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Intro: Take your running to the next level with the Peloton Tread+. Featuring a rubberized shock-absorbing slap belt, it's designed to optimize your runs and walks to the fullest potential. With classes designed and led by expert level coaches, you'll get the guidance you need to reach your running goals. Whether you're just a beginner or consider yourself a pro runner, Peloton is here to support and challenge you every step of the way. All-access membership separate. Learn more about Peloton Tread at onpeloton.com/running. Peloton, the official digital fitness partner for New York Road Runners.

Thank you New York. Today, we're reminded of the power of community and the power of coming together. Athletes, on your mark.

The first woman to finish for the second straight year here in the New York City Marathon is Miki Gorman, a smiling Miki Gorman. And why not? 2:29:30, the time for good (inaudible)

Look at the emotion of Shalane Flanagan as she comes to the line.

Pointing to his chest, pointed to the USA he so proudly wears across his chest. A great day for Matt Kaplusky.

00:01:19

Becs Gentry: Hello, hello. All right, everybody. Welcome to Set the Pace presented by Peloton. I'm Becs Gentry and I'm holding down the fort today whilst my wonderful and usual co-host Rob Simmelkjaer, CEO of New York Roadrunners. He's a little under the weather. He's training for Berlin Marathon, so we want to send him lots of love and well wishes. So I've told Rob to go rest because I've totally got this. I've totally got this, right? So forgive me if I sound a little out of breath, but we have just got back from a lovely run. Okay, we are at the New York Roadrunners Run Center, featuring the New Balance run Hub, directly after our New Balance 5th Avenue Mile, warm-up run, presented by Peloton today. So many words and titles there. Oh my goodness. But we got it. We got it in. I'm very honored to have our guest sitting next to me here. He is a friend, a colleague, a massive inspiration, the fabulous Alex Karwoski.

So we've just run with these wonderful people here in front of us ahead of New Balance Fifth Av Mile happening on Sunday, and Alex has agreed to hang out with us a little longer today so I can ask him a few questions. For those of you who don't know him, perhaps check him out on Peloton first and foremost. But he is an absolute marvel. He is not just a Peloton instructor, a fabulous Peloton rowing instructor. He is a multifaceted athlete. He was competed in Rio. He was an alternate in Tokyo. And now, like many of you, Alex is training for his first marathon, the 2024 TCS

New York City Marathon. I got to say I am smugly happy about this.

00:03:26

Alex Karwoski: I'm very excited. I'm sorry, I didn't know when I'm supposed to jump in, but that's-

00:03:28

Becs Gentry: Anytime.

00:03:28

Alex Karwoski: ... too much of an intro. Just for the record, I'm sitting next to you. I'm not a runner. All of these folks just ran with me. They saw my form, so it's going to be a marathon. I'm not sure it's going to be a fast one, but it's going to be a marathon.

00:03:41

Becs Gentry: I know he's lying. And you all know he's lying, because as you said, you just ran with him. Beautiful running form. And we're all runners. We're all runners. We just all move at different paces, right? Yeah, forward is pace.

00:03:54

Alex Karwoski: I say that with rowing. It is right. There is no wrong form in rowing. It's just your form. No one gets injured, but there are about, as I can tell, 34 different ways to row correctly, so you're good.

00:04:05

Becs Gentry: I'm the 35th when it comes to my rowing classes.

00:04:08

Alex Karwoski: It's not true.

00:04:11

Becs Gentry: Okay, Alex, there are so many things I want to know, and I'm sure there are so many things our listeners want to know about you. I'm sure a lot of our listeners have taken class with you. I'm sure they all follow you @ AlexPeloton on Instagram. There's not enough dog content, by the way.

00:04:27

Alex Karwoski: I try to post once a month. Sometimes it's once a quarter.

00:04:32

Becs Gentry: He rivals Dennis Morton. Alex has a beautiful golden retriever as well. We are golden retriever parents up

here, proud.

00:04:40

Alex Karwoski: Not great running partners as it turns out.

00:04:42

Becs Gentry: No.

00:04:42

Alex Karwoski: Not.

00:04:43

Becs Gentry: No. Maurice is on the DIET right now. Summer got him bad. Anyway, talking about rowing and transitioning to running, because I and everybody want to know how you have altered your training as you are preparing to run 26.2, in comparison to training for the games.

