them, but there were some crazy ones. You also, you did a variation of beer mile called like the protein mile, which sounds terrible.

Josh Hageman: Yeah. That's actually, it *is* terrible and is not recommended. But it's actually my friend, Jason, who I was talking about who he and I had gotten into it, he had stayed in the Marines and he was actually killed in Afghanistan a few years ago. And so we had lost touch over time, unfortunately. I, again, I was on a long run one day, and this is where the most dumb ideas come to me when you're just alone with your thoughts. And I'm like, what would be a fun way to remember him or to memorialize him is do a one mile run, similar to a beer mile, just like you're saying.

But Jason, he worked out all the time and like any young Marine, it's all about protein shakes and all this stuff. And I'm like, you know what? This needs to be a mile where you drink a protein shake at every lap. And Jason was always one to be without a shirt and he could pull it off. And when you're in the Marines, you have these little silk.... silky shorts, the little like OD green shorts. And so that was the completely made up and arbitrary "rules," quote, unquote, that I made for this and called it the Mann Memorial Mile.

You run a lap on a track, and chug a protein shake every lap. And you have to do it shirtless— or, sports bra too—tiny shorts and and so it ends up being, it's challenging. I've done beer mile as well, and the challenge there is of course the carbonation, but the challenge of just running...

Kelly: ...with a very full stomach. It doesn't sound very attractive is what I'm getting here.

Josh Hageman: Not at all. And it is awful. And a couple of years ago, actually our local Washington DC ABC affiliate came out and covered the story. And so I was on the news running around shirtless with 80 grams of protein sloshing around in my stomach.

And for those that knew Jason know that he was, if he was watching that he would absolutely be laughing his ass off so...

Kelly: You raised money too. I think that's part of why the news came out. Not just...

Josh Hageman: It's not just to cover some guy running around like a wack job, but yes. Yeah. I did. I reached out to TAPS, which is an organization that helps assist families of those killed or missing in action and helps with their family. TAPS is the organization that I had partnered with because they had been instrumental in helping Jason's family. Who I didn't know, but who I've gotten to know over the years. So... actually the second year I did it, I got to meet them and his daughter actually did it, did the the run with me, but—and rightfully so—she she opted for some Gatorade instead of protein shake. Cause she was like 12, so...

Kelly: You didn't make her do the beer version, that would be bad.

Josh Hageman: Noo, no! Exactly. Maybe in a few years, we'll see what else she's up for.

Kelly: OK, all right. So obviously that sort of makes sense where that one came from. Some of the other challenges you come up with, there have been some weirder ones, where do they all come from?

Josh Hageman: It's mostly it's... they all stem from on a long run and alone with your thoughts, and... "You know what would be interesting?"

Once, before my, I turned 40 a few years ago and that was one where it was like, 'Yeah. I don't want to have a big blowout party type of thing. That's not really... it's not really my style.' So instead...but I still want to celebrate with friends, and so I figured I'd run 40 miles at a track and have my friends come out and join me, for a little bit, or as long as they wanted. So I set up a little table. I stopped at the grocery store that morning and got a big sheet cake and it was great. So every couple of laps, I'd just eat some more cake myself and run with my friends and chit chat.

And there's no pace or anything like that. It's just 40 miles around the track. And that was it. So it took... it was all day. It was like a six-, seven-hour party and a full sheet cake. It was awesome.

Kelly: I know you've done some other birthday challenge, you're doing the thing where you like run your age every year? I know a lot of people do that.

Josh Hageman: Yeah, this year I did, I turned 43, so I did it, but I postponed it a little bit. So I ended up doing it on Thanksgiving. And certainly with COVID and everything, I did not advertise it to my friends or anything like that. I just went out on Thanksgiving morning, and nice and early so that I can be done in time to make it back and have Thanksgiving. So that was the deal. Yes, I considered it at 43K and you know, I can just call this, this is stupid. But then I'm like, 'Nope, Josh, you started this.' And just keep going. So I did, and it wasn't pretty, but got it done. I think I averaged right around nine minute miles. So it was good. And fortunately my coach, he may roll his eyes, but he tolerates it, which is fine.

Kelly: Once you start getting up there, 70 miles, because cause there was...I was in Hawaii one year and there was one of those, one of the older guys who has been around forever. So his was like 75 miles....

Josh Hageman: Yeah. It's definitely the older guys. So now that I'm crossing into that area there too, we tend to come up with the most ridiculous ideas and maybe egg each other on, certainly not call each other out, but just supportive and are like, "Oh, that's an awful idea but I like where it's coming from."

