

Transcript- Episode 63 – The Blind Sport Podcast

Paralympic Track and Field with Lex Gillette

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Introduction

This is episode 63 of The Blind Sport Podcast entitled Paralympic Track and Field with Lex Gillette.

Hi I'm Mike, and this is The Blind Sport Podcast. The sports show for the blind, the partially sighted and the supportive sighty. Thanks for joining me for episode 63.

On the show we'll be talking with Lex Gillette from the USA about Track and Field at the Paralympics.

Lex has an impressive list of achievements in track and field events such as sprinting, triple jump and long jump. He holds the F11 long jump world record of 6.73 metres or 22.1 feet (now that's quite a leap). He is currently training for Rio, which will be his fourth Paralympics. Let's hear his story

Hi there, I hope this episode finds you fit and well.

Before we chat to Lex, I would like to thank you For the feedback received re episode 62, where we spoke with Amy Dixon from the USA about Triathlon.

Some of the comments that I received included:

From Vicky. It's wonderful to hear that blind and vision impaired women are succeeding in sports. Go Amy.

From Peter. Thanks for sharing such an inspiring story. Let's hope that more blind and VI folks get the triathlon bug.

Please email me with any comments

Contact Jingle - To contact Mike or comment on The Blind Sport Podcast, submit a feedback form from the website www.theblindsportpodcast.com, email Mike@theblindsportpodcast.com, send us a tweet or follow us on Twitter @blindsportmike, or visit The Blind Sport Podcast page on Facebook.

Interview

We are talking with Lex Gillette from the US. Lex has had a very successful sporting career as a totally blind Paralympic track and field athlete competing in the T11 and F11 categories respectively.

He competes in sprints, triple jump and long jump and has won many national, world and Paralympic competition medals.

He holds the world record for the F11 long jump of 6.73 metres which is 22.1 feet. Now that's impressive.

He is currently training for the Rio Paralympics.

Mike - Welcome to the show Lex and thank you for joining us.

Lex – Oh thank you Mike. How's things going on your end?

Mike – Pretty good, pretty good. Can you just start off by telling us your personal story of vision loss?

Lex – Yes, so I'm originally from Raleigh, North Carolina and as a kid growing up in Raleigh I did anything that a normal kid would do, video games, riding bicycles, playing with friends.

I had come home from school one particular day, went through my regular routine. Ate dinner with my family and that evening as I was sitting inside of the bathtub getting cleaned up for bed I started noticing that my sight was blurred. So I jumped out of the tub, hopped on to the bathroom counter and upon looking in to the mirror I knew that something was extremely wrong because it was a very faint kind of disfigured reflection that stared back at me from the glass. And so I told my mom and she thought that maybe I had gotten something in my eyes from playing outside earlier that day. We took water, cleaned my eyes out. That made it feel better but it didn't clear my sight any so she told me that maybe sleep it off and everything will be ok in the morning.

When I woke up the next morning, my sight was still blurred but I thought I would be good enough to go to school. So got my things, got dressed, got my backpack, went to school. Then halfway through the school day my teachers had to call my mom and tell her that we don't know what's going on with Lex. He's not acting himself. He's bumping in to things and we just don't know what to do.

So my mom came and picked me up from school. Took me to the doctor and after an examination they said I needed to have an emergency operation because I was suffering from retina detachments and I'm about seven or eight years old at this time. I had my first operation and I could see well for about three or four weeks so they stabilised my sight and after that time period the same problem happened again, retinas detached.

So I had a second operation, stabilised my sight for another three or four weeks and after that same problem happened again, I had a third operation. And that was a pattern for the entire time that I was eight years old.

After the tenth operation, the doctors, they said there was nothing else they could do to help my sight and I would become blind one day. And it ended up happening and for me it wasn't one of those things where you wake up and it's all gone. For me it

was you'd go to sleep, wake up the next morning and see a little less than what you did the day before until one day I woke up and I couldn't make out anything anymore.

Mike – So what sort of timeframe are we talking from when the first time you noticed it to losing it?

Lex – I'd say so, seven is when I first noticed it. I had my last operation when I was eight and I would say is basically nothing from nine years old to now.

Mike – That's a pretty quick transition, yeah?

Lex – Yeah, definitely. It was certainly a trying time going from seeing your family, seeing your friends, seeing TV and life, seeing expressions, smiles and then to not be able to see those things and to see those people anymore. It was gut-wrenching at times.