00:05:13

Alex Karwoski: The games. I will say, rowing inherently it's a team sport, for sure. I know there is the single skull, so you can do it by yourself, but it requires a lot of people, a lot of getting to the boathouse, getting the oars down, having the right equipment. Oh, this wheel on the seat isn't doing what you want it to do, so let's replace that. There's just a lot of steps. And obviously when you streamline that, sure it gets going. But with running, what I've really enjoyed over the last three and a half months or so, has just been, its wonderful simplicity to it. And I know I'm not downplaying it at all. It's still such a complicated, trying to figure out how to just get that 1% faster.

But being able to put on my pair of shorts, put on my tank top shirt, whatever it is, and I now have, thanks to Becs, I've ordered more pairs of running shoes that I'm going to race in. And not just train in, but race in so my body gets familiar with that. It's just simple. And in that simplicity I've found, and this might be like a knock on rowing, but slightly more enjoyment out of it. And that could also be because with rowing, I was always very focused on okay, beating... I had my friends, I had my teammates, but most of them were ports and I'm a starboard. With running we're all just trying to finish and doing that. So I found more enjoyment in the running.

00:06:41

Becs Gentry: Wow. Wow. You heard it here first. He's liking running more than rowing. So as we've heard, you trained for Rio, for Tokyo, Paris trials, share with us something that you have in you that obviously allows you to stay incredibly

motivated in intense training cycles.

00:07:08

Alex Karwoski: That's very kind of you. I think we should probably clarify. There's a fine line between being courageous and going for the games, and being stubborn, and then being stupid. And I think I very much ventured into the more stubborn, stupid part as I kept going. Which to your point, there is some motivation there for sure. But I found especially with, again, finding more enjoyment in the running, is that, the dedication required to do anything over and over again, especially when it is a repetitive motion. Especially when you know, okay, the training plan, "Oh, I might get one or two different workouts this week from last week, but primarily my block is staying the same." You need more than motivation. And of course, having people that you work out with, having your training partners.

They can push you, but at the same time, I think they hold you accountable in a way that sometimes you can't do by yourself. And so for me, it's always been about less motivation, more dedication and discipline as far as not letting the other people that you're training with down. And even with running, I've found, I knew I could rope some of these know doofuses that I work out with. Not Peloton employees, not my fellow Peloton instructors. I'm so sorry. Guys that I rode with years and years ago. I just started sending out the group text saying, "I have this coming up and you should join me." And slowly but surely there's been this, "Okay, we're going to do this work out together." And there have been a number of mornings where I've just not wanted to show up, but since I started it, I feel like I have to at this point. So it's a good commitment.

00:08:55

Becs Gentry: You are very committed for sure. From my perspective as a colleague, a friend, and somebody who has seen the change from rowing to running, not that... This sounds like he's leaving rowing behind, he's not.

00:09:11

Alex Karwoski: I'd be okay with... No. Rowing is a great compliment. I will say my rowing training helped, the foundational.

00:09:17

Becs Gentry: No impact. Yeah, no impact. 86% of the muscles in the body. He trained me to be a rowing instructor. I'm just- (inaudible)

00:09:23

Alex Karwoski: It's a misquoted study. I'm in talks with the professor at Kansas State University. We're going to get it sorted. That was in a biking test. It's okay, sorry. Yes, rowing does work a lot of muscles, but...

00:09:33

Becs Gentry: It does. But your, I'd say, discipline for getting the training done is huge. And I see you and I have seen you, whether it was training for the trials or now for the TCS, New York City Marathon. You fit it in, you get it done, whether it's 5:00 in the morning, 6:00 in the morning, 7:00 PM at night, and you adapt on the fly. Which I think is a huge part of today's society of being stuck in our ways when it comes to, I have a training plan, I must do this in order to succeed. But I know there's been a morning where you were going to do a certain workout.

I saw you later on and I was like, "Oh, how was that disgusting workout that I didn't join you for because it was too gross?" And you were like, "Oh, I just went and did an hour on the erg instead because I wasn't... I was like, "Oh, I don't know which one sounds more horrible." But you adapted on the fly and you still got a great cardio workout in. So where does that principle come from in your brain, to not just be like, "I'm just going to snooze my alarm and roll over?"

