



UK EDITION
MAY 2020, £3.50

THE RED

SUBSCRIBE: GETREDBULLETIN.COM

BULLETIN

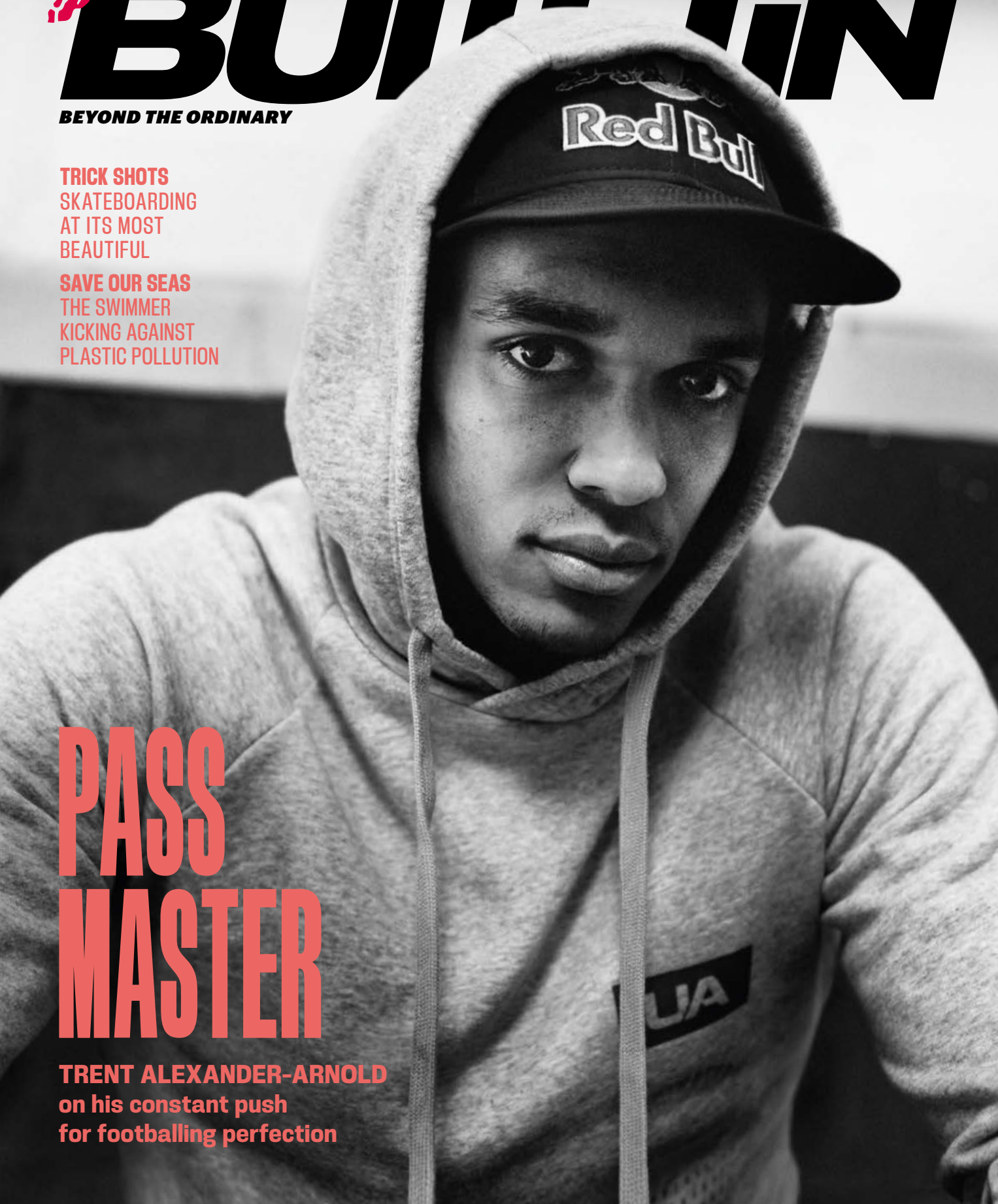
BEYOND THE ORDINARY

TRICK SHOTS
SKATEBOARDING
AT ITS MOST
BEAUTIFUL

SAVE OUR SEAS
THE SWIMMER
KICKING AGAINST
PLASTIC POLLUTION

PASS MASTER

TRENT ALEXANDER-ARNOLD
on his constant push
for footballing perfection





MANY PATHS. ONE TRAIL.

MERRELL®



MQM FLEX 2

MERRELL.COM | @MERRELLEU



TRAVEL AT THE

SPEED OF

side ↗





←
SID SL



NEW
THE SID FAMILY

The world's most winningest XC fork is charging back to the podium with new capabilities and two superfast new siblings. The SID family has something for every XC rider. Whatever the course, there's a SID to get you there.

ROCKSHOX.COM



←
SID LUXE

AIMING HIGH

It's a question all of us will face on some level: do you stick to the safe option, or chase an unlikely dream? In this issue, we meet people who have opted for the latter and found success even they couldn't have imagined. Our cover star, football phenom **Trent Alexander-Arnold** (page 32), made the transition from superfan to superstar in just a few years, and is now – thanks to his uncanny ability to think ahead on the pitch – set to become a legend of the game. Then there's street dancer **Angyil** (page 58), who went from her backyard in Kansas – where her sisters mocked her lack of coordination – to becoming a hip-hop dance pro who travels the world. And 52-year-old architect **Ben Lecomte** (page 40) tells us why he ditched his day job and swam 626km through a vortex of rubbish to gather data and raise awareness of the damage we're doing to our oceans. Plus, we speak to playwright **Theresa Ikoko** (page 26) about transferring her authentic stories to the big screen, and we witness skateboarding in its most beautiful form, courtesy of photographer **French Fred** (page 48). We hope you enjoy the issue.



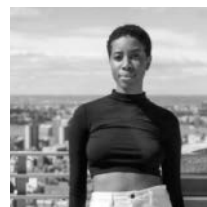
Photographer Olivia Rose's camera loved Trent Alexander-Arnold, even if he did think it was a museum piece. [Page 32](#)

CONTRIBUTORS THIS ISSUE



OLIVIA ROSE

The award-winning British photographer has a strictly analogue approach, whether shooting high fashion or the urban music scene. Rose shot Trent Alexander-Arnold in Liverpool for our cover feature. "Trent has a million-dollar smile that puts you in a good mood," she reports. "He even smiles when there's a full-on storm and you ask him to sit in just a T-shirt." [Page 32](#)



LAKIN STARLING

The Brooklyn-based writer travelled to Kansas City to interview champion street dancer Angela 'Angyil' McNeal. "It was my first time in the city, and it was a real honour to see some of its original neighbourhoods with Angyil," says Starling, who has written for *Esquire* and *The Fader* among other titles. "I felt lucky to share space with such a gifted and warm-hearted being." [Page 58](#)



ARCADÉ

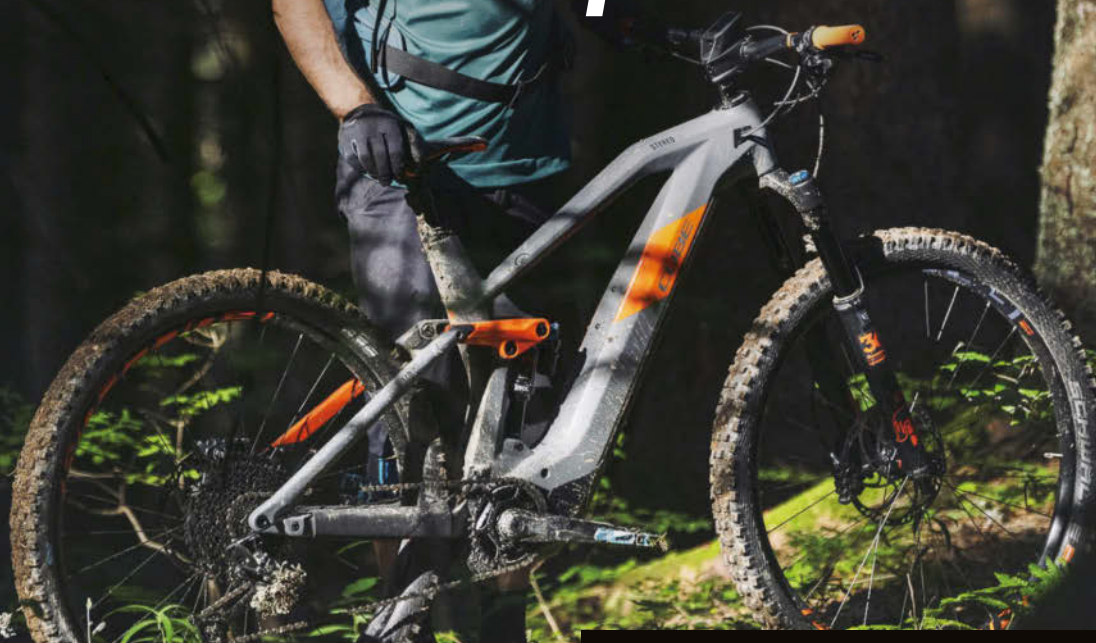
Tom Asta - "It's the most comfortable belt."

Arcade was founded on the belief that belts could be designed to function better, last longer and be more comfortable. Developed from the ground up with materials that are built to go everywhere and anywhere, each Arcade belt provides a custom fit, sturdy hold and the right amount of flexibility to move with you.

www.arcadebelts.eu



FOR us #explorers



STEREO HYBRID

140



STEREO HYBRID 140 HPC
ACTIONTEAM 625 29



STEREO HYBRID 140
HPC TM 625 29



STEREO HYBRID 140
HPC SLT 625 29

120, 140 or 160? There's a full suspension e-bike for everyone in our Stereo range. Each boasts an optimised chassis, geometry and components, so all you have to do is choose the one that matches your preferred type and style of riding! Decisions, decisions...