Mike – Were you always in to sport before you lost your sight?

Lex – Oh yeah. My mom's side of the family they are all in to athletics so I used to play for a recreational baseball team growing up and go outside and play kickball with friends. Dodgeball, play basketball here and there so I've always been very active and even after I lost my sight, I definitely went through that transition period but my mom encouraged me to go back outside and play around a little bit and be physically active.

Mike – Brilliant. So what got you in to the track and field thing?

Lex – Track and Field started in high school and we had a physical fitness test that we had to do in high school so all of the kids had to go through this test seeing how many push ups you could do, how many pull ups, how many sit ups. What else? There were a whole bunch of things. But one activity in particular was standing long jump and I continued to go to public school so I've always been around other sighted individuals and in the standing long jump in my high school, I was one of the best ones in the entire school and that kind of caught a lot of people's attention. Oh my gosh, this is pretty cool.

And my teacher then, he knew about the Paralympics and he said that there was a possibility that I might be able to compete there one day and go around to this country, that country. Represent my country. Win medals or break records for the United States of America. And so that was a really attractive dream and so we went out to the track, he showed me around, showed me how long jump, triple jump, throwing events, everything that track and field involved and he told me we can adapt this. We can make this in to something that you can compete in even though you can't see.

So the first thing was standing long jump since I was pretty good at that, we added a run to it and we did it all by sound so that when I'm jumping, he stands at the take-off board and he claps and he yells so that gives me an audible reference as to where I need to jump from. And then it's my responsibility to remember how many strides

that I take running straight as possible and really focus on him and at the appropriate stride, that's when I jump.

Mike – Amazing. And looking at your record, you've got, what a 6.73 meter jump, 22 feet. That's incredible.

Lex – Yeah, when you're actually competing in real time those jumps they don't really seem that far until you actually slow it down and one day my guide and I actually we walked it and then it kind of puts it in perspective as to how far it is. Like, wow, I really flew that far.

Mike – What's the trick to getting your long jump right? What's the major thing you've got to make sure that you focus on?

Lex – One of the biggest things you've got to focus on is running straight so you want to make sure that you're within the lines because if you're not then that kind of sets you up for a not so good run. And the shortest distance between two points is straight ahead so you want to run straight, you want to jump straight. And for me I work on running straight a lot. Working on speed, working on staying powerful down the runway and really concentrating on my guide and just making sure that I listen to him, I'm focused on him because that's where I need to go. That's the end point. That's where I need to jump from.

Outside of that I train here in Chula Vista, California and I am one of four Paralympian's that are going to the games from my particular training group and then we actually have four Olympians from our group as well who are going to Rio so having that ability to get information from the other Paralympian's and then also having the ability to get information, encouragement and advice and guidance from the Olympic side is amazing too. We all feed off of each other and they teach me things that they do within long jump and triple jump from their perspective and some of those things, they help. They are able to see what I'm doing and I take that really seriously and try to incorporate it in to what I'm doing because it can make me a better athlete.

Mike – What's the rivalry like between the four of you? Is it intense? Is it humorous? How do you sort of relate to it?

Lex – We're always going back and forth with each other and it just goes to show you that of the four Paralympian's, so there is myself, Markeith Price, Jeff Skiba and I am blanking on the fourth one. But Jeff is the high jumper. Markeith on the other hand, we both sprint and jump and so, you know we're always trying to push each other. It's friendly rivalry. It's oh man, bet you can't do this. Oh, yes I can, I can do this. So we're always just trying to push each other and so I think it makes us better and even on the Olympic side, you have the Olympians that we train with and they're giving it out as well and it's really cool because they don't see us as any different from anyone else. When you step out there on the track or on the lawn jump runway or on the throwing field, you're a competitor and you just want to win and that's the mentality that we have across the board. And even though we have that inner squad rivalry when we go out and compete in Rio, everyone's going to be pushing each

other and the encouragement is going to be at an all-time high. Making sure that we can all get out there and get on the podium.

Mike – Do you think you've always had that competitive nature or has been being at this level sort of made that more?

Lex – I think growing up my mom always encouraged me to do my best. Strive for being the best and definitely wasn't one of those things where you must, like you have to absolutely get a medal or win. As long as you try your best, that's all you can do and I think that's what she preached a lot.