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Alex Karwoski: That's good. You make it sound like I just, no matter what hour of the day it is, I'm willing to work out. Which is kind of true, but I think part of it-

00:11:04

Becs Gentry: Check Peloton schedule. It's true.

00:11:04

Alex Karwoski: I think part of it is the enjoyment of, this might sound dark, but the suffering of it. And it's something we talked about on the team going to multiple world championships and doing all this. And yes, you get to compete and see where you stack up, but we calculated it out one year and it was just horribly depressing. It was, we ended up racing for less than 0.06% of our entire training mileage and time and all of that. And we didn't calculate it after that year because we said, that's just silly. We're doing 99.94 of this for 0.06. And we had to find a way in our minds to rephrase that a little bit. And so what we started saying was, "It doesn't have to be fun to be fun," And enjoying the suffering. Again, there is real suffering, there is horrible things going on and all that.

But when it comes to working out, getting in the miles,

getting in the workouts, whatever it is, that sometimes the worse it is, the more you can enjoy it, especially as you get deeper into it because you keep choosing to do it. And again, it's not something that when I talk to some guy still in college rowing or high school kids that want to row in college, I don't say to them, "Well, you have to suffer more." That's not really the pick me up they're looking for. But I do say, "Remember, the training is about 90 plus percent of it." And so what you want to be able to get to is the point where you're training not so much for the racing, but you're training to get the training done so that you can race. As opposed to thinking, "Oh, well, if I get through this, I can then go to the race." It's no, no, no, no. You have to be at the race, actually ready to race. So yeah...

00:13:04

Becs Gentry: I love that. I really do love that because I think if any of you run with me, I say a lot of the time that the race day is the cherry on top of the sprinkles on top of the layered, layered, layered, layered cake. And we do not give ourselves enough grace when it comes to getting to, or not getting to the start line. Because what was it? 99 point...

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Alex Karwoski: It's just a lot.

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Becs Gentry: Something crazy is done by the time that race day comes. And all we ever see on, and I'm not blaming social here, but that's our outlet, is the sadness of people not making it on race day. And it's such a teeny tiny percentage when we should be being like, "Hey, well done me for those months and weeks and days and hours of suffering."

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Alex Karwoski: And we live in a digital world, and yet so often we think about things analog and as far as I either raced or I didn't, or I either won or I didn't. And again, yes, we have a saying amongst some of the rowing crowd, and I won't say the event, but when you go to this world event where there are international athletes competing, and it's usually in a major city, and it happens once every four years. Amongst the US men that for London, Rio, Tokyo for three years, so it ended up being 16 years between medals. We talked about how you went to the games and you either won, you lost or you came in forth. And if you win, great. If you lose, no one cares. And if you come in forth, no one cares except for you. And what you're saying as far as,

we don't give ourselves any grace in terms of, " Oh, you did get to a really high level."

And that's not me patting myself on the back because again, I got forth and no one cares. And I mean that in the nicest way possible. The best interaction I had post games was two or three years after and I was getting my haircut, and I was wearing some USA shirt and the hairdresser said, " Oh, did you go compete?" And I said, " Oh, I did." And she goes, " How'd you do?" And I said, " Oh, we got fourth." And she said, " Well, what sucks?" And I looked at her and again, it was in the mirror and she had cut the half side and the other side still had to go. And I was like, " Yeah, it did suck. It did." And she goes, " No, it's still cool you went, but it sucks." I was like, " Yes, it does." But again, in that moment I was like, " Oh, she doesn't care." To her it was, " Did you win a medal? Did you not?" " Oh, you got fourth. Well, that sucks." And she wasn't saying it to be mean, but it made me realize that again, you do have to take things for what they are. And in the moment, very rarely, I think it's Andy Bernard in The Office where he says, " I wish there was a way to recognize the good old days while you're in them, but then obviously they're not the good old days." And so often with sports and competition and athletics, we think about getting there. And then once we're there, then it'll be fun. And I just haven't found that to be the case. Getting there is the fun. And obviously when you do well and when you win, yes it can get better, but I don't know, that enjoyment period and giving yourself that opportunity to enjoy the digital inputs is part of it.

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Becs Gentry: Are you enjoying training for a marathon?