**TO LOCATE YOUR NEAREST CUBE DEALER,
PLEASE VISIT: [CUBE.EU/DEALER-SEARCH](https://cube.eu/dealer-search)**

 CUBEBIKESUK  CUBEBIKESUK  CUBEBIKESUK



CONTENTS

May 2020

- 10** Scale and Polish: climbing the dramatic Jura near Kraków
- 12** Excuse me, deer: it's bike vs elk on a Canadian forest trail
- 14** Massive blow: kitesurfing a tidal rock pool in Cape Town
- 17** Heart beats: La Roux singer Elly Jackson talks us through her break-up playlist
- 18** Air change: diving innovation Exolung – lighter, more portable and cooler than scuba
- 20** Flowered up: the cruelty-free, environmentally-friendly puffer jacket with petal power
- 22** Five-billion-star hotel: NASA's Philippe Starck-designed stopover for space tourists
- 24** Go your own way: Mongol Rally – the intercontinental car race with no route and no assistance

26 Theresa Ikoko

Giving young black women a voice on stage and screen

28 Rob Pope

Superhuman thinking from the real-life Forrest Gump

30 Deb Never

The shy bedroom musician who made a break for the sunshine

32 Trent Alexander-Arnold

One boy's journey from fledgling footballer to hometown hero

40 Ben Lecomte

The man who swam through plastic waste to save the world

48 Skateboarding

A spectacular skater's-eye view of the urban playground

58 Angyil

Promoting social change through the power of street dance



Trawl order: Ben Lecomte collects 'souvenirs' from the Great Pacific Garbage Patch

67 ÖTILLÖ Swimrun: the Swedish race that's part endurance challenge, part island-hopping tour

72 It may look like twin sleeping bags for your legs, but the NormaTec Pulse Pro 2.0 provides cutting-edge rehab for fatigued muscles

73 The snowboard that doesn't need the white stuff; truly waterproof jackets; and the reinvention of a watchmaking game-changer

78 Unreasonable doubt: the adventurer who programmed his mind to break records

80 Don't stop till you get enough: exploring the psychology of endless runner games

81 Keeping pace: Under Armour's new smart trainers help runners beat the battle of the 'bonk'

84 Fully loaded: bikepack like a boss with our edit of all the essential kit for a two-wheel adventure

94 Essential dates for your calendar

98 Splash drive: thrill and spills at the WRC Rally Guanajuato México





MIRÓW, POLAND

Rock star

Located in the south of the country, the Polish Jura is a limestone playground for sports climbers who can choose from thousands of routes leading into deep forest, surrounded by medieval castles in various states of repair. For photographer Piotrek Deska, who grew up on the northern edge of the area, climbing the Jura was almost a rite of passage. But it was a pure landscape image he'd intended to capture on camera – this lone climber ascended the Turnia Kukuczki crag (named after legendary Polish alpinist Jerzy Kukuczka) at exactly the right moment to add some action.

Instagram: @piotrek_deska



JASPER, CANADA

Nature of the beast

No matter how hard a biker might train to dominate on testing terrains – to increase their stamina and beat rivals – there are some obstacles even the best rider can't overcome. While documenting Jasper National Park's thriving trail-riding scene, Canadian photographer Bruno Long and his friends encountered this majestic elk on a well-worn route. They had no choice but to wait for him to slowly wander back into the woods. "After our ride, we spoke to a friend who works for the park, and when we told him about our encounter he laughed and exclaimed, 'Oh, you met Randy! He's the king around these parts.'"

Instagram: @eye_b_long



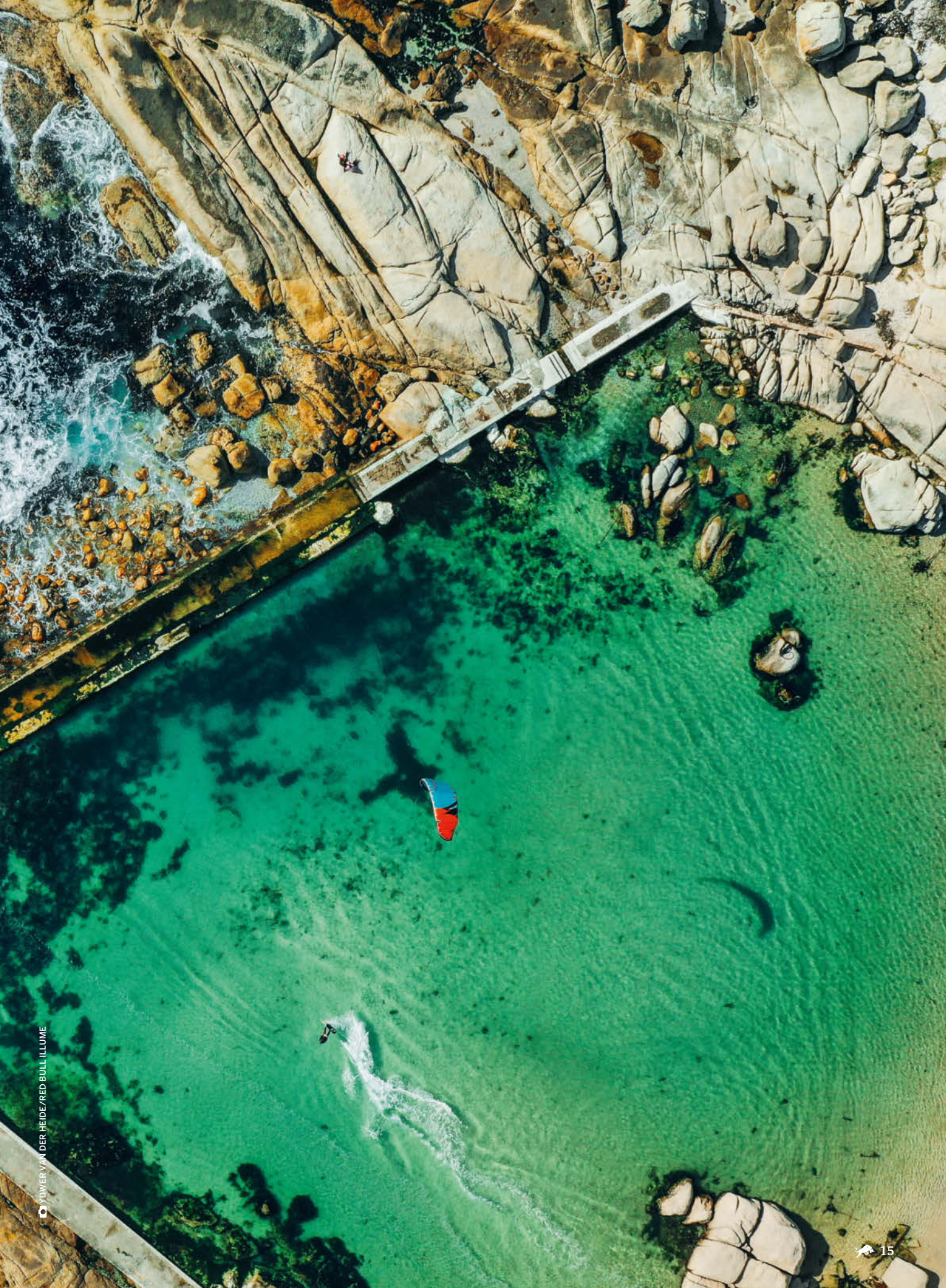
An aerial photograph of a rugged coastline. Dark, turbulent waves are crashing against a series of large, dark rocks. The water is a deep, dark blue-black, with white foam from the breaking waves creating a stark contrast. The rocks are dark and jagged, with some patches of lighter, yellowish-brown material. The overall scene is dynamic and powerful, capturing the raw energy of the ocean.

**CAPE TOWN,
SOUTH AFRICA**

Sea change

In summer, Cape Town attracts kitesurfers from around the world, all keen to take advantage of the area's ideal mix of wind and waves. Having witnessed the scene for many years, Dutch photographer Ydwer van der Heide was eager to find a fresh perspective with the help of fellow countryman and kitesurfer Kevin Langeree. His search turned up this tidal rock pool just outside the city, shielded from the waves that batter the surrounding boulders – the perfect place to escape the crowds.

Instagram: @ydwer





CANYON

ON

SPECTRAL:ON

With its plush suspension and 150 mm of travel, the new Spectral:ON e-MTB exists to crush technical descents and nail fast turns. We could tell you all about the new carbon frame, fully-integrated battery, and modern, agile geometry. But to truly get it, you need to try it yourself. Test the Spectral:ON at selected events this spring. We'll let the bike do the talking.
canyon.com

LA ROUX

Listen to your heart

Singer Elly Jackson has overcome personal and professional strife to make a blazing comeback. Here's her heartbreak playlist

Eleven years ago, La Roux ruled the airwaves with synth-pop hits including *Bulletproof* or *In It For The Kill*. But then London-born singer Elly Jackson's life took a series of unexpected turns including near-bankruptcy, a split with songwriting partner Ben Langmaid and then her record label, and relationship problems that piled on mental stresses and left her unable to make music. Now, she's making a comeback with a new (third) La Roux album, *Supervision* – a “soundtrack to an optimistic future” – which provided a source of creative therapy for Jackson following those dark days. And when coping with heartache, these are her go-to songs...