Kelly: So what other, what else do you have coming up? What other stupid ideas do we have here?

Josh Hageman: Like I was saying, we'll see if racing comes to fruition, and at what point this season. I don't have any races until July, Ironman Lake Placid. *[Kelly: I think that will happen. I'm optimistic.]* Yeah, I am too. I am too. Otherwise if that bumps then like I said, I haven't done a real-world Everesting yet, but so maybe that's in the cards. I don't know.

We'll see. I don't know if there's, I don't think there's another Zwift badge for an ultra marathon or anything, but I know there's some people that run 100 miles or...

Kelly: ...on a treadmill. Cause you've done the treadmill marathon, but you're saying you've never done more than that.

Josh Hageman: I, once I did, a few years ago, actually just a week after... Oh no, two weeks after I qualified for Kona at Ironman Louisville. In 2018 I did a big treadmill run for Jaybird headphones. It was during New York City Marathon week and they had our local superstar ultra runner Mike Wardian lined up, I guess, for this. And one day he had tweeted, 'Hey, would anyone be interested in running 14 hours on a treadmill in New York City?' *[Kelly: And you were like, why not! Sure].* It was a couple of beers in, so I tweeted back to him 'Yeah, talk to me about this' and he put me in touch.

And so that was that Monday. I got an email back 'Hey, Josh sounds like you're up for the task and come on up on Thursday to New York and we'll get you set up on a Friday, and you'll run this.' So I did 14 hours on there. And since there was no distance goal, and I wasn't sure how my body was gonna react just, two weeks after... *[Kelly: Ironman]*... But I ended up covering just over 100K on the treadmill. Yeah.

Kelly: I like this attitude. It sounds like you get talked into all kinds of things! All the time.

Josh Hageman: Yes. Just this coming weekend, I'm doing what we're calling the Bucky 22 and it's... we're running 2.2 miles every hour for 22 hours.

Kelly: I had some friends do that. The sleep deprivation gets you.

Josh Hageman: That's exactly it. Like the distance total is just under 50 miles, which is fine. It's significant for sure. But stretched out over 22 hours is really going to be the issue there. I like my naps, so...

Kelly: How do... I know...you became a stay at home dad a couple of years ago, how do you manage all of this? Is that partially why you do a lot of your training indoors on Zwift? Because I just can't imagine ... 'Hey kids take care of yourselves! I'm going to go run every hour on the hour.'

Josh Hageman: Exactly. Now, certainly this past year has been different. My wife has been able to work from home as well. And with the kids home anyway, for their distance learning it's, now stay-at-home dad is really just...*[Kelly: Dad]*. Many of us. Yes, exactly. But yeah, it was a transition. I had left federal government and transitioned into just managing the kids and they're in elementary school, and balancing their schedule, everything too.

And it's been incredibly rewarding, but as far as balancing my own training, everything is.. Yeah, it's absolutely why I do it indoors. I can go at night when they're in bed and it works fine and I'm around and never too far away or anything like that, but now they're 10 and 8 so they are more independent or getting there.

I do I really love just the convenience of hopping on my bike on the trainer and settling in. And this is where I watch all my shows and everything like that. I just finished season one of *Cobra Kai*, and pretty motivated. It's the perfect trainer fodder where you don't really miss much, but it's entertaining. *[Kelly: Yeah, I watch a lot of Law and Order on the trainer]*. OK. You'll see. There you go. You're like, this is good, they'll have caught the perp by the time I'm done with my workout and we're good.

Kelly: So what is your pain cave? Whatever you call it, want to call it? It must be pretty good then. What do you have in it?

Josh Hageman: So yeah, I've got a ... we've got a Sole treadmill, the I think the TT8 and it's just the non-folding version of the F80. And then I've got ... both my wife and I both have our bikes down there. She's a triathlete as well, but she does not care so much about the Zwift badges, which is good. I think there's only room for one obsessive person in the family at a time. So we each have a Saris Hammer for smart trainers. She has one and I have one.

We just got a Vasa swim trainer, got that secondhand maybe a month or so ago. And that's been great. It's been tough, real tough, very challenging, but it feels actually, you know what, now that we're talking about, it feels like kelp crawl, a good kelp crawl practice machine is ...

Kelly: So it may or may not be good for your swim technique, we're not sure.

Josh Hageman: Exactly. For mine, anything's good for it. Just practicing at all. And it's nice because I can breathe anytime I want. And there's no flip turns. Otherwise I have a KICKR desk that I use and put an iPad or laptop on there to run with. And then I have the TV with an Apple TV for Netflix or motivational YouTube videos or whatever, depending on the workout, it's like OK, I need someone to pump myself up.