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Alex Karwoski: I am very much enjoying it. I anticipate probably around mile 21 or 22 that it will have a sucking moment. And that's probably not the appropriate terminology in terms of running, but-

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Becs Gentry: Hit the wall.

00:16:48

Alex Karwoski: Okay, there we go. In rowing, that would be very bad and you don't want to hit walls or bridges or anything like that. But at the same time, it's been very fun figuring out how to translate the rowing work counts to running work counts. And I know rowing numbers and I can stare at the screen and say, " Oh, I know my stroke

rate. I know my output." When I look at my watch sometimes and I'm running, I'm like, " Oh, it's still gathering satellites. Whoops." And I just keep running. So there's a nice learning curve there that it's-

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Becs Gentry: That's New York running for you.

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Alex Karwoski: Which is great.

00:17:26

Becs Gentry: GPS is ready when you get home, you're like, " Thanks. That's great." Okay, so you're enjoying it. You're in the process, you're finding the fun, but you're suffering. You are ready to hit the wall at 21, 22. I'm going to go 18.

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Alex Karwoski: All right, fair.

00:17:46

Becs Gentry: 18 to 24th. You don't have to share, but do you have any goals for your 26.2? You can tell me to go away as well (inaudible) .

00:18:01

Alex Karwoski: No, no. For all the years I was in the training center, we used to scoff at all the guys, I would say, " Oh yeah." And you tell your family like, " Oh yeah, I'm training for the international sporting event that takes place once every four years, whatever." We always pooh- poohed those guys. And we said, " That's not realistic. You're not training for that. You're training to make the team the next summer." And if you're good enough to make the team that next summer, then you keep training and then you make the team the next summer.

And obviously once every four years the senior team becomes the so on and so forth. So I was one of those guys that would pooh- pooh, the ones that said, " Oh, I'm training for the games." I realized it didn't make a difference. No one cared. Your family wants to hear what you're doing. You should say, " Oh yes, we're two years out, we're one year out, we're a 100 days out," All that. So all of that long-winded way of saying, yes, I have a goal and this is going to be mean. I know Becs' PR, I want to go one second faster, only because I know how fast it is. It is a goal. If I can go-

00:19:05

Becs Gentry: Wait, which PR? My New York PR?

00:19:08

Alex Karwoski: Yeah.

00:19:09

Becs Gentry: Oh, my trials PR.

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Alex Karwoski: I want to go 236, 26.

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Becs Gentry: Ooh, baby.

00:19:18

Alex Karwoski: 558, is that correct?

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Becs Gentry: 237, 01 was New York, so you can do 237 bang on.

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Alex Karwoski: Okay.

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Becs Gentry: If you want.

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Alex Karwoski: Okay, good.

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Becs Gentry: And you'll still beat me.

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Alex Karwoski: And gold just got easier. Gold just got easier.

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Becs Gentry: Yeah, right. Oh, I should have just pushed him, right? I should have left him there.

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Alex Karwoski: Again, I have a number that I'll be content with, but I have a number that I'll be satisfied with. And that's honestly from you, watching you run. Going on some of these runs with her where she's like, "Yeah, it's a 14." I'm be like, "Okay." And then we get nine in and we're at 642 and I'm like, "Well, okay." All right. I guess that's... So yeah, it's your fault.

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Becs Gentry: Sorry.

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Alex Karwoski: And I fully anticipate not beating it, for the record.

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Becs Gentry: I have other thoughts. I think you're going to whoop it. I think you're going to be closer to my trials time.

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Alex Karwoski: I don't think so.

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Becs Gentry: Make that a 232 bang on buddy. Come on. You got this.

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Alex Karwoski: No, that's too much.

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Becs Gentry: Oh, for New York. That could be tough.

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Alex Karwoski: Yes.

00:20:17

Becs Gentry: Okay, so everyone else listening may well be training for the TCS New York City Marathon as well. Where is your favorite place in New York to practice for the undulating terrain of this beautiful route?

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Alex Karwoski: Certainly Central Park. I mean, it's obviously the most accessible. It's the closest. But also the Hill, Harlem Hill is good. I've done one six mile back up and over. That was a rowing workout. And so that got me familiar with, "Okay, here's the start. Here's the peak and that," So...

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Becs Gentry: In my brain, I'm that slow today that I was like, "How do you get hills in rowing?"