Supervision is out now; laroux.co.uk



Ken Boothe
Set Me Free (1968)

"I love every version of this song [better known as *You Keep Me Hangin' On*]. It's been covered so many times, including the [1986] one by Kim Wilde. But I love reggae, and this is a really good reggae cover of it. Obviously it's called *Set Me Free*, so I think it's fitting if you're trying to get over someone. Have I tried that myself? Yeah, loads of times."



Carly Simon
Why (1982)

"This song is much better than [Simon's 1972 hit] *You're So Vain*. I've never felt that negative about the people I'm trying to get over. I'm like, 'I love you. How do I stop thinking about you?' But never, 'Fuck you, bitch!' It's more like, 'I think about you all the time, and now I'm thinking of songs that make me think about you even more.' I usually end up with this one."



Depeche Mode
New Life (1981)

"This is a good one if you're trying to move past that feeling. I wish it was on my album. Fucking great song. Depeche Mode were the main inspiration on my first album [2009's *La Roux*]. Without [their 1981 debut] *Speak & Spell*, I don't know if there'd be La Roux in the same way. And I still love that record. I think it's incredible, so uplifting."



Gerry Rafferty
Right Down The Line (1978)

"My favourite song of all time. It's such a shame people only know [Rafferty's 1978 hit] *Baker Street*. They're like, 'It's on the radio all the time, and it's annoying because there's that fucking saxophone solo again and again.' But there's so much more to him. Songs like these are my best friends – they've helped me through so many difficult times."



Breath of fresh air: weighing only 3.5kg and with a pack size of just 40x30x20cm, the Exolung provides a very portable and low-maintenance alternative to the cumbersome tanks of compressed air used in scuba diving

as a student of product design, I began to think more seriously about the concept; a simple but sophisticated low-tech underwater breathing device."

Instead of the conventional tank of compressed air, Exolung employs body motion – in this case, the diver's leg kicks – to draw air from the water's surface, along a 5m hose and into an air bell strapped to the diver's stomach. The collapsible diaphragm inside allows the diver to safely inhale and exhale the air. Compact and lightweight, the Exolung also offers additional safety thanks to its connection to a surface buoy, and only requires limited training compared with scuba.

"I see three types of groups that will use Exolung," says Tragatschnig, whose invention is now in the final prototyping stage. "Snorkellers who want to go a step further without the bulk of scuba; water lovers who see it as an weightless exercise device; and those who have need for its utility applications, such as boat and pool servicers, underwater scientists, and treasure hunters with metal detectors."

The attached air hose may limit the depths that its users can achieve, but Tragatschnig says this more relaxed approach to diving is in keeping with the philosophy of the product. "The Exolung is an much easier alternative to scuba: portable; doesn't require any recharge or refill," he says. "It represents an attitude of sophisticated low-tech minimalism." exolung.com

EXOLUNG

Deep thinking

Ever dreamt you could breathe underwater? One man did, then made it reality

Former US President George W Bush once said he believed humans and fish could coexist peacefully. But it took Austrian engineer Jörg Tragatschnig to turn that vision into reality. The Exolung is a new piece of diving equipment that acts as a pair of artificial external lungs, allowing divers to breathe undisturbed for as long as they need, without the burden of limited-duration diving tanks.

"Exolung was born from a childhood dream of mine," says Tragatschnig. "Then later,





Back to our routes.



Photos: William Woodward



Alpha 60 Jacket

PERTEX®

POLARTEC®
ALPHA®

Summer climbing requires versatile insulation that performs in unpredictable weather without slowing you down—and the lightweight Alpha 60 Jacket with 4-way stretch delivers. Engineered to be incredibly air permeable, Pertex® Quantum Air fabric strikes the sought-after balance of wind resistance and breathability so you can regulate your body heat and stay comfortable.

Its durable water-repellent (DWR) finish adds extra protection against light rain, and the lightest 60 gram version of Polartec® Alpha® insulation keeps your temperature just right whether you're on the move or stopped at the summit taking in the view. Zippered handwarmer pockets and a zippered chest pocket provide key storage.

More information on www.marmot.eu



Winter flora: the FLWRDWN padded jacket will keep you cosy and salve your conscience. And no, it doesn't require watering

PANGAIA

Blooming genius

Meet the company making amends for fashion's ethical failures, starting with a gift of flowers

Winter may be behind us, but that's not the only reason to pack away your puffer jacket, especially if it's filled with goose or duck down. These fluffy feathers have been used for centuries by humans as an effective source of insulation – as well as by birds, of course, and some dinosaurs for around 150 million years – but as awareness grows that a large amount of down is plucked from live animals, leaving painful open wounds, clothing brands are seeking a kinder solution to keeping us warm. At the cutting edge of this movement is Pangaia.

Describing itself as a 'materials science' company,

Pangaia's greatest innovation comes in the form of its own in-house textiles R&D lab, as well as its partnerships with ethically minded designers. What the brand produces is 100 per cent vegan clothing, right down to the stitching and the zippers. "All our fabrics are plant-based or lab-grown – no skins, hair, feathers, fur, leather, wool or silk," states its mission policy. Instead, Pangaia utilises natural dyes and seaweed fibres. And for the filling in its puffer jackets? Wild flowers.

This unique form of 'down' is created by combining the shredded petals of flowers with a biopolymer made from

vegetable waste and an environmentally friendly, low-density aerogel that took Pangaia's scientific partners 10 years to develop. The result is breathable and hypoallergenic with thermal properties and a hand feel that, according to the company, is comparable to or better than high-quality down.

Pangaia believes that if it can get support for these radical processes, there's the potential to change the entire fashion industry, and the brand is drawing interest from the right people: Carmen Busquets, a co-founder investor of online fashion retailer Net-A-Porter, and actor Jaden Smith are among those with a stake in the business.

For the consumer, this ethical choice comes at a price: the cheapest FLWRDWN jacket will set you back around £430. However, the cost of ignoring this kind of progressive thinking could, in the long run, be altogether greater. thepangaia.com



Moterra

Boundless.

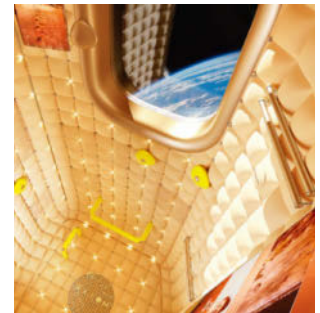


FEATURED BIKE: MOTERRA SE



cannondale

Know no limits. Moterra, Cannondale's biggest-travel, most all-mountain capable e-mtb. Climb everything, descend whatever, ride further, ride faster... and have more fun everywhere. The shackles are off, go ride the unrideable – again and again. cannondale.com



Orbiting œuf: the module's padded, LED-lit, 'egg-like' interior

ISS' docking ports. The 'Axiom Segment' will incorporate a microgravity research and manufacturing environment, a 360° domed observatory with spectacular views of Earth, and a habitation module. It's in the latter that Starck's aesthetic credentials come into play. The interior, padded in a suede-like material, is described as "a nest, a friendly and comfortable egg [with] materials and colours stemmed from a foetal universe". And nano-LEDs line the walls, changing colour to match views of Earth as the ISS moves through 16 sunrises and sunsets each day.

"I'm thrilled to play a part in this project – space is the intelligence of the future," says Starck. Future being the operative word – the first module won't be open until 2024. When the habitation module is in place, it'll play host to only those who can afford the commercial spaceflight on the likes of SpaceX's Crew Dragon (around £42.5m) or Boeing's CST-100 Starliner (almost £70m). And when the ISS is decommissioned in 2028, the Axiom Segment will detach and continue to operate as a free-flying space station.

"Our goal is to advance the state of humanity and human knowledge," says Axiom co-founder and executive chairman Dr Kam Ghaffarian. "To mark a shift in our society similar to that which astronauts undergo when they see the planet from above." axiomspace.com

AXIOM SPACE

Room with a view

Take a trip around the world – 16 times a day. Welcome to NASA's new hotel

French designer Philippe Starck has helmed some prestigious projects – the interior of French president François Mitterrand's private apartment at the Élysée Palace in the early '80s, for example, or the architecture of Steve Job's yacht *Venus* – but none has been as out of this world as his latest: a 'hotel' attached to the International Space Station.

As part of a drive to privatise the ageing ISS, NASA has chosen Houston start-up Axiom Space to develop three modules that will attach to one of the



The vista from the Axiom Segment: if you like a sea view, you're in luck

MADE FROM CARBON MADE FOR FUN



RIDER: NIKKI WHILES • PHOTOGRAPHER: ANDY LLOYD

- FULL UNIDIRECTIONAL CARBON FRONT TRIANGLE
- FAST ROLLING 29" WHEELS
- 130MM / 125MM MULTITRAC SUSPENSION
- 65.5° HTA / 76° STA
- TWO BUILD LEVELS



RIFT ZONE CARBON



LEARN MORE [MARINBIKES.COM](https://www.marinbikes.com)



The Little Missadventurists' five-point guide to tackling the Mongol Rally...

1. Learn as much as you can about car repair before leaving
It's nice to know why your car is making that weird sound or isn't starting.
2. Do your research in advance, but don't plan too much
The moment you begin, your plans will go out the window anyway.
3. The food is terrible – take as much as you can with you
We loaded up plenty of tins of tuna and packets of rice and pasta.
4. Keep an open mind
You're already on a crazy road trip, so allow yourself to do things that are a little unexpected.
5. Take a lot of baby wipes
You'll go through them fast. There will be days on end when you can't shower.

littlemissadventurists.com;
theadventurists.com

TAKE 5

Running on fumes

Mongol Rally racer Alicia Schneider on how to survive the world's craziest road trip

The Mongol Rally is not your usual race. Billed as “motoring stupidity on a global scale”, this intercontinental car rally starts in Europe – this year Hampshire in England, but formerly in the Czech Republic – and ends in Ulan-Ude in east Siberia, but has no set route and no trackside assistance. What's more, the teams have only one goal: to complete it in less than two months; and they can only enter with what the organisers describe as “really rubbish cars” of up to 1000cc, all but guaranteeing they'll break down at least once.

