

Show Notes

Episode 94 - Pushing the Limits: The Story of Alex Torres and His Iron Man Journey

Alex Torres, an Ironman Triathlete, shares his journey of overcoming challenges and realizing his potential to become an Ironman. Alex started his athletic journey as the "runt of the Torres family," but through hard work and determination, he proved everyone wrong and accomplished his goal of becoming an Ironman.

One of the key pieces of advice that Alex shares is to never forget your "why." This is what will keep you motivated and inspired during the long and tedious moments of training. He also emphasizes that discipline and perseverance are essential in becoming an Ironman, but these qualities are anchored on your "why."

Another important point that Alex mentions is that you don't have to have the most expensive equipment to participate in a triathlon. He was once embarrassed by his lack of fancy gear, but he was reminded that it's all about the "engine," meaning the person themselves.

To sum it up, becoming an Ironman is achievable if you have the physical capability, financial means, and most importantly, the determination and commitment to see it through. Find your "why," stay committed, and never let anyone tell you that you can't do it. The choice is yours to cross that finish line and hear your name being called as an Ironman.

Episode Highlights:

- Alex has completed multiple Iron Man races
- Dreams of writing a book
- Apologizes to younger self for past hurts
- Believes everything is possible with effort
- Encourages listeners to find their "why" and stay committed
- Iron Man requires grit, determination, perseverance and discipline
- Success depends on aligning all elements with your "why"
- You have the choice to cross the finish line, whatever the distance

Guest Bio

Alexander Torres is a native of Gary, IN. Alumnus of Indiana University. He is a former member of the Horace Mann High School track & cross-country teams. He continued his running in the United States Army as a member of the Commander's Cup Team.

Alex ran his first marathon in 2004, the Chicago Marathon. He has ran the Chicago Marathon every year it has been held since 2004. Alex is currently registered for the 2023 Chicago Marathon which will be his 19th consecutive Chicago Marathon. Alex first official race as an adult post military was the marathon distance.

In 2010, he decided to compete in his first Ironman race, Ironman Louisville. His first triathlon was the full Ironman distance. To date Alex has completed 14 full Ironman races. Alex is currently scheduled to race Ironman Coeur d'Alene 2023 and on tap to race in the Ironman World Championship in Kona, HI in 2024 after qualifying via the legacy program.

Professionally Alex is in the pharmaceutical industry as an Executive Institutional Representative in Grand Rapids, MI in the area of surgical anesthesia and heart failure.

He is a husband and father of 5 children.

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