But for me, being the kid that I was and having the friends that I did, we always were going back and forth. You wanted to be able to say, I beat you, I won. You can't touch me and so we were just back and forth, back and forth, back and forth. And that just continued to grow and grow and grow and even when I got in to track and field. You know I was I wasn't the best in the beginning but I gave maximum effort and as I got a little older and matured a lot more and got stronger physically and mentally, that me giving my best allowed me to jump a little further. And then the next couple of years I learnt even more about myself, pushed myself even harder, jump even further, run even faster and so it's a journey. It's progression. And that's the beautiful thing.

Mike – How do you find the transition or the difference if you like between doing like long jump and triple jump where it's basically just you. Obviously you're getting guidance by someone but when you're doing running on the track, for example, you're running with a guide. So how do you find that difference? Is that quite a challenge to get your head around?

Lex – Yeah I think so. One of the things about that is that when you're running and this is not to take anything away from the sprinters. You have that ability to have your guide directly beside you. Some athletes prefer for them to be attached via tether or some athletes just prefer to run directly beside them and maybe there is body contact or something. But when you are jumping, the guide, they have to stand in one spot. They are stationary. They can't move. And you're out there, at certain times it feels like you're on an island. And it's your responsibility to run, to jump and you don't have that reassurance of knowing that oh ok, this person is to my left, this person is to my right. No, this person is in front of you, 120 feet away and you have to go from your starting point to the ending point and for me that is 16 strides over 120 feet and I have to run straight and reach that destination without straying off. I can't mess that up. And that's the difference. It just feels like it's more of your ability to run straight and jump far. Even though when you sprint as well it's your ability as well but again, you have that person there and you know at all times, where you are on the track and you don't have to worry about, oh ok well if I'm on the lawn jump pit I could be on the left a little bit or I might be on the right a little bit. There are so many more things that are going on inside of your head, I believe from a field event athlete compared to having the sprint and athlete guide relationship.

Mike – So if that person giving you instruction is 120 feet away, how does the noise in the stadium affect you because you could lose that completely?

Lex – Yeah, yeah. It's difficult at times because when you go in to different areas. You know, you can go in to one building and there may not be any echo at all, you can go in to another building and there could be all the echo in the world and that is how it is when I'm competing as a jumper. There are totally different environments and for me training in Chula Vista, we rarely have any buildings out here. We have resident dorms, sports med and weight room and the cafeteria. Outside of that everything is outside pretty much. And when I'm outside everything sounds super clear. At times I actually feel like I can see where my guide is because the environment, the atmosphere is so clear and he's yelling, he's clapping, he's loud. And it's a very vivid image that I have in my head.

Whereas when I go to the Paralympic stadium, now you're inside of a huge structure, you're surrounded. You have 80,000-90,000 people in the stands and when you're 120 feet away from this person, the acoustics and such that structure and the people create, it makes it sound like at times, it's much further away than what he really is and at times it feels like he's muffled and it's just really a more distorted sound compared to what I'm used to when I train. This is one of those things where as a competitor you just have to figure out a way to get around it. You have to persevere through that, overcome those obstacles and really trust the training that you've been doing. You know if I follow the things that my coach has been giving me, if I run the same way, then it's going to lead me to the destination that I'm desiring and a place where I'm wanting to go. It creates an obstacle but when you make it to that point as an athlete you just have to put the distractions aside and just hammer it down, get it done.

Mike – Is that something that you're taught during the process? Is there a method to helping you deal with that potential anxiety sort of stuff?

Lex – Yeah, I think that you can find different facilities to train in. Like one of the facilities that I went to last, Michael Johnson Performance Centre. It's a place that I went to. It's indoors so it kind of creates that sound barrier that I was talking about. It gives us a very similar sound and feeling as what it would be like in Rio. And it was cool to go down there and get that experience. But I think even still, at the end of the day, it's one of those things that are hard to duplicate because even though we may have a training session where you want to mentally get to that point where we're in Rio right now. At the end of the day, you're not there and you don't have that pressure of this actually counting so you try as hard as you can and pray for the best. For me I like to capitalise on all the resources that I have around me so I'd talk to the sport psychologist and try to focus on what kind of mental state can I get in? Where should I be mentally? What's going to help me be able to allow this pressure to subside and go in to the situation as if this really is just another training day.

Mike – Brilliant. So with Rio in the impending sights if you like, what events are you actually scheduled in to? What ones are you going to be participating in this year?

Lex – So I'm scheduled to compete in the long jump and the 100 meters.

Mike – Very cool. How do you train for both because some people are training for one discipline but they are quite different?