Last year, Alicia Schneider, Racheli Aye and Anida Korn of the Tel Aviv-based Little Missadventurists team took on

the 10,000-mile (16,000km) drive, travelling in a battered Fiat Panda. “We bought the car in Israel and had to ship it to Europe,” says Schneider. “We took it to a mechanic every weekend leading up to the rally and tried to learn as much as we could about fixing cars.”

Teams sign up with one car and journey independently, but joining up with other drivers for sections of the ride is a Mongol Rally tradition. “The first couple of nights in the mountains, we had big convoys of around 10 cars camping together,” says Schneider. “We had a big fire going and cooked food; people brought loads of alcohol.

“People mistakenly think it's a race and you have to finish

there quickly, but that's the opposite of what [the rally's organisers] want. You're in these beautiful mountain ranges in some of the most remote parts of the world with these junk cars. You have to take a moment and go, ‘Wow, this is incredible.’”





GENERATIONS OF TRADING
SHOWERS FOR STORIES.



WHAT ARE YOU BUILDING FOR?

150 years of engineering progress. Check it out at [BFGoodrichTires.com/150Years](https://www.BFGoodrichTires.com/150Years).

Sister act

For her debut screenplay, the young British playwright found inspiration in real friendship and her own sibling

Words LOU BOYD Photography FLORA HANJITO

Theresa Ikoko had no ambition to become a famous playwright. Growing up on an estate in Hackney, east London, with her Nigerian mother and eight siblings, she wrote poems and prose in her spare time, but never seriously entertained the idea of turning it into a profession. Then one of her friends secretly submitted her writing to the prestigious Talawa Theatre Company and all that changed. Her first full-length play, *Normal*, was produced as a staged reading in 2014, leading to a second, 2015's *Girls*, which toured the UK the following year and was described by *The Times* as "scorchingly intelligent and as powerful as a gut punch". It earned her the Alfred Fagon Award for Best New Play of 2015 and the George Devine Award for Most Promising Playwright in 2016.

Ikoko has now co-written her debut film, with TV writer Claire Wilson. *Rocks* tells the story of Shola, aka Rocks, a teenager (played by 16-year-old newcomer Bukky Bakray) whose mother suddenly abandons her and her younger brother. Detailing the following week in Rocks' life as she leaves her home and evades the authorities around London with the help of her female friends, it's a powerful fable about the fortitude and adaptability of young people, and of sisterhood – something Ikoko has drawn from her own adolescence.

The playwright is also interested in the experiences of other young women. *Rocks* was written in collaboration with real teenagers by conducting storytelling workshops at local youth clubs and schools and casting the main roles from the

girls they met. "What was important for us was showing that these stories are bigger than what we see at the bus stops, in the estates on swings, or even usually portrayed on screen," says Ikoko. "These young lives that we sometimes see as nuisances are actually a lot bigger than that."

THE RED BULLETIN: How did the feature film come about?

THERESA IKOKO: Faye Ward and Sarah Gavron [the film's producer and director] wanted to do something with young women in London, but weren't sure what. I'd written *Girls* [about three girls abducted by terrorists in West Africa], which Faye saw. We're both from parts of London that you don't normally see in this industry and we met up and connected. We spoke about our passion for young people, for community, for disenfranchised youth. It started from there.

Did you always know the story that you wanted to tell?

I still saw writing as a hobby. I didn't understand how it could be put into action within this industry until I met Lucy Pardee, the casting director. She was passionate about bringing these women together, giving them a voice and telling their stories in a representative way. We'd sit at the back of classes, go to youth clubs, participate in their dances. What we started to see was that friendship was the biggest defining factor.

Was it always the plan not to use trained actors?

We didn't know that we were going to end up making a film that starred these girls. We just knew that we wanted to work with real girls who had a lot to say, but who weren't sure how or where to say it. What

happened was that they formed the most contagious, electric friendship. We thought, "This is what we want to put on screen." Once the friendship was there, it seemed natural to say to them, "Do you want to be the ones who tell this story?"

You've said that you wrote the main character, Rocks, in honour of your older sister...

I wanted to write a love letter to my sister and the many young black women like her who are forced to be adults by society and by circumstance – to grow up a lot faster than they should have to. Beneath all their maturity and perceived hardness and survival instincts are these wells of absolute generosity, joy and love for those privileged enough to know them. Rocks was a thank you; a message to say "I see you" to my sister and to the many girls like her.

Do you think the film's messages about friendship are universal?

There's a lot of discussion about the relatability that mainstream audiences have to young black people. I grew up watching *One Foot in the Grave*, and *Last of the Summer Wine* was my favourite show – a comedy about really old white people from parts of the world I had never seen. I never really understood the idea that these people who I loved to watch would not like to watch me.

What has the response been like?

It's reaffirmed what I knew. We did an afternoon screening in Toronto to predominantly quite old, white people and there were the same tears and laughter and joy. People were saying, "This was me when I was younger. I understood the joy, the love, the friendship. I still have a group of girlfriends from 60 years ago and it reminded me of them." There's a willingness in all humans to connect and to love and show compassion for each other.

Rocks is in cinemas nationwide
now; rocks.film

**"There's a
willingness in
all humans
to connect
and to love"**



Hit the ground running

The host of a new podcast on extraordinary people has a phenomenal tale of his own

Words TOM GUISE Photography SIMON LAPISH

In 2016, 38-year-old British emergency veterinarian Rob Pope decided to go for a run – across America. When he'd get to an ocean he'd turn around and keep going, back and forth across the country. If this sounds familiar, it's because you've probably seen it in the film *Forrest Gump*, and during his journey Pope became the living embodiment of the Tom Hanks character: long scraggly beard, Bubba Gump's baseball hat and all. By the time he finished, 422 days later, he'd crossed the United States more than four times, covering a distance in excess of 25,000km – the equivalent of 600 marathons – and become the first person to trace the whole Gump route.

Forrest ran "for no particular reason"; Pope had a stronger motivation – "To honour my mum," he says. "She said to do one thing in my life that made a difference. It was only in the planning that I realised this could be that thing." He raised £38,000 for the charities Peace Direct and the World Wildlife Fund. On the finish line, he proposed to his girlfriend.

Now, Pope has a fresh pursuit: chasing other exceptional achievers to discover what drives them, for Red Bull's *How to be a Superhuman* podcast. "It was incredibly motivating," he says. "Some might listen to these stories – maybe mine as well – and, whatever difficulties

they're facing, think, 'These people were up against incredible adversity and, even if it didn't go as planned, they're still all right.' It gives me optimism that we're all superhuman."

THE RED BULLETIN: Tell us about some of these superhumans...

ROB POPE: They're athletes, but not the regular kind. There's Yusra Mardini [the 22-year-old who fled Syria in 2015 and joined the Refugee Olympic Athlete Team in Rio in 2016]. She had RPGs landing in the swimming pool she was training in, and she helped her sister drag a boat of refugees from the Aegean Sea. Then there's triathlete Tim Don who, after breaking his neck [in 2017], wore a halo screwed into his skull to help fuse his spine before returning to Ironman. Mark Beaumont cycled around the world in 80 days, and runner Jasmin Paris was still breastfeeding when [in 2019] she took 12 hours off the men's record at the Spine Race [a 431km ultramarathon along the UK's Pennine Way]. People say I fit in [among them]. I don't. I'm just interviewing these guys.

But you endured a lot. How far did you run each day?

I was averaging 37 miles [59km] a day. Crossing Wyoming, there was nothing for 40 miles [64km] at a time. Temperatures ranged from 43°C to -18°C. Coldest was Alabama with 60mph [96kph] winds. When I ran through Death Valley – [at times] the hottest place on Earth – it snowed. There were huge emotional spikes. I got chased by a dude who I called out for kicking his dog. When he ran back to his house, I thought he was getting a gun.

It must have wreaked havoc on your body...

The first few blisters were inevitable. Then I got tendinitis in the tibialis anterior muscle in my shin, and in the other leg's Achilles tendon. I tore a quad, got chronic stuff around my glutes and pelvis, and had food poisoning for five days.

Where did you sleep?

My girlfriend was with me in a camper for half of it, but on my own I'd stop at gas stations, churches... I'd go into a bar, have a pint and ask to camp round the back. Almost every time, they'd go, "No, come and stay at ours." There were only a couple of disastrous evenings with nowhere to stay.

What defines a superhuman?

Resolve. They all have this inherent capability, but a lot of the time we put up imaginary obstacles to stop ourselves doing something, maybe so we don't get hurt emotionally or physically. There's also a refusal to accept failure. You get the feeling that if they'd failed, they'd still have been cool with it because they'd done everything they could.

Did you ever feel like quitting?

Every day. I'd wake up and think, "There's no way I can do 40 miles today." Then I'd go, "You did it yesterday, the day before... you'll probably do it today as well. Things will be OK." I got my first big injury only 400 miles [640km] in – I had a full-on breakdown in a gas station because I thought I was done. I went, "OK, what do I need to do? See a physio, find out what's going on. Make whatever adaptations [I need] to continue." If I'd only got to one ocean, I don't think I'd have been upset. Healthy acceptance is the path to success. Just don't take the easy route.