And we've got a little Sonos playbar too, so if I just need music for an FTP test or something like that, then it can...Crank it up a bit.

Kelly: We tried to get people to send us pictures of their different -- cause people really went all in this year, like converting extra offices, garages, bought all this stuff. It's pretty fancy.

Josh Hageman: Yeah. It's funny how this was our, whatever bonus room in the basement or, extra bedroom, and we had Hide-a-Bed in there for a while, but then eventually we're like, you know what, no one's sleeping down here, let's get rid of the bed and make it full-on workout room slash pain cave, or whatever. Wattage Cottage.

Kelly: I like Wattage Cottage better. We're going to use that from now on.

Josh Hageman: I like that one too. I think I'd seen it first from Phil Gaimon, but I'm adopting that myself yeah.

Kelly: All right. So do you have any tips then for other people who... are trying to manage all the kids and the work and the training and the--- indoor training is also slightly different. I don't love it. I like to go outside. So you have any tips for people with all of that?

Josh Hageman: Yeah. For sure. There's definitely the boredom factor and everything like that too. But if you approach it from the mindset, or kind of flipping the mindset—like when I first heard about Zwift a buddy of mine was like, 'Hey, you should come...I'm a beta tester for it. And it's this little island called Jarvis.' And I'm like, that sounds stupid, I prefer riding outside and I'm never going to ride in my basement or whatever. The positive thing for it, for me, has been really just having to flipping that, that mental.. that mindset there to be like, 'Listen, I'm training my body, but I'm also training my mind.' An Ironman is pretty boring. You're out there, you're bored to death. You can't even listen to music or anything like that. And you can't be super motivated the whole time and there's going to be those kind of low points for anyone. So it's kind of managing through that, not that there has to be low points.

Kelly: There *have* to be low points in an Ironman. That is like a requirement.

Josh Hageman: Oh, in an Ironman, for sure. For sure. But it is nice. Nothing's gonna replace how fantastic the gas station stops are, or the after ride coffee, and or that Swedish fish and

the can of Coke at the gas station on a hot day. But you can have, you can set out all your stuff on right next to your trainer and get it done super effective. You don't have to worry about traffic or cars or vehicles, cold rolling you and all that stuff that. Depending on where you are, it can be tough to find, good, safe routes and everything. There's some great people doing a lot of work for bicycle advocacy out there, but it's a big issue for a number of riders.

Kelly: For sure. OK. So you have to change our mindset. OK.

Josh Hageman: Yeah. That would be the first thing is be like, 'OK, listen, I'm going to settle in and get this done. And this is a positive here.'

Kelly: OK, all right. So we usually finish with a "would you rather." Here's my would you rather for you: Would you rather go after another Zwift badge, do your own made-up challenge, or an actual race?

Josh Hageman: You know... As much as I loved Zwift badges... And I love my own challenges.. There's really nothing that—these are filler and I used to have it for my own intrinsic motivation—but that, that goal of racing against your peers and these other competitors and seeing how you stack up against that, there's really no replacing that. I would have to say, go out and do a real race, especially because I can't, because we can't right now. We want what we can't have and we want to race.

Kelly: Yep. It sounds you're ready. You're ready to race. You're ready, which I think is what everyone's, I think races are going to be packed once they start again. I think we're all ...

Josh Hageman: It'll be good. Certainly for the big, branded races and everything, but talking to the athletes that I coach and probably the most important thing when races do return is do those small local races. It doesn't have to be the big epic stuff because there's a handful of those sure. But the small local ones, they're not making a ton of money, they're doing it for the love of the sport and to promote new people and getting more triathletes out there racing. That's where, as athletes and racers, we should participate and support those.

Kelly: They're also gonna probably come back sooner and be easier to get to.

Josh Hageman: That's true too. That's true. If it's a 100 people racing versus a couple thousand, then that's...Then we'll race with whatever we have. Competition will probably be pretty stiff in those.

Kelly: Oh yeah. If we have a 50-person race here in Boulder, you can be sure it's going to be *very intense*.

Josh Hageman: Yeah, exactly.

Kelly: Well thank you so much for talking to us and for all of the tips and good luck! If we hear of any more badges, we will definitely let you know.

Josh Hageman: Yes, please do. Thank you very much. Wonderful to talk to you. Thank you.

Kelly: Thanks to Josh for chatting with us and good luck getting back out there this year. Good luck to all of us. Don't forget to subscribe on Apple podcast, Spotify or Stitcher, keep training and keep listening.