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Alex Karwoski: No, it was a rowing workout too. Yeah, if you, the distances.

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Becs Gentry: The distance, yeah. Yes. Yeah, okay. See, I'm personally, I prefer Harlem Hill over the Three Sisters. I find the Three Sisters worse. Anyone else with me on that? Yeah, right.

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Alex Karwoski: The Three Sisters keep going. Yeah.

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Becs Gentry: Yeah.

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Alex Karwoski: Harlem Hill starts, ends, and then you get to enjoy.

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Becs Gentry: It's got the one bend in it that you're like, "Come on, how do I forget this every time?"

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Alex Karwoski: The suffering is squished.

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Becs Gentry: But the three sisters, I'm like, "Did someone add some pavement to this in between when I was last here?" It's wild. Wild. Okay, well, we will see in November what you do. I'm very excited for that. I want to talk about though, your rowing career and the inspiration behind that as well, because that's what you are known. We may be here on a running podcast, but you are known as the rower here. What brought you to rowing in the first place?

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Alex Karwoski: So I started off running. Well, I started off playing soccer.

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Becs Gentry: Just completely flattened that question, didn't you?

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Alex Karwoski: No, but rowing is the more, yeah, I've done more rowing.

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Becs Gentry: Actually, I started running.

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Alex Karwoski: I say that as... Started playing soccer, then my brother didn't make the sixth grade travel soccer team,

and in a huff he picked up running. And so naturally being the strong, independent, younger brother that I was, I did the exact same thing and started running with him. And then went to high school and there was not a spring track team, but there was fall cross-country. Then we played basketball in the winter, and then there was a rowing team. And so I picked up rowing as a, " Oh, this is like running, but I just get to sit down. So this is great." It was not at all like running. It was again, in some ways more fun, in some ways less fun. But then realized, went to my freshman year of college for cross-country preseason. I was both cross-country and basketball captain in high school. I was not rowing captain.

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Becs Gentry: I did not know that.

00:23:04

Alex Karwoski: And so maybe that... Yeah, some of that. Again, I wasn't good at either of those. But then went to cross-country preseason for my freshman year, and there were only four other freshmen on the team. I liked one of them, two of them I was indifferent to, and one I didn't care for. And so I said, " You know what? I'm going to swap over to rowing."

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Becs Gentry: All that one guy's fault.

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Alex Karwoski: Yeah, I mean maybe. Also, again, was not that good. And as a, I said this earlier, but as a gangly white kid from New Hampshire, there are a lot fewer people who row in the world than run. And so my avenue, not so much basketball, not so much running. It was going to be in the rowing. So then went over to the rowing team, grew another two and a half inches, which was helpful, and then kept rowing, and was dumb enough to keep rowing after college.

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Becs Gentry: Wow. And rowing has taken you around the world. It's taken you to some incredible summer events.

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Alex Karwoski: Yes.

00:24:04

Becs Gentry: And now it has brought you to Peloton and we are very grateful and lucky to have you. When it comes to your classes, honestly, I think people who take rowing

classes are the luckiest and most unlucky on the Peloton platform because you have you, Wilps and me as instructors.

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Alex Karwoski: It's the only- (inaudible) .

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Becs Gentry: Three giant nerds.

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Alex Karwoski: Three training specialists in one, yeah.

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Becs Gentry: Three absolute fitness nerds.

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Alex Karwoski: It is a number sport though, so I mean as every sport, but, yeah.

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Becs Gentry: So we're all drawn. But you are our training specialist on rowing. For those of you who don't know what that means, that is the most knowledgeable of instructors, becomes a training specialist, and helps impart their knowledge and experience to the rest of the team and helps us produce the top-level content that we hope we do produce.

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Alex Karwoski: It's like the top dork. It's the dork. Yeah. Sorry.

00:25:03

Becs Gentry: So clearly me, Alex, and Wilps. But when it comes to sharing your knowledge about rowing, how do you find the balance between the competitive experience rower and being the Peloton instructor?