***How to be a Superhuman* is available on Spotify, iTunes and all major podcast platforms**



**"There
were huge
emotional
spikes"**

A place in the sun

The American musician battled shyness and social anxiety while growing up, but these days she's finding her voice through her special brand of melancholic pop

Words GARY MOSKOWITZ Photography JENN KANG

These days, singer-songwriter Deb Never lives in Los Angeles, where she makes music with her “homies” at WeDidIt Collective – a renowned group of beat makers and electronic producers founded by LA native Shlohmo. But the grey skies of her lonely youth in Washington state (in America’s Pacific Northwest – not to be confused with Washington DC) have shaped her dreamy, melancholy music more than the sunshine and palm trees that surround her now.

The daughter of a Korean Presbyterian pastor and a nurse, Deb Never’s music stems from childhood moments: skateboarding beneath a neighbourhood bridge, stealing a guitar from her father’s church, learning to play alone in her bedroom. She borrows elements of ’90s Seattle grunge and hip hop to create an emotional sound that can be heard on her latest, as-yet-untitled EP and seen live this summer when she ventures out of the US to play as support to The 1975 at London’s Finsbury Park.

THE RED BULLETIN: What was it like as a young girl growing up in Spokane, Washington?

DEB NEVER: I was super shy and had social anxiety. When I got older, I would go see shows by myself at this coffee shop and listen to emo music. I remember being locked out of the apartment once when it was cold and rainy. I walked out in these old Converse with holes and duct tape all over them. I had to walk up a huge hill to look for a pay phone, and then I had no choice but to just wander around and experience the world, feeling super isolated. That memory is kind of funny to me now.

When did playing music come into the picture?

I was watching old Nirvana music videos and I thought, “Damn, I wanna play like him [Kurt Cobain].” I started learning by ear and making my own songs – really bad songs – and letting my feelings out. It was more like a secret hobby, alone in my room. When I was 11 years old, I stole the guitar from my dad’s church. One string was missing: the high E string. Then I was playing guitar in bands in Spokane and being shy. It’s fucking scary. I’ve always been self-conscious about how my music sounds.

You started releasing music in 2018. How did that come about?

That year, I made a beat in my room at four in the morning with a piano synth and my guitar. I had to sing really quietly through my iPhone headphones. I played it to a few friends and they were like, “Yo, just release that.” I didn’t put much thought into it. Then I started

meeting friends who had studios, and they would say, “Let’s work,” so I made songs with them. Then I decided I wanted to start my own project, so that became my first EP, *House on Wheels*.

How has being based in Los Angeles affected you?

I was about to stop doing music. I was in Spokane and I was like, “What am I doing? I’m making music in my bedroom. I should go to college.” My friend said I should move out here and do sessions and play guitar, and I said, “Fuck it, what do I have to lose?” So I sold a bunch of shit and moved. I got super lucky to find a good group of friends and a great team. It feels like home. Everyone here has something they want to do, and everyone is moving. Back home, I felt really stagnant.

In an Instagram post late last year, you jokingly declared, “Back by no demand.” But that statement isn’t necessarily true – you played the piano on Instagram recently and got more than 20,000 views...

I’ve always had a nonchalant, fuck-it-if-it-crumbles, nothing-to-lose type of attitude. It’s funny, I’m always surrounded by people now, so my social anxiety kind of disappeared, but when I was 14 I was too shy to even take my jacket off when I walked into class. I couldn’t even order at a McDonald’s drive-through until I was 15 or so.

Considering that, do you like performing live now?

I like performing, which is funny because I hated it the first time. I was so shy, but finally I’ve come around. My live [set] right now is almost like a punk show. I make people get involved, get in people’s faces and move around a lot. I want people to leave my show and be totally surprised.

Deb Never will be supporting The 1975 at Finsbury Park, north London, on July 11; debnever.com



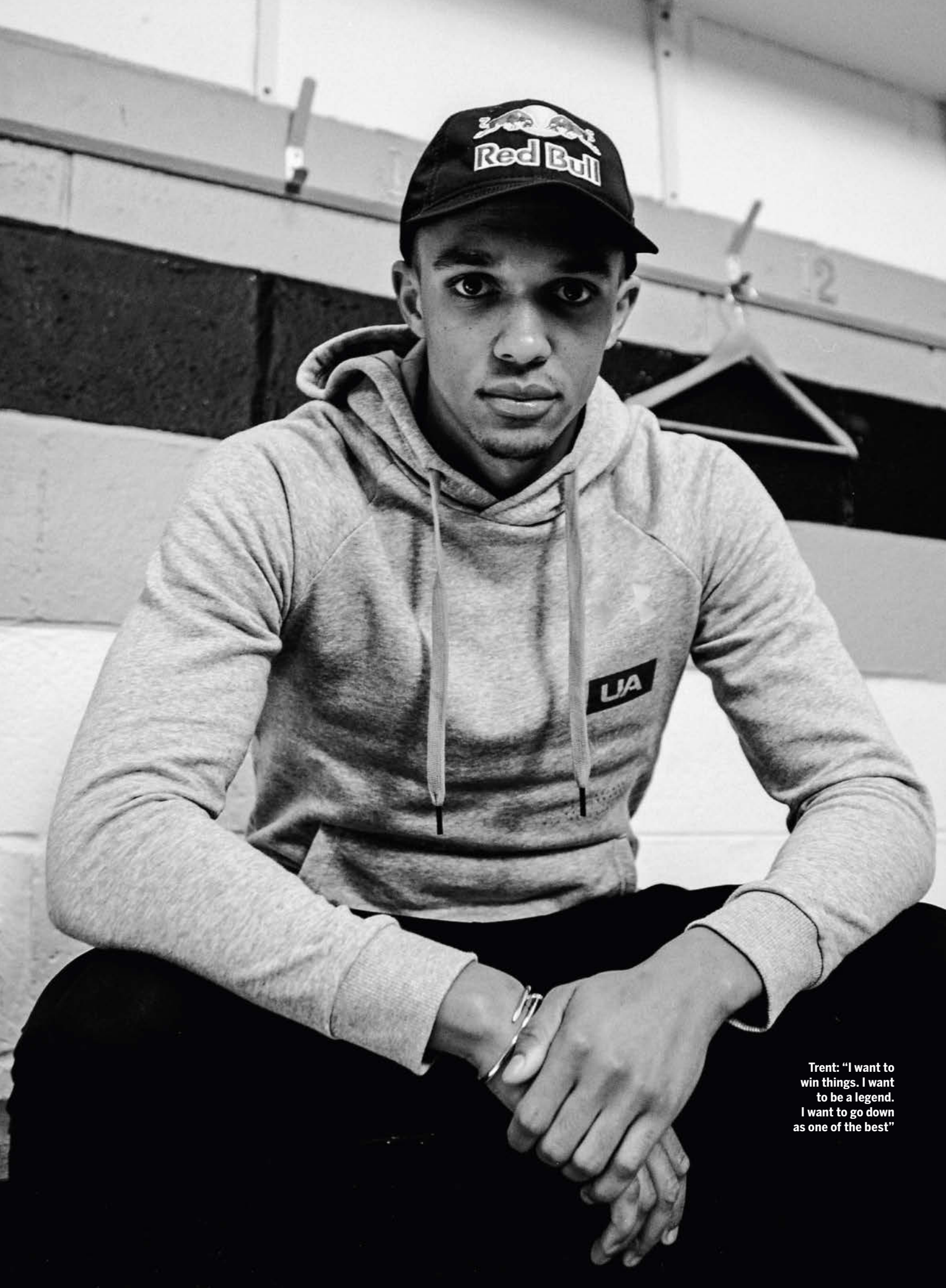
**"At 14, I was
too shy to
even take
my jacket off
in class"**

GAME CHANGER

At 21, Liverpool FC's TRENT ALEXANDER-ARNOLD has achieved more than most footballers do in a lifetime, including a World Cup appearance with England and a Champions League win with his club team. His rare talent has already made his name, but the homegrown hero says he's just getting started. Next, he wants to become a legend

Words DAVYDD CHONG Photography OLIVIA ROSE

PHOTO ASSISTANT: HENRY JAY KAMARA



Trent: "I want to
win things. I want
to be a legend.
I want to go down
as one of the best"

NO WASHING BOOTS

17

Trent goes back to basics as the music of J Hus plays close by – from an iPhone in a bucket

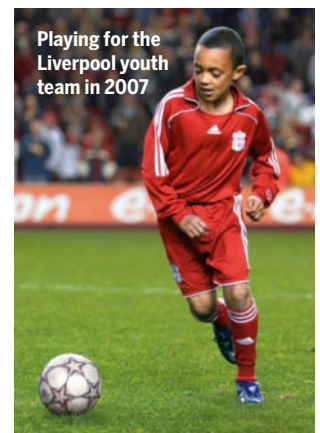
Trent Alexander-Arnold's eyes widen as he spies our photographer's Mamiya RZ67 camera. It's a resolutely old-school choice that, she explains, shoots with rolls of film rather than digitally like "a proper camera" (his words). "Isn't that risky?" the 21-year-old Liverpool and England right-back asks in soft, slightly incredulous Liverpudlian tones, like a schoolboy trying to get his head round the design of a penny-farthing.

Football is largely a risk-averse business. Risk is sending on a player who's not 100 per cent match-fit, or a goalkeeper rushing into the opposition's penalty area for a last-minute – potentially game-salvaging – corner; decisions born of expediency or sheer desperation. Yet, for all the predictability engendered by strategic planning and game management, football can still serve up flashes of inspired improvisation.

