



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #380

Travis Macy and Mark "Mace" Macy

You may remember Travis Macy from [episode 353](#)— or for the longtime listeners, [episode 52](#). Well, this interview is totally different and even more incredible than our prior conversations.

Travis is a professional endurance athlete and coach, and a finisher of over 130 ultra-endurance events in 17 countries.

He is also the author of "The Ultra Mindset: An Endurance Champion's 8 Core Principles for Success in Business, Sports, and Life."

Travis is back on the Success Through Failure podcast, this time with his father, Mark "Mace" Macy— who is one of the godfathers of endurance racing.

In this interview, the amazing father and son duo talk about their latest book, "A Mile at a Time: A Father and Son's Inspiring Alzheimer's Journey of Love, Adventure, and Hope," and how Mace has chosen to live through his disease and not just let it be a death sentence. Listen to their story now!

Top Quotes From This Episode

Travis:

"If you want to have peak experiences, you've got to take some risk."

"If you're going to go for something big, there is inherently going to be some risk, and therefore you have to be okay with the possibility of not having the outcome that you want."

"We're trying to keep going forward as fast as we can, which you would call a success, but also as slow as we must. And you could think of that as a failure, but you could also think of it as being realistic and still going forward."

Mace:

"I'm not embarrassed to be one of the millions of people suffering from (Alzheimer's). I'm not going to hide from it. And I'm going to share our story with anyone who wants to listen. Pam, my son Travis, my daughters Caitlin, and Donna and I will dedicate ourselves to fighting this horrible disease that kills people all over the world. I'm going to share our story with anyone who wants to listen." (from Mace's first journal entry)

Show Notes

This episode touches on the following key topics and ideas:

- **Then and now (4:37):** What it was like to be an adventure sports athlete in the '80s.
- **It runs in the family (7:24):** 7 members of Mace's family are Leadville Trail 100-finisher.
- **Not slowing down soon (8:38):** Mace on why he continues to do ultra and adventure running.
- **The not-so-fun parts (10:24):** Travis on the challenges runners face.
- **Making it all work (13:08):** How Mace found the balance to meet the needs of his family and racing.
 - **(14:00):** Travis's POV on growing up with a lawyer-athlete father.
- **The devastating news (15:04):** Travis and Mace recall the time they learned of the latter's Alzheimer's diagnosis.
- **Day 1: October 16, 2018 (17:23):** Mace on journaling his experience with Alzheimer's.
 - **(18:38)** Mace's first journal entry
 - **(21:53)** Tools that helped the Macys deal with Mace's disease.
- **The World's Toughest Race (22:53):** Travis and Mace relive their "Eco-Challenge Fiji" journey.
- **"Sh*t happens." (27:55):** How Travis and Mace deal with failures.
- **The day-to-day process (32:56):** Macy's current daily routine.

List of Resources Mentioned in the Episode

Travis and Mace's book, "[A Mile at a Time: A Father and Son's Inspiring Alzheimer's Journey of Love, Adventure, and Hope](#)"

Marshall Ulrich's book, "[Running on Empty: An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America](#)"

Watch:

["World's Toughest Race: Eco-Challenge Fiji"](#)

["Survivor"](#)

["The Apprentice"](#)

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Other Episodes Referenced

[#353 A Masterclass on Risk-Reward with Certified Badass, Father, Husband, and Champion Endurance Athlete Travis Macy](#)

[#52 Travis Macy, Author of The Ultra Mindset, Talks Success in Business, Sports and Life](#)

Guest Website and Social

Travis Macy

[Website](#) | [Instagram](#) | [Twitter](#) | [Facebook](#)

Mark "Mace" Macy

[Instagram](#)