Lex – I think so. The cool thing is there are a lot of similarities within the two events because in long jump, you need a lot of power, you need a lot of speed. And in the 100 you need those same things.

Certainly having to jump at the end of the run sort of changes it up a little bit because from a jumpers standpoint you want to be fast, you want to be powerful down that runway but it's more of a control and rhythm sort of ordeal because if you just go in to the situation just running as fast as you can, it's hard to jump off that position so long jump is more, you want to get out, you want to be strong and powerful, but you also want to be controlled and at a specific rhythm. It's like a dance, you know.

When everything happens the way I want it to happen, it seems like it's effortless. Like I haven't even done anything at all and for the 100, you don't have that jump so it's literally you push out of the blocks, you try to build within those first 20, 30 meters, really drive out and push out as hard as you can and start to gradually transition to an upward and tall position and really pump your arms and lift your knees and hold on for the ride.

Mike – No room for getting it wrong, is there?

Lex – No, no.

Mike – How much of this can you do alone because I'm picking not a lot?

Lex – Absolutely not. It's certainly a team effort and I've tried to talk about that a lot whenever I can because as a track and field athlete, it definitely in a lot of ways is an individual sport but as an athlete who can't see, you need that person there to paint those images for you, to help you get through the training days and then to get through the competition.

And even off the track. I always see a guide as not only a great person on the track, but a great person off the track. Good friend, maybe hang out and things like that. That's the relationship I have with my guide. You know we go hang out, we go to the beach sometimes, to the movies.

And I think gelling and creating that strong bond and strong relationship, it helps when you actually step on the track, because now you have that same strength and that same bond and that relationship on the track and then just really allows you all to gel and the commination, the trust factor, it's at an all-time high and that's what you need in training and in competition.

Mike – For sure. It's easy for people to rock on up as a guide with all the technical skills in the world but if you don't actually gel it's not going to work, is it?

Lex – Yeah, yeah. It's certainly hard and I've been around for a little while now and we've actually seen relationships between guide and athlete just be totally, they go totally sour because the athlete may be thinking one thing and the guide may get in to it with intentions of something else and so you absolutely have to be on one accord and I think that's what creates the best success.

Mike – For sure. Now, looking at your list of successes here Lex, you've got a stack of them. Paralympics, the last three you've got silvers. How much does that weight heavy on you?

Lex – I would be lying if I said I don't think about it but you could easily look at it one of two ways. You could say he gets to the big show and just can't quite get over the hump. And then you can look at it from the other perspective that says, well there are tons of athletes out there who have nothing or they may have bronze so they might die to be in this position.

But at the end of the day, I mean it is what it is. I don't feel bad I would say because I didn't feel like any of those competitions, I feel like I left it all on the track with the exception of Beijing. Beijing, I think I would say that was the one competition where I felt like I made a mistake and again as we talked about earlier with that being accountable, I typically jump off my sixteenth stride and I shot the gun a little bit too early and I jumped off my fourteenth and so as you can imagine I'm further away from the board. But I made it in to the pit and it was a really good jump so I think that had I actually jumped from my sixteenth it would have been a different result but, that's in the past and that's something I can't dwell on.

You know the past few years have been really good for me and I'm just trying to focus on staying consistent and really locking in to that rhythm on the runway and going out there and making that step up. Get that goal.

Mike – For sure. You're certainly on fire so yeah that would be good. What's your favourite event? Do you have one that stands out?

Lex – Yeah, long jump would be my favourite because that's what I started. That's the first event that I was introduced to and the event that I did for my first five, six, seven years of the sport. And then once I moved to the Olympic Training Centre in Chula Vista, that's when I started branching out and trying other events. But long jump has always been my bread and butter.

Mike – Cool. Apart from the physical training, how important is the other stuff? Nutrition and psychology and that sort of thing?

Lex – I think those two play a really big part and especially psychology because you can be the best physical specimen, the best athlete physically ever but if you aren't there mentally then it means nothing. And I feel like sports in general is so much more mental than it is physical.

When you get to this level, everyone may not be on the exact same level physically, but they are pretty dang close. Like this is the elite level, high intensity competition. So the people that you're going to be competing against, they are going to put out some good times and good distances and good results. But mentally you have to be mentally strong and be ready and equip for any situation no matter the weather, no matter the crowd level, no matter if you're just not feeling it that day, you just have to get to that point where you're just mentally strong and know that you are able to go out there and get the job done. Pressure, all of that stuff it plays a part in the mental aspect of it and you just have to be prepared for that.