One such moment occurred during the second leg of Liverpool's Champions League semi-final against Spanish giants Barcelona in May last year. Three-nil down after the first leg, the English club had clawed back the result to 3-3 on aggregate and needed a fourth goal to progress to the final. With just 11 minutes of normal time left, there's a Liverpool corner, and up steps Trent to take it. But when he reaches the ball, he pauses, then turns and begins to walk away as if leaving it to another player. Suddenly, quick as a flash, he turns back and, sensing that the Barça defence have let down their guard, sends a pinpoint cross into the box for teammate Divock Origi to side-foot into the net. This audacious act of trickery took Liverpool to the final, which they won 2-0 against Tottenham, and cemented the reputation of Trent – the youngest-ever player to start two consecutive Champions League finals – as one of football's most exciting and creative talents.

Seven months later, on Boxing Day, came arguably his most accomplished performance to date. In a 4-0 away win against title-chasing rivals Leicester City, Trent contributed to all four goals – scoring one, assisting two more, and taking the corner that led to the penalty for the fourth – as well as keeping a clean sheet. He capped this off with a crossed-armed goal celebration in a nod to Paris Saint-Germain's footballing wunderkind Kylian Mbappé. "I think I had it planned for about two months," Trent admits. "I was just waiting to score – and I don't that often." Mbappé approved of the homage, telling BBC Sport, "I'm proud. This guy is amazing."

In October last year, Trent was awarded the Guinness World Record for the most Premier League assists – 12 – by a defender in a single season; this season, he has already equalled that



Playing for the Liverpool youth team in 2007

"I used to show too much anger and disappointment; I had to learn to make things right on the pitch"

number, with nine league games still to play. Since breaking into the Liverpool first team in 2016, Trent has redefined the role of playmaker – the creative player who controls attacking play and provides goalscoring opportunities for others. Conventionally, this is the domain of a central midfielder or winger, but Trent is performing the role from the traditionally unfashionable full-back position. While not the first-ever attacking right-sided defender – the likes of Cafu and Dani Alves (both Brazilians, both heroes of Trent's) have dazzled in the role over the past 30 years – the young Liverpool player is arguably the greatest exponent in the world today. Cafu himself named Trent a possible future winner of the Ballon d'Or, the annual award presented to the world's best player. "I can't thank him enough," Trent says, humbly. "Legends don't need to say those kinds of things."

Cool-headedness, precision and speed of thought have become Trent's trademarks. Few eyebrows were raised, then, when in October 2018 the footballer was brought face-to-face with Norwegian grandmaster Magnus Carlsen in a PR-arranged display game of chess. The self-professed chess fan – taught the game as a child by his father – lasted just 17 moves against the pro, but at least he bettered Microsoft co-founder and philanthropist Bill Gates (beaten after only nine). Is such strategic thinking an advantage in his own field of expertise, transferable from the board to the pitch?

"You could link football to chess in terms of trying to think one, two or three moves ahead of the opposition and anticipate what they'll do," he says. "You have to think ahead and know what you're kind of going to do before you receive the ball. Before I get it, I try to get a picture of what it'll look like as I'm receiving it and as I'm going to pass it. I'll look to see where the attackers are. If the attackers aren't in positions to go in behind, then I'll know I can't do that before I even get the ball. If I look and see that they are, that's an option for me. But you have to understand that football changes in the flick of a second, and that by the time you put your head down and bring it back up, everything's changed. Once you're in the heat of the game, all these things come naturally, and you're not thinking step by step. It's just all 'boom', happening in the moment."

"You have to understand that football changes in the flick of a second"

Rapper J Hus' new album plays in the background as Trent leans on a weathered guardrail and stares out at a waterlogged pitch, an angry wind rattling the tin roof of the exposed stand to his right. Football has been Trent's life since the age of six, when he first signed up with Liverpool FC's Academy, and it was a lower-league club like this grassroots concern on the outskirts of the city that helped him hone his craft. Playing at the Academy sharpened his skills and weeded out any bad habits – "I used to show too much frustration, anger and disappointment; I had to learn to make things right on the pitch rather than beating myself up and letting my head go down" – but it couldn't sate his hunger. "At that age, you're only playing two or three times a week," he says. "I wanted to play more than that, so one of the [Academy] scouts told my mum, 'I've got this team – if you want to bring him on a Sunday morning, you can.'"

In time, Trent and his brothers Tyler (now 25) and Marcel (17) were all turning out for the team, the now-defunct Country Park FC in Croxteth. But when it became clear that Trent's talents needed space to grow and that his fledgling career was placing pressure on family commitments, his single mum, Dianne, saw that something had to give. "They sacrificed a lot for me to be able to play football when I had to," Trent admits. "It must have been difficult for an older brother who was missing out on football because of his younger brother. And likewise a younger brother who isn't really allowed to enjoy the same freedom in football as us, because he has to miss certain games to come and watch me play."

The close and supportive relationship Trent enjoyed with his brothers also fomented a fiercely competitive streak seemingly at odds with his humble, somewhat introverted persona. His competitiveness on a scale of one to 10? "Er, nine? If not 10," he concedes. "Yeah, I'd probably say 10." This edge remains an integral part of what he does, right down to his training: "If you can make something competitive, you put more into it. If you were to ask me to pass the ball for ages against a wall or do as many keepy-ups as I can, I'd get bored. But if someone's next to me and you said, 'See who drops it first,' I'd go for a lot longer."

At the age of 14, at the behest of the Academy, Trent transferred schools from the fee-paying St Mary's College in Crosby to Rainhill High School, an institution with links to Liverpool FC that allows young players to balance academic studies with their sports training. He passed seven GCSEs, two of which he had to sit remotely in between training and playing for the England under-16s team in Belgium. "It was intense juggling both," he admits. "But for me and my family, education

"The feelings
that come with
winning, those
emotions – that's
the important bit"



"I feel like a kid
going in every
day, like I always
have done, just
wanting to play"



was just as important, if not more, because the likelihood of making it as a footballer was so slim. For most lads of my age, it wouldn't work out – those were just the statistics. But I always dreamt of football and felt it was a realistic option if I worked hard enough.

"It wasn't as if I was overly confident that I would make it; it was just I never thought I wouldn't. It was, 'I need to put the work in, and it can happen.' I always had belief and I always envisioned that I'd play for Liverpool one day."

The transition from fan to first-team player was daunting, he admits. The young lad who would sneak peeks into the club's training ground, Melwood, though gaps in the fencing, and who, at the age of just six, watched the 2005 Champions League-winning LFC squad parade triumphantly past his front door in the Liverpool suburb of West Derby in an open-top bus, suddenly found himself sharing a changing-room bench with the players he still idolised. "The season before I went up into the first team, I was still going to the games as a fan," Trent says. "So these people were massive role models to me. But when you get thrown into the changing room with them, you can no longer think as a fan; they're your teammates and you have to communicate with them. Hendo [team captain Jordan Henderson] played a big part in helping me do that; making me feel like I had a presence in the changing room, and that I could speak."

In 2020, Trent's profile is at a peak. Each new day moves him closer to his dream of being a club legend while also bringing plaudits from footballing stars on social media or sports TV: Gary Lineker, Steven Gerrard, Cesc Fàbregas, Rio Ferdinand... In July last year, he was immortalised in a huge mural just minutes from the Anfield stadium. "I was lost for words when I first saw it," Trent says. The artwork, spray-painted by French graffiti artist Akse and commissioned by Liverpool FC fan podcast The Anfield Wrap, was created to highlight the local Fans Supporting Foodbanks campaign and, of course, to pay tribute to a player who, along with his teammates, gives back so much to the city through his charitable work and on-pitch success.

Fame, of course, comes with constraints. When there's a three-storey-high likeness of you on a wall close to your workplace, and your team is on course to comfortably win

the Premier League, there's little option to fade into the shadows. When England's top league took its first-ever winter break, in February, this respite allowed Trent to spend time in Miami with friends – hanging out, doing some light training – and he was surprised and pleased at the "fair bit of attention" he received from fans at a basketball game. Doing something similar in his hometown wouldn't be so easy...

"It's not that achievable any more [in Liverpool]," he admits. "You understand that there are certain places you can no longer go to. But then the people around you understand that it's not an option. You adapt. [The fame is] all part and parcel of what I do. As a kid, that's all you ever want: for people to want your autograph, to want their picture taken with you. I dreamt of this life, you know. But then there are times when you need to escape from that. I need to be a normal 21-year-old who goes home and plays FIFA with his mates, sits in his bedroom and just watches TV and does normal things."

At home – he now lives outside Liverpool – the young player worth an estimated £99m can take stock of the craziness of his predicament, reflect on his victories and lick his wounds in defeat. The sting of the latter is incessant, he says. "I'd say disappointment stays with you a lot longer than the joy of a game. In the end you've just got to put it past you." But surely victory is worth replaying? "No, I wouldn't rewatch a game just to get some joy out of it; to think, 'Oh yeah, I had a good game.' There are certain games I've never seen, like [last year's] Champions League final. I've never felt the need. The most important thing is recalling the emotions I felt, and the celebrations with my family and the fans."

At the time of *The Red Bulletin* going to print, Liverpool stand on the brink of winning their long-sought-after first Premier League title in 30 years, being an unprecedented 25 points ahead of their second-placed rivals, last year's champions Manchester City. Does Trent think that experiencing the victory as a player will be more potent than if he was still that fan watching from the stands?

"I don't think so. I think you get more joy as a fan, because you can't influence it. You've got no power over whether we do it again. I felt that way from the Champions League. Even though it's amazing, it doesn't stop the hunger. You have your little bit of joy and you're in the moment, but as soon as we were able to just go home, it was, 'How can we do it again? How can we keep doing this?' If you look at players who have won everything, like Ronaldo or Messi, you don't see them resting and thinking, 'This is enough.' I could never imagine that anything would stop that hunger."

