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## “Taking the time for the time of your life”

Pat Sherwood sets off on a 16-country motorcycle tour and discovers the secret to finding spare time.

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By Pat Sherwood

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All photos: Staff/CrossFit Journal

They say that time is money. They also say that money is power. If that's the case, then by my reckoning, time equals power. I'm actually talking about what you need to live the life you dream about. As I write this, Ian Wittenber and I are on day 30 of a 100-day motorcycle odyssey through 16 countries. The purpose is to explore the CrossFit community in Latin America while having the kickass adventure of a lifetime.

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*"There was nowhere to go but everywhere, so just keep on rolling under the stars." —Jack Kerouac, On the Road*

As it turns out, having a mud-splattered motorcycle fully loaded with cases and waterproof bags is one hell of a conversation starter. Someone walks over to chat at every gas station we pull into, every place we stop to eat, every border crossing, in fact, any time we are parked. The questions are similar: What kind of bikes are those? How do you like them? Where are you guys coming from? Where are heading? The first three answers are met with mild interest but the final one leaves them stunned.

"We are riding to Chile in South America."

There is usually a pause while my response is processed. After I assure them I'm not kidding, they ask how long it will take. "About 100 days," I say. The look of shock upon learning we're riding to South America is suddenly intensified when they hear the duration. People cannot believe we are spending 100 days on the road. And they always respond with the same thing: "Wow, I always wanted to do something like that, but I just don't have the time."

This common reply has hit me harder than anything else.

Many people have a long list of things they would truly love to do, places they want to see, and rich experiences they hope to capture. From my findings it's not money that prevents these bucket-list items from becoming reality. Most things can be accomplished for a very reasonable amount of money just so long as some sacrifices are made.

The desire is there, the funds are there, and one simple little thing is preventing dreams from coming true: Time.

I'm not going to act like I have the magic solution to getting you the time you need to do the things you want in this world. However, I can tell you that there will never be the "perfect" time for the adventure of a lifetime.

I've been told by my friends with children that there is no perfect time to have kids. You just have them and find a way to make it work. I think that theory holds true for the bucket-list items that people think they will get to "one day when I have the time".

Spoiler alert, you will never have the time. You have to take it. Now go dust off that list of things you always wanted to do and knock out the first one. Make it happen.



#### **About the Author**

*Pat Sherwood is a CrossFit Media project manager as well as a flowmaster. He's done approximately 200 seminars all around the globe for CrossFit HQ and competed in the 2009 CrossFit Games. He hates HSPU and loves ice cream.*