

The Sahara Marathon, a story of Endurance - Interviewing World Record Smasher Gout Gout!

Host: Good evening fellow listeners, and welcome to the Prodigious Individuals Program. It is your host Bob Ross and today, we are delving into the epitome of human struggles, a story written with resilience, adversity and diligence. Welcome on stage, Gout Gout

Gout Gout: Thank you Bob, It is a pleasure to be here before you today!

Host: So, what made you run a marathon on the unforgiving Sahara desert?

Gout Gout: Well, It may seem unusual, but ever since I was into track and field, My goal was to be the world's first person to run a marathon, in inhumane conditions, and that was exactly what the Sahara brought to the table.

Host: So knowing you would be running a marathon in such merciless conditions, how did you prepare yourself for the big event

Gout Gout: Yeah, so my personal experience could be renamed as a testimony of controlling your emotions and keeping them in place. First, confusion struck. Why am I doing this? Came and left my mind multiple times, as if it were a pricked needle poking my head again and again, and again. Ennui and laziness too, once declared war on my sophisticated labyrinthine system. "I am bored" and "Do I really have to do this" were questions that tore my core.

Host: So when you were there, did you have any memorable experiences or difficulties?

Guy: Well, I do remember having to faint because of a king cobra and once I regained my consciousness, I was at some person's camp and they were like, "Here is a joke to cheer you up", and I said, with anger boiling inside me, "I don't need no joke, just give me some antidote and I'll be fine!"

\*Crowd laughing

Guy: And the poor guy had to take me to the hospital, while battling with tears. And another time I had to practically leap for like 4 meters because the entire place was infested with snakes, cacti and animal carcasses.

Host: Yeah, that would've been tense. We've talked about emotions before crossing the finish line, but after doing so?

Guy: I was overwhelmed with emotions, some positive, some negative. I recall the analogy of when you shed tears after accomplishing something time taking, some are out of happiness, but most of them are from longing to the short adaptation of your life, and I totally agree with this statement. My initial reaction was relief and happiness, but as my feelings surfaced, a sense of nostalgia crept in

Host: So what is your advice for upcoming olympians and athletes with goals like yours?

Guy: Practice is key, Hard Work is greater than talent, and Preparation is more important than the task itself

Host: Well that is all for today's episode, come back to see more