"I always had belief and I always envisioned that I would play for Liverpool one day"



Surviving the **VORTEX**

BEN LECOMTE is the first man to have swum through the mass of plastic waste known as the Great Pacific Garbage Patch. Now, he's issuing a challenge that every one of us can achieve...

Words **CHRISTINE VITEL**

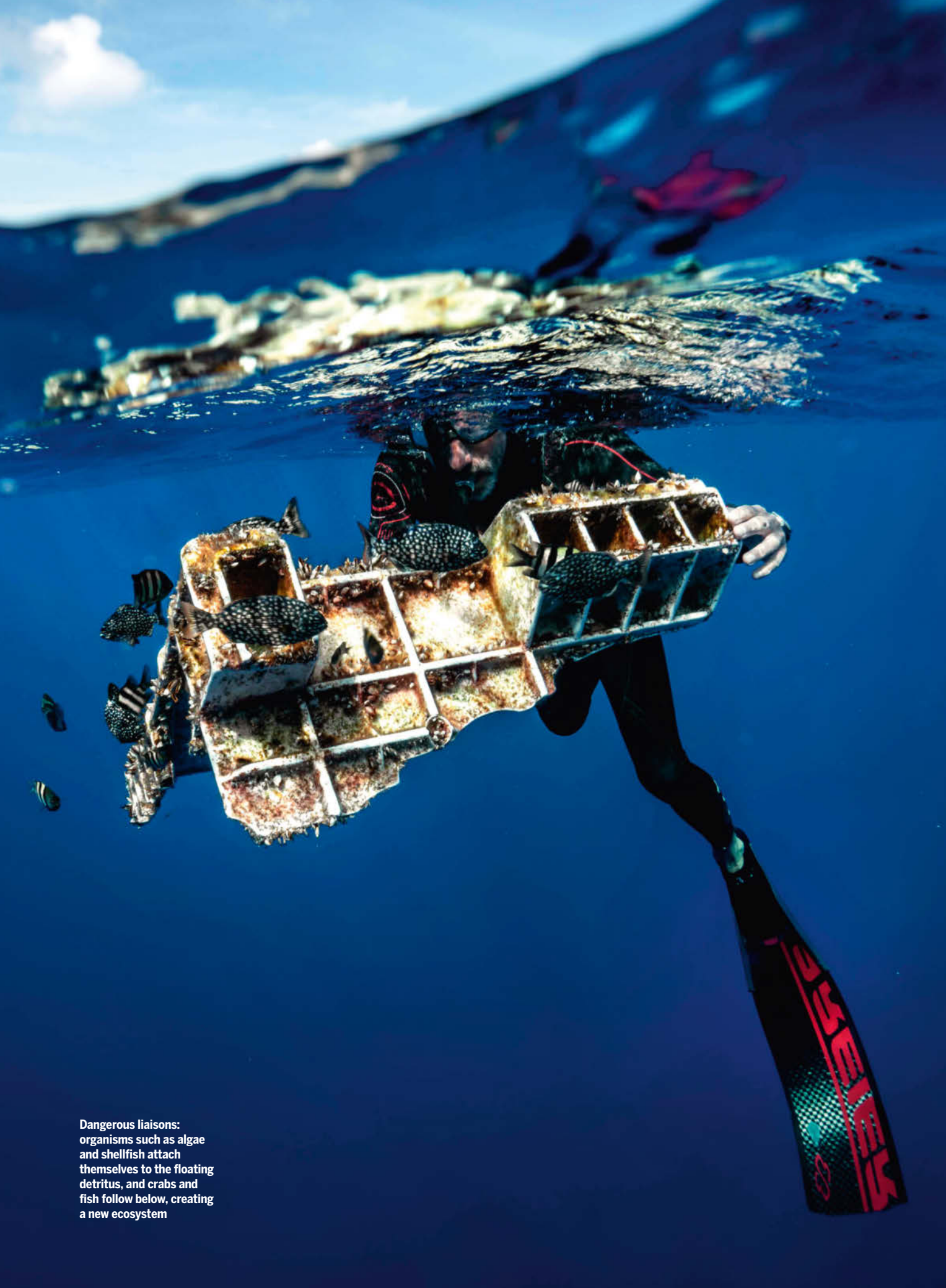


"My generation is responsible for this disaster, so I owe it to myself to do something for those who come after"



For eight hours a day, across 338 nautical miles (626km), Ben Lecomte is swimming through rubbish. And unlike the marine life around him, this was his choice. Lecomte is the first person to brave the swirling vortex of subaqueous debris that has become known as the Great Pacific Garbage Patch – an area more than six times the size of the UK, located between California and Hawaii – in an effort to conduct vital research and to raise awareness. Lecomte isn't a pro swimmer or a scientist; he's a French architect and now naturalised US citizen who has been living in Austin, Texas, since 1993. The 52-year-old is married, with two children at home. Yet here he is, amid an unprecedented environmental catastrophe. "My generation is responsible for this disaster," he says, simply, "so I owe it to myself to do something for those who come after."

Lecomte nailed the first serious test of his swimming ability back in 1998 when he became the first man to swim the Atlantic without a kick board, covering the 5,980km from Cape Cod in the US to Quiberon, France, in 73 days. Then, in 2018, he embarked on The Longest Swim, an attempt to repeat this performance in the Pacific, but this time across 9,100km. Lecomte swam 2,700km before typhoon winds damaged his assistance boat and he had to give up. But witnessing the huge rise in visible plastic waste helped



Dangerous liaisons:
organisms such as algae
and shellfish attach
themselves to the floating
detritus, and crabs and
fish follow below, creating
a new ecosystem



Deadly diet: large pieces of plastic disintegrate in the ocean, leaking chemicals into the water and creating microplastics, which end up being ingested by marine life. These small pieces of plastic were found by Lecomte and his crew inside the stomach of a mahi-mahi, also known as the common dolphinfish



"What's on the surface is only part of the story: the majority of plastic, which you don't see, is in the column of water below"



Picking up the pieces: communications manager Hannah Altschwager and deckhand Heather Lynn Hatcher sift through and count samples of microplastic fished from the Pacific

focus his mind on what his next challenge should be. “Twenty years ago in the Atlantic, [plastic waste] was something I saw very rarely,” said Lecomte at the time. He set about planning a new sort of expedition: The Vortex Swim.

In June 2019, Lecomte set off with a nine-strong team – including a doctor, cook, storytellers and scientists – aboard the 20m yacht *I Am Ocean* and dived into the Garbage Patch headfirst. This was no longer a sporting challenge or about beating a personal best; Lecomte wants to raise awareness of ocean pollution and gather data to help develop a better understanding of the issues involved. “Plastic in the sea isn’t a single problem,” he says. “It’s a number of problems.” Lecomte’s team has taken on 11 scientific research projects, assisting a number of institutions in their study of microplastics and how currents shift debris. Their aim is to inspire others to make changes such as shunning single-use plastics and choosing alternative materials. Though none of us is perfect, Lecomte says, we all have a duty to help protect our oceans.

THE RED BULLETIN: What was the most unexpected piece of rubbish you found?

BEN LECOMTE: There’s a photo where I’m sitting on a toilet seat totally naked. I posed with the detritus I found. I did it

to shock. Because people will be more offended at seeing me naked than an item of plastic like that being in the ocean. My approach for the moment is to do something a bit out-there to attract people’s attention.

Is there a global solution to the problem of plastic in our oceans?

The problem is certainly global, but it’s complex, which is why we must respond with targeted local campaigns. In the US, for example, lobbyists have a lot of power and put pressure on politicians, but that isn’t so much the case in Germany, which is why they’ve been able to pass laws and issue decrees to limit plastic usage. We can’t apply a miracle solution that works for everyone, because economic models and resources are different.

How many vortices are there?

Five. There are two in the Pacific, two in the Atlantic, and one in the Indian Ocean. The North Pacific vortex is the biggest. The important thing for us was to have pictures to be able to convey this atrocious reality. It’s not visible on satellite images. You have to be on the boat and approach slowly to see what’s on the surface, and that’s only part of it: the majority, which you don’t see, is in the column of water below. That’s why

"We're the first expedition to gather samples throughout the Pacific"

So far, it has been possible to locate only one per cent of the plastic in our oceans. The remaining 99 per cent could lurk on the seabed or have been ingested by marine wildlife





Plotting a polluted path

Ben Lecomte swam 626km from Hawaii to San Francisco, through the Great Pacific Garbage Patch, to highlight the environmental damage caused by plastic waste in our oceans, and to help collect scientific data on the extent of the problem.

I swam. By being in the water for eight hours a day, I could locate the greatest concentration of microplastics.

So it's not a floating rubbish island as some might picture it?

It's an extended area with a very high concentration of microplastics and large items of rubbish. You can compare it to an oasis, because an ecosystem builds up around large items of debris: algae and molluscs attach themselves on top, while crabs and fish swim below. The debris is generally dumped near coastlines. The marine currents push it to the middle of the ocean, but the organisms above and below come from coastal regions. These organisms become an 'invasive population' in the middle of the ocean, in an ecosystem different from their own. It's biological invasion.

How else does the presence of plastic waste affect marine life?

When a large piece breaks down, it will discharge chemicals into the water. Quite aside from the problem of them confusing it with something edible, a fish or mammal swallowing a piece of plastic also ingests the chemicals it contains, and they're harmful as they're going to make it into the animal's flesh. So there's a concentration of pollutants right at the bottom of the food chain.

How do you define a microplastic?

Particles of plastic no larger than five millimetres. When you scoop up a large piece of plastic, it breaks down and becomes a microplastic. Synthetic microfibrils are the other big danger, because you can't see them with the naked eye. They're produced by clothes made of polyester or synthetic fibres, which lose the microfibrils when you machine-wash them. We still don't know the full extent of the impact they have on marine life and on us as humans.

