

ARE YOU A RHINO?

Rhino character traits are listed below. Give yourself 1 point for every box checked.

- 1) Thick skin- Rhinos thrive in adversity and other people's opinions don't stop them from chasing their dreams.
- 2) Vision- Rhinos have goals and think big. "Go big or go home" is a famous Rhino quote.
- 3) Courage- Rhinos don't let fears stop them from charging ahead.
- 4) Perseverance- Rhinos can go the distance. They view temporary setbacks as just that ...TEMPORARY.
- 5) Attitude- Rhinos have confidence and believe in their abilities.

If you scored 5 points or more congrats. You're a real rhino. The world is your oyster.

3 points or more- You're almost there! Keep charging ahead.

Less than 2 points- The jungle is still a dangerous place for people like you. Find some rhinos and learn from them.



ROB SPILOTRAS

RHINO REPORT



A diamond was once a piece of dark coal that did well under pressure. If you really want to shine bright, you have to challenge yourself and take chances in life. Rhinos take chances. You tell a rhino he or she can't climb that tree over there and guess what...now you have a rhino sitting in a tree. Rhinos like to push boundaries and redefine what's possible. Throughout history, it's the rhinos among us who have blazed the trail for others. Natural leaders, they eat rejection for breakfast and keep charging and before the day is over, they've made a statement to

themselves and others about what's really possible when you apply yourself 100%. Some rhinos become famous and etch their names in the history books. Teddy Roosevelt, Amelia Earhart, Muhammad Ali, Steve Jobs... All Rhinos.

I set out to find a local rhino to highlight in this first edition of Rockland Body. Rob Spilotras came to mind. Built like a rugby player, you wouldn't peg him to be a long distance runner. But you would be mistaken because Rob is a rhino and of course you remember what we just said about rhinos. While most of us are still in bed, Rob is at the gym at 4:30 AM training for his next mission. It might be a 150-mile bike ride or 100-mile trail run through the mountains. He's done both. In Rob's words.... "The more I run, the better I feel and the more energy I have."

One day Rob hopes to complete the Badwater Ultra marathon, also known as, "The world's toughest foot race". It's 135 miles through Death Valley in the Summertime, where temperatures often exceed 115 degrees. That sounds truly punishing. But rhinos have thick skin and thrive on adversity. Real rhinos know without struggle there can be no growth- physically or emotionally.

Rain, wind, extreme heat or cold.... Nothing stops a rhino that's charging.

Rob's built up quite a resume of extreme endurance events including:
50-mile run in Florida
30-mile trail run through Bear Mtn.
150-mile bike ride
Over a dozen marathons and back to back marathons.
Peaks Ultra Run in Vermont- A 200 mile run featuring 15,000 feet of elevation and only 72 hrs to finish.
A few years ago, Rob wanted to raise money for a local charity so he ran 24 hours straight on a treadmill at local gym. He clocked 101 miles that day.

Even for a rhino, these accomplishments are not possible without dedication, passion, sacrifice and willpower. And of course balance that with the rest of your life. In Rob's case, running a successful painting business, a supportive wife and 3 children.

GO RHINO!

RHINOS

WANTED!

Do you know any rhinos?

Send your story to

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