Mike – Cool. How much importance is put on the aspect of recovery?

Lex – Recovery is huge and it's gotten to the point now where I will go to the training room and get in an hour before I actually go out and train so I might get heat or I might get steam or get work done with the chiro and that prepares your body for the physical activity that you're about to get yourself in to and even still I'd go down and warm up. Get my laps in, get my stretching in, do my drills and go through the actual workout and then after that, just as important to get in the cold plunge or get in the hot plunge or get in a massage or acupuncture.

I feel like that rest and recovery is as important, if not more because you want to be able to go out the next day again and get that same effort. And just taking care of your body not only for now, but for the long run too. You have to end the athletic days one day and you don't want to be stepping in to your afterlife and in a bad situation, bad knees, bad back, all of that type stuff. So you always want to do what you can to put yourself in the best position.

Mike – For sure. How do you think your sports career has helped you grow as a person?

Lex – I think that you learn so much about yourself. Sport teaches you so much and I'm a part of this programme that I mentor kids so I use the sport platform to educate them on so many different aspects like goal setting and I tell them goal setting is huge. I use goal setting every single day. My coach, he gives us a plan. This is the goal. This is how fast I want you to run on the long jump runway today. This is how far I want you to jump and our shorter prose jumps, this is how fast I want you to run these 150 meter sprints. Those are goals. We talk about meeting those goals and as you hit those goals and hit those marks, you start to really build confidence in yourself. Oh, I know I can do this. The next day coach has another set of goals for us and you learn about the importance of team work and we mentioned that earlier but as a blind athlete you have the assistance of someone who can see. And they are in a sense, they are your eyes. So you're a team. You can't do it alone. Again in that programme Classroom Champions, we talk about teamwork and we talk about how you can't do everything individually. A lot of times you are going to need assistance from someone else and sports hammers that concept in as well. We talk about perseverance. I've had many times where I've had to persevere through injuries or persevere through...i've had competitions where I've been in sixth place and next thing you know, I'm in second place or first place so you have to overcome those obstacles. There are so many different things, so many avenues that you can go down but sport, it totally builds character and it really sets you up and helps you for being able to step outside of that sports realm and really make an impact.

Mike – In yourself, what do you believe would be the most important thing that you've had to overcome in order to get to the level that you have?

Lex – I think communication, by far communication. And I say that because as a kid growing up I was always in to myself and I really didn't talk too much to other people and it was all because I was ashamed because I couldn't see anymore. I felt like people would look at me a certain way and I didn't really know too much about what

exactly was going wrong with my eyes. I just knew that I couldn't see anything. And all those things, it was embarrassing, I was ashamed, I had so many things going on inside of me and so the communication factor was lacking.

And I would say once I got in to college I didn't have my parents there, I didn't have my family there anymore and so I had to step out of my shell and start speaking to others. I had set up my class schedule, I eventually got my first job, I had to go through an interview process, make friends and that required me going out and speaking verbally and really explaining what I needed and even from an athletic standpoint I needed to find someone else who could help me train because now I was out of high school and my teacher wasn't there with me anymore and he knew everything that I needed.

And so I had to do everything on my own. I had to speak up for myself and even when I got in to the sport, I kind of backtracked a little bit because now working with a guide I was in a situation where I thought oh, ok, this is fun and oh yeah, I can do this, blah de blah. But then it got to the point where I literally had to lay out detail by detail, this is what I need. This is what allows me to perform at my best and really verbalise that and letting them know this is what I need in order for me to go out there and perform the best. And over the years I've gotten way better with that. So now I feel like I have a really good strangle hold on that. That's helped me outside of track. You know with sponsors, I do a lot of speaking engagements for them and being able to relay a specific message. All of things are really important and you have to be good in communication in order to be able to do those things so I would say that for sure, for sure.

Mike – Excellent. So being a Paralympic athlete allows you to live freely financially and what not? You don't have to carry on a day job alongside that?

Lex – Initially it was tough but I think that having a facility where you can train. Having a facility where you don't have to worry about food and nutrition. Your massages and things like that are covered. Assuming that you are meeting your requirements from a competition standpoint, those things are taken care of and again once I saw opportunities of being able to go out and make the best of this journey and that's when again just speaking on the communication and going out and networking and seeing what opportunities from a business standpoint. Having those opportunities with the sponsors kind of helped me to be able to, ok now you can move off site and now I can have my own place and be able to go to more competitions and for the lodging and registration fees for competition in Spain or Italy or Paris and so it's funnelled to that point now and so I'm definitely thankful to everyone who has helped me reach that point.