00:25:23

Alex Karwoski: In my very first interview, I guess I should say, so I got a LinkedIn message from our talent team, and I thought it was a scam. I was with my now wife at the time, fiancée, and I said, "Oh, look at this. This has to be a scam." And she said, "Well, even if it is just respond, worst case, it's a scam." Four months later, it was not a scam. It was very much a job opportunity and it was great. And I'm forever grateful for that opportunity. In my very first interview after what I thought was a scam, I said to Jen, I said, "Rowing is not fun. You have to believe me when I say that rowing is not fun. Erging on

the machine can be very fun, but when... You have to take my word for it, when you're on the water, and especially after you've trained with these people and you've done seat racing and you've lined up in pairs and straight fours, and then gotten in the eights, and you're doing back and forth." " And it's months and months and you go through eight and a half months of training. And then you go into two and a half months of selection, and then you go into the week of meeting with the coaches and writing down different guys' names and lineups, and then they tally the votes and then they disregard the votes. And then you get more into the politics of, well, he didn't lose a seat race in the four, but... So when you get into all of that, rowing is not fun." So I said that to them and they all looked at me and they were like, " Do you want this job? Do you want to do this?" And I was like, " Oh, I'm so sorry. Peloton's great. Rowing can totally be fun. I'm sorry about that." But actually I don't think that what we're doing at Peloton is actually teaching people how to row. At least in my mind, that's not what I'm trying to do. What I'm trying to do is introduce the motion of rowing on a stationary machine.

That being said, open invite. If anyone wants to go up to the Columbia boathouse, my ID still works. So we can get in, we can row. But the difficulty with teaching someone how to row is there's so many more hurdles that you have to go through. And I say that both, not only as a predominantly Ivy League sport, where intro level boats cost tens of thousands of dollars and the equipment needed and the boathouse and then the waterways and all that. So it's difficult and sometimes difficult things can be really fun. In the case of rowing, I think sometimes it makes it really not fun. And so for me, the competitive side of, " Oh, let's row and let's race each other."

I've tried to push that aside and instead I've tried to make it more about the, when you're on this machine, when you're on the Peloton platform, yes, there's a leaderboard. And don't get me wrong, I'm checking that thing constantly. Even while we're in class because I want to see where people are. And because you see more and more of the same people showing up and you see who they were around. And so I try to think of it less of, you're competing against these people and more of those are your teammates that you're actually getting to row with. And so that's how I've tried to shift from the rowing is not fun. Competing on the water is so difficult and all that to, " Oh, rowing can be fun. And being on the machine is how we do that."

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Becs Gentry: Nice, okay. So it's a new version of training people to row. Training people to enjoy the motion of rowing

on a stationary machine.

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Alex Karwoski: It's very difficult to jump into a boat having never sat down on a machine and you have this oar, and you put it in the oar lock and the seat moves and you're putting your feet into these shoes. And maybe the person before you was wearing socks, maybe not. You don't know, right? And as you're doing all that, if you haven't sat on the erg at least once, and almost every rowing program starts with a learn to row on land, I feel like Peloton is the world's greatest learn to row program. And it's so much more accessible. It's so much more fun. Don't take my word for it, take Becs, take all the other instructors. I tell people all the time, "I'm probably the least fun on the machine." But again, I think about this rowing funnel and instead of trying to get people to come down to the bottom of the funnel and say, "That's the Peloton part," I just want to make the funnel bigger and bring more people in to enjoy it.

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Becs Gentry: Now you've all got to take a (inaudible) class just because of that. Okay, I have two more questions for you. One of them is a personal question that I need to know the answer to. When you run the TCS New York City Marathon, are you going to be wearing shorts as short as the ones you wear on the row?

00:30:00

Alex Karwoski: That's the personal question. All right. That's not that personal.

00:30:02

Becs Gentry: I want to don't know if I'm going to show up to watch.

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Alex Karwoski: I mean, if it were up to me, I would not wear shorts while I'm rowing because rowing attire, you have a lot of moving parts-

00:30:13

Becs Gentry: I'm like, naked rowing.

00:30:13

Alex Karwoski: ... on the thing where skin tights up. You don't want anything to get... I'll be wearing shorts. There'll be one inch in seams. There'll be the little pieces of fabric,

00:30:24

Becs Gentry: He's a tall guy.

00:30:24

Alex Karwoski: I'll also be wearing tights.

00:30:24

Becs Gentry: You going to run in tights?

