

# A COLLECTION OF **bytestories**

A WEBSITE SERVING AS AN ARCHIVE OF MY  
DIFFERENT ADVENTURES ON PLANET EARTH...



BY RICHARD COLMAN

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## **Blog 3 Hanging with the stars in LA Part 1**

This was my first visit to the land of the movie stars and my 1st LA Marathon and 1st Marathon this year with my new direction in sport.

The first visit to any new city is always met with excitement about what amazing things I will see and how many challenges I will face at a new race. LA was no different.

I made this short trip as a good hit out one month out from my major marathon of the autumn being the London Marathon. I wanted to see where I was at and to find problems which can be fixed before London.

I was luckily enough to be invited to the race, with three nights free accommodation in the Sheraton in downtown LA and decided to only stay three nights for this trip.

I arrived early Thursday morning and headed out straight away to training to get the body moving as soon as possible – this helps with the recovery from the long 14hr flight from Melbourne. As an elite wheelchair athlete, we were provided with very cheap transport anywhere we wanted, so I took this offer up and headed down to Santa Monica Pier for an easy 10km recovery roll along the famous beach front. The rest of the day was spent recovering and resting.

**In Los Angeles, CA**

## **The Dream Roll blog 2 part 2**

I am very lucky to be in a wheelchair - as I believe I wouldn't have had these opportunities otherwise.

But with such a hard schedule it does take a toll on the body, but the good news is that there is so much you can do to give yourself the very best chances.

When you have a schedule like this, you prepare fully for it. Do the correct training, full warm ups and cool downs, ice baths, which every athlete loves, but they do help and it's worth the short term pain of 10 mins in the ice bath to be able to train hard the next day or recover from a tough marathon.

Athletes have to look at everything - not just on the track, but off it as well.

They have to look at their nutrition and hydration, and to make sure they are sleeping correctly and are getting enough sleep to help the body recover.

All the little things make a huge difference, even if they seem like they don't or don't seem worth the effort. Just that one little thing can make the difference between winning and coming 8th.

So, til next time, keep chasing your dream as I continue the search around the world for the Dream Roll.

**In Australia and USA**

# The Dream Roll blog 2 part 1

Blog 2 March Madness.

March is always a busy time for Australian athletes and this year is no exception, which is strange because this is a post -Paralympic year where things are meant to be a little bit quieter, but sport has changed.

Due to racing in an international sport, Australian track athletes have two seasons. We have to race well during our summer to get the funding or team selection to be able to race internationally during our winter, in the lead up to major international events.

March started with a full calendar of four weekends straight, starting with two days at Victorian state championships.

Week two was a short trip to Sydney on Saturday afternoon for an 8pm 800m race at the Sydney track classic, followed by a 6am flight departure back to Melbourne in the attempt to make the start line for a 10km road race at 9am.

Week three saw a four day flying visit to the USA for the LA Marathon, which saw me arrive Thursday, racing Sunday morning, with a late Sunday night flight back home.

Week four saw a 14km fun run in Melbourne.

Life of an athlete! When things are busy they are super busy, but it's a great life and so many great opportunities that I wouldn't swap for anything.

**In Australia and USA**

# **The Dream Roll**

Welcome to the 1st instalment of the Dream Roll.

I am Richard Colman current World and Paralympic Champion in the 800m.

During my regular instalments of the Dream Roll I will be sharing some of my life experiences, stories and things I have learnt along the way. I will be sharing with you what is currently happening in my life and some crazy stories from my travels and challenges around the world in my wheelchair.

The Dream Roll is not just about my sporting results, but will be about travelling to various destinations I'm competing in and exploring these wonderful places in a wheelchair, with hopefully not too many challenging times.

I will try and make the blog as informative as possible about what it's like being an elite athlete travelling the world in a wheelchair and I hope it helps other people in their own search to achieve their dream, whatever that may be. Over the coming instalments of the Dream Roll I will give you a little bit more detail on who I am, what I have done and what I dream to do.

So enjoy and look out for the next instalment coming soon.

**In Australia**

## About Author

### Richard Colman

World and Paralympic Champion Wheelchair track athlete. Lover of all sport and traveling to new and wonderful countries. Mentor of new and developing athletes. Searching the world for the dream roll.

#### Why is the website called [bytestories.com](https://bytestories.com)?

This is a place for "byte-sized" stories and there is a 1500 character (about 250 words) limit for two main reasons. Firstly, we want you to know that "War and Peace" isn't required to leave your mark. Secondly, it takes about 2 minutes to read each story meaning you can head here whenever you want a quick (and entertaining) read.

If you would like to share a story or create your own eBook, simply head to [bytestories.com](https://bytestories.com), Register an account and click on the "Share a Story" button.