Mike – Great. Now Lex do you have a favourite quotation or personal saying that means something special to you?

Lex – I would say that, I have a personal slogan it's 'No need for sight when you have a vision' and to me that means it wasn't the sight that was the determining factor in whether I would be successful or not. It was having that vision or really just believing it and seeing it and putting in all of the necessary work and getting help from the appropriate people to see that vision come in to fruition. See it come in to

real life, reality. And I feel like I've lived by that and that really, it means a lot to me. Because at the end of the day whether you're sighted or not sighted, vision is everything and everything that has ever been created and everything that will be created, it starts from a vision. You see it in yourself long before it actually happens.

Mike – And what advice would you give to anyone who is considering getting in to track and field?

Lex – I'd say, just get out there and try it out. You know for me, the thing that is the same across the board is everyone has to start somewhere. No one starts at a beginning point and they are just an All Star or they are the most valuable player at anything. You have to go through those growing pains and you have to figure yourself out, figure the sport out. You just go out there, try a few things and keep at it. Figure it out, just keep going. As long as you're moving, you're in a good position. As soon as you stop, as soon as you give up that's when you get no results from that. So just continue to push forward, keep moving and you'll definitely be going in the right direction. It's all about progress.

Mike – Brilliant. Before we leave you Lex can you just share some of your contact details for anyone who wants to get hold of you or just follow your progress in the next few months.

Lex – Absolutely. I'm on Twitter and Facebook and Instagram. All of my social media accounts are under @LexGillette and I'm pretty active on Twitter and Facebook, all of my social media accounts actually so if you want to shout me out or ask a question or if there's just a comment or something that you want to say, definitely hit me up. And I also have my website which is LexGillette.com and there is a contact page up there if you want to send me a note or have a question again and you can certainly submit your information via the website as well so I'd love to hear from you and I really appreciate the support.

Mike – Lex Gillette. This has been awesome. Thank you so much for taking some time out of your, I'm sure very busy schedule and thanks for the chat.

Lex – Oh no, thank you so much. I really appreciate you having me on.

Jingle – You're listening to the blind sport podcast with Mike Lloyd. The sports show that's dedicated to blind sport.

Quotations

OK some quotations for episode 63 that include the word "Jump".

“Those who don't jump will never fly.”

“Some people try to climb the ladder of success, while others try to jump on it”

“Jump right in, or wade in slowly.
Advantage to one, it's over quickly.
Advantage to the other, it isn't.”

“It is not the jumps you made in your life but mostly the jumps that you haven’t made that are the real source of regrets in your life!”

No one can say, 'You must not run faster than this, or jump higher than that.'

You have to take a leap of faith to realize a dream, and this is something that a lot of people aren't willing to do.

Closing

I hope you enjoyed our chat with Lex Gillette. That was pretty awesome. A huge thank you to Lex for sharing his stories and experiences with us. All the best Lex for your future competitions and well done on your previous successes.

If you too are into track and field then do send me an email and tell me what you're up to.

If you have a story or know of a person who you think would be great to feature on a future show, then do contact me and let's make it happen.

Likewise, if you have any comments or opinions on the show then please do fire me off an email. mike@theblindsportpodcast.com

That would be cool.

Contact Jingle - To contact Mike or comment on The Blind Sport Podcast, submit a feedback form from the website www.theblindsportpodcast.com, email Mike@theblindsportpodcast.com, send us a tweet or follow us on Twitter @blindsportmike, or visit The Blind Sport Podcast page on Facebook.

Mike - To help me with the growth of The Blind Sport Podcast I need your help.

If you know of others who may get value from listening to this show, then please do tell them about it.

Tell your friends, your family, your club members, your work colleagues, whether it be face-to-face or via social networks, let's get the word out there.

If we do this together, we can promote the awareness of Blind Sports and make a difference.

OK, that's us for another episode, so train hard, play fair, give it your all and most importantly, enjoy your sport.

Thanks for listening. Take care. See ya.

Closing Announcer - Thank you for listening to another edition of The Blind Sport Podcast. The sports show that's dedicated to blind sport. With Mike Lloyd. Visit theblindsportpodcast.com

End of transcript