

XTERRA

ALTER EGO DEVELOPMENT KIT

Name:

Give your alter ego a name that fits his or her personality

Characteristics:

Describe the traits or personality of your alter ego

INSPIRATION

My alter ego reminds me of . . .

List people or characters whom your alter ego reminds you of

Their backstory:

Describe the kind of life your alter ego has lived; things already endured

How I will get into character:

Describe how you will mark the transition

How I will act:

Describe your posture, how you will walk and talk, or other actions that get you into character

Things I will say to myself:

Include statements or mantras that are typical of how your alter ego thinks

Something I will wear or do:

Describe physical reminders you can use that will be noticeable during races

LESLEY PATERSON'S ALTER EGO

Name: Paddy McGinty

Characteristics: An old-school boxer. Not graceful or pretty but a rough-around-the-edges fighter. Thrives on being the underdog. Loves tough conditions. Turns feral when backed into a corner. Will out-suffer anyone. Gets knocked down five times, will get up six. When in pain or discomfort, raises the stakes by asking, "Is that all you've got?"

INSPIRATION

My alter ego reminds me of... Tom Hardy's MMA character in the movie *Warrior*. William Wallace in *Braveheart*.

Their backstory: Started with nothing. Fought against impossible odds to win. People always write him off, but he out-works and out-suffers everyone. Finishes every match beaten and bloody but still standing.

How I will get into character: I become Paddy when I put on my race suit or certain types of training gear for hard sessions.

How I will act: Avoid eye contact with other competitors before the race starts. Wear hoodie and headphones. Walk everywhere with strong body language and real sense of purpose. Shoulders up, chest out. Eyes say "not to be f*cked with."

Things I will say to myself: Always fight. It's never over.

Something I will wear or do: Write "I am Free" and "Be Brave" in big letters on my forearms before a race. Being brave is about having the courage to give it everything. "I am free" reminds me to not care about expectations. On good days and bad days, being free is about just getting lost in the personal struggle.