00:30:26

Alex Karwoski: No, not tights. I mean, sorry. I call tights the little things that-

00:30:29

Becs Gentry: Oh, like cycling shorts.

00:30:30

Alex Karwoski: Spandex.

00:30:31

Becs Gentry: Yes. Okay, great.

00:30:33

Alex Karwoski: Yeah.

00:30:33

Becs Gentry: Good.

00:30:33

Becs Gentry: All right. I'll stick around.

00:30:33

Alex Karwoski: Degrees of freedom.

00:30:34

Becs Gentry: I'll stick around.

00:30:36

Alex Karwoski: Maybe not at mile 18. Maybe you don't want to be there.

00:30:38

Becs Gentry: Okay. And my last question, I would be able to stay and talk to you for hours about this. I think there's so much more to Alex rowing, beautiful, wonderful, very talented wife. You have an MBA. You did officially go to Columbia Business School. He wasn't lying. He did do that. Very, very talented.

00:31:08

Alex Karwoski: It's business school. We weren't curing cancer, but yes it was.

00:31:11

Becs Gentry: Hey.

00:31:12

Alex Karwoski: I just want to clarify.

00:31:13

Becs Gentry: Some people say money makes the world go round. But my final question will be, when you get that medal around your neck right there by Tavern On The Green, where we just ran past.

00:31:27

Alex Karwoski: A lot can happen. Okay. I appreciate the confidence.

00:31:30

Becs Gentry: You will, visualize it. What is going to be the first thing Alex eats? I'm a food person. What can I say?

00:31:38

Alex Karwoski: I'm curious how the MBA tied in. I feel like there's something that's, I'll have to run unless I'm like unit economics on what's the most price-efficient post race meal. (inaudible) First thing I'll eat after.

00:31:52

Becs Gentry: Yeah.

00:31:55

Alex Karwoski: I just asked you as we were coming in, I need to pick your brain about fueling for the marathon. So far the only thing I've found that I've really enjoyed have been Jelly Belly sport beans, which Matt Wilpers claims I shouldn't be using.

00:32:09

Becs Gentry: After the race, as your reward?

00:32:11

Alex Karwoski: Well, because they're delicious and I have a whole candy diatribe. There's sweets and savories and there's car candy and there's great workout candy. There's post workout candy.

00:32:24

Becs Gentry: He's a candy guy, everyone.

00:32:26

Alex Karwoski: Big sweets. Hence, why I try to just work out a lot so I can counter that. No, but...

00:32:33

Becs Gentry: This is what you did at Columbia.

00:32:36

Alex Karwoski: I did do a project on some candy pricing.

00:32:40

Becs Gentry: Wow.

00:32:40

Alex Karwoski: But no, okay, first thing I'll eat after, probably go to favorite bagel spot down near where we live.

00:32:50

Becs Gentry: Amazing. It will be-

00:32:51

Alex Karwoski: Everything bagel.

00:32:51

Becs Gentry: ... very well deserved because you are going to get to that finish line. There is no doubt about it. You are an incredibly dedicated human to everything you do. And if nothing else, I can tell you, the TCS New York City Marathon is the best marathon in the world and the crowd will get you through. And if the crowd happened to fluctuate in that moment, there will be another runner who will get you through. So that finish line is yours for the grabbing and I am so excited to cheer you on and watch you over the next few months try and beat my goal.

00:33:33

Alex Karwoski: I was going to say, I want to put a little asterisk there and say I'm especially flattered that you're still rooting for me, even though I put it out there publicly that I'm trying to beat you. Again, it's not your PR. When you want to beat my rowing PR erg is, you let me know and we'll start training a bit. Yeah.

00:33:53

Becs Gentry: Yeah, I don't think that, you're in no fear of that happening at all. I'm happy to be the fun rowing instructor-

00:33:59

Alex Karwoski: I will still root for you.

00:33:59

Becs Gentry: ... who rows mediocrely. Well, is that a word? I don't know. We made it up. Alex, thank you so much for joining us today on Set the Pace. It is a pleasure to talk to you, learn from you, work with you, and run with you. Team, remember, if you like this episode, please go ahead, subscribe, rate, or leave us a comment on the show, on whatever platform you listen to. This not only helps us, but it helps others find out about the show. Thank you so much for joining us.

00:34:29

Alex Karwoski: Thank you.