

Martin Weinapple Interview  
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Marty Weinapple:

The times you learn theoretically the most are between the age of birth and five. The greatest learning curve is then. But why can't you continue later on? I think that's what I'm trying to say. I think if you pull yourself up by your bootstraps, I think it takes effort when you're older, because there are a lot of distractions and other things. But I think if you make yourself, put in the time, and stimulate your brain, a lot of these thoughts just come bounding in. It's amazing. It keeps me so...happy. Another example when I do that is on my bike. Actually it's interesting. I think it's the most creative times that I have, where I'm on the bike and I have these thoughts that come to me, when there are no distractions, perhaps other than looking at traffic. So I go places hopefully where there's little traffic. Skiing also sometimes. The skiing also is different in that you're trying to focus and stay alive. (Laughs.) But your mind gets very clear, a lot of thoughts can come in. So I think thinking is what keeps you going.

I've done a lot of marathons and triathalons and everything, I've had injuries so I don't like to run too much anymore, but I still run on the elliptical or Stairmaster. But I always wanted to keep on training. And I always found it a great motivating factor on training for a marathon was running on the treadmill while watching a marathon, the New York marathon. That was part of my training routine was to catch marathons on TV, and run on the treadmill. And actually it's great because technically....everything you do athletically there's a lot of technique to almost everything. Swimming. People aren't aware how much technique there is in swimming. I've gone to triathlon training camps. I've gone into these things very deeply. The techniques of training, the physiology of swimming, running, biking, Skiing, I'm a tech freak. So I found the same thing, as I was running on the treadmill I would see the various techniques, you could see different kinds of runners. Shufflers, striders, all these different things that they do. The hands, breathing, I just got interested--I found myself doing the New York marathon.

Whether it's age or not, for me it's important to be around people who support or are intersted in some of the things that I am, like to do. I've found people who scoff at working out. Or "You're a fanatic." No way am I a fanatic, I don't think so. I work out usually every day, but I've seen people who are really fanatics. And people who are fanatics don't do as well as people who do it moderately. Same thing with diet, the fanatic--there have been studies on this, that the people who do well on eating nutritionally are not fanatics. They're the people who eat moderately and take care of themselves, in a complete fashion. By a fanatic, say, someone goes on a crash diet and watch every calorie and that's all they do in terms of thinking they'll lose weight--they don't do as well.

This issue of concentration and flow and being in the zone is very interesting. When it

happens, it's such a good feeling, but you don't have to try to recapture it, just be aware that it has happened and realize that it will happen again, and look forward. Don't look back; look forward that things are going to happen again. Positive attitude. So I think you have to be receptive to learning something new every day. And I swear, there's always something that happens. And that's the passion. I get so passionate about that. So I developed this thought, I call it "the intensity of tranquility." You can do very little, and still have a feeling of intensity about it.