So a whole new ecosystem has grown up around this waste. What's the solution to reversing the damage?

There's no appropriate filter out there yet; no way of stopping microfibre and microplastic pollution. We tried, but even if we used a very fine net we ended up getting too much plankton and too many microorganisms. We concluded that if we created a system for collecting microplastics, we also risked removing microorganisms from the ocean, which is unthinkable. Plus, we have to face the fact that we know of only one per cent of the plastic in the sea. We don't know if the remaining 99 per cent is floating in the water column, stagnating on the seabed, or has been ingested by marine fauna. But what we do know is that we produce 300 million tonnes of single-use plastics every year and eight million tonnes of that ends up in the oceans.

What are you hoping to achieve for future generations?

For me, swimming is a mode of communication. If we can get people to realise that the seas and oceans make up more than 70 per cent of the planet, and if we can convey the extent of the pollution, they'll be able to look at their consumer habits and opt for sustainable alternatives and materials made of natural fibres. I want The Vortex Swim to create a platform to help gather scientific data and give the public a wake-up call. By showing people exactly what the vortex is, and by educating them on the perilous effects of plastic and microfibrils and the difficulty of 'cleaning' the oceans without damaging the ecosystem, we'll give them an understanding of the scale of the problem. Whether in person or online, we'll start that conversation. Our goal is to help people build motivation and responsibility into their thinking. benlecomte.com



A long way from home: "Organisms [from coastal regions] become an 'invasive population' in the middle of the ocean, in an ecosystem different from their own," says Lecomte





TRICKS OF THE TRADE

The world looks different through the eyes of a skater: the truly gifted can transform even the most mundane urban landscape into a concrete playground. And when this talent is photographed by **FRED MORTAGNE**, alias French Fred, the results are beautiful

Words **ANDREAS WOLLINGER** Photography **FRED MORTAGNE**

GET THE TUBE

These steel pipes – left beside a factory near Lyon, east-central France – provide an ideal plaything for skating pro Charles Collet

Skateboarding





UNDER THE BRIDGE

Charles Collet again, this time near Mâcon, just north of Lyon, proving that one person's motorway pillar is another person's skatepark

Skateboarding

IN FOCUS

Californian skater Nick Garcia is the picture of concentration as he commits to his next trick





AHEAD OF THE CURVE

The paving in front of the town hall at Créteil, a suburb of Paris, has been on French Fred's wish list for 20 years. Here, Finn Jaakko Ojanen helps him nail the perfect shot

Skateboarding





SHADOW ART

US skater Brandon Westgate keeps his head down inside an aqueduct in California. "I had to wait three years for the perfect light," says Mortagne. "You try it again and again and there's always something that isn't right. Then suddenly... boom, here we are!"

Skateboarding

BLACK MIRROR

This spot at the Arab World Institute in Paris shows off Aussie Sammy Winter's elegant switch kickflip from multiple angles





PRETTY VACANT

French skater Jérémie Daclin cuts a lone figure in an empty conference hall car park in Tokyo. Mortagne shot this from the 17th floor of a hotel close by

"I think the arts can
ignite a global change,"
says ballet dancer
turned freestyle street
dancer Angyil





Making MOVES

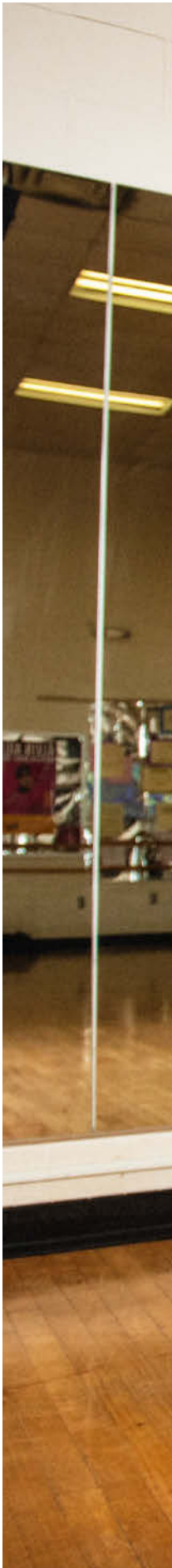
Dance offered ANGELA 'ANGYIL' McNEAL a ticket out of her troubled childhood neighbourhood. And following a string of competition wins and primetime TV stints, it gave her a reason to return, too

Words LAKIN STARLING Photography ATIBA JEFFERSON

"I have this belief that when you are passionate about something, it doesn't matter what time you start, because your passion will help you catch up"

In the lobby of Kansas City's Paseo Academy of Fine and Performing Arts on a cold Monday afternoon, the smell of used textbooks and cafeteria lunches delivers a rush of high-school nostalgia as the sound of a band rehearsal rattles off nearby. Lining the walls are photos of the mostly black alumni: musicians, painters, thespians. Further along a winding corridor and through the double doors that lead into the auditorium, world-renowned street dancer Angela 'Angyil' McNeal, Paseo Class of 2010, is in her element. Behind the show curtain, she slinks through nimble moves as she performs. It's instantly clear why she flourishes as a battle dancer around the globe. Full of warm energy, she flows through each flash like an exotic bird. Her arms are contorted behind her back like wings, and within seconds she's in an upside-down backbend with the crown of her head on the ground. It's mesmerising.

Angyil's precision is a result of the ballet classes she began at the age of 10. Her years of discipline are apparent in the poise and posture she weaves into her hip-hop technique. "I started dancing with ballet, modern and jazz when I was selected to be in an Alvin Ailey dance camp [a workshop based on the methods





It was here,
inside the mirrored
studio of the Paseo
Academy, that dance
became the passion
of Angyil's life



A winged Angyil
graces the mural
at 31st Street
and Troost Avenue
in Kansas City

of the influential US dancer/choreographer],” she says. “At the time, there was a lot going on in my environment that I didn’t want to be a part of. I was dancing to stay out of trouble.”

Born in late spring 1992 in Kansas City, Missouri, and raised by her single mum, Angyil is the youngest of eight siblings, whom she says sometimes felt like “five mothers and three fathers”. They did their best to protect her from the conditions of the struggling neighbourhoods they lived in, but Angyil remembers the pain she saw and felt around her while growing up.

“We moved around a lot,” she says. “Living in a house for less than a year was normal. I saw a lot of destruction. There would be drive-by shootings; people would get hit by cars.” Angyil recalls her mother’s cautionary instructions for the walk home from school. It wasn’t safe to take certain streets, and it was crucial to keep walking ahead as she passed corners packed with drug activity. “I really didn’t think anything of it, because I thought it was normal,” she says. “Until I realised that it’s not.”

By the time she entered high school at Paseo Academy, Angyil’s love for dance had become all-consuming and she saw an escape route. Today, Angyil is dancing with Red Bull and Cirque du Soleil and on US TV hit competition show *World of Dance*, and it’s not unusual for her to travel to three countries in one week. At 27, she has reclaimed some of the security and peace she craved as a youth, having bought a house in one of her old neighbourhoods in Kansas City. But to be a dancer and find success beyond her hometown, Angyil first had to leave. And to do that, she learnt early on, she’d have to be fearless.

Young Angyil would show off dance moves in her backyard, but at first her older sisters teased her. “They’d be like, ‘Oh my God, you can’t dance! What is wrong with you?’” she laughs. But that didn’t stop her. Soon Angyil had improved so much that her mother and sisters realised she had a real gift. To most technical dancers, beginning the craft in middle school, as Angyil did, would be considered a very late start. But her countless hours of practice at family functions, combined with her hunger and natural talent, helped get her up to speed.

“I have this belief that when you are passionate about something, it doesn’t matter what time you start, because your passion will help you catch up,” she says. “You’ll stay up in the middle of the night, like playing catch-up for all the years lost.” This pursuit of dance heightened when, aged 16, she could no longer ignore the stifling effect of ballet’s strict structure on her free spirit and expression. It was too rigid for the teen, who felt she had more to say with her body than ballet could allow.

“For a moment, ballet was cool, because I was ignoring a large portion of my life that consisted of pain,” she says. “But then, as I got older, I’m like, ‘You can’t run away from this trauma.’ I wanted to embrace it. I felt like in ballet I had to pretend to be something I wasn’t; I had to put my hair in a bun,

“In ballet, I had to pretend to be something I wasn’t; I had to put my hair in a bun, put on make-up and pretend everything was OK”

put on make-up and pretend that everything was OK. My hair is an Afro, and I got tired of slicking it down with gel just to make sure it didn’t fizzle. That life wasn’t for me any more.”

After graduating early from Paseo Academy, Angyil hung up her pointe shoes and followed her heart to do hip hop – specifically popping – full-time. There were high hopes she’d flourish in the ballet world, so Angyil’s change of heart shocked her supporters. “Everyone was like, ‘We’re emotionally invested in this. We’re living vicariously through you.’ Maybe I would have stopped sooner, but I didn’t want to let them down.”

For Angyil, there was no turning back. At 16 she moved to the Bronx, New York, with the guts to make it all worth something. “I was hungry,” she says. “Figuratively and literally.” She made friends and started putting on subway and street shows with other female dancers. On one occasion, her crew was arrested for profiting from a train performance, but she now boasts about their mugshots, in which they all vogued for the camera. “I was like, ‘If I’m going to get taken to jail, this is how I want to go,’” she laughs. New York’s tough crowds didn’t deter Angyil from dancing, either. As she established herself in the city, she continued to do street shows for four years. Most of the time, she went home with a profit and, similar to her backyard sets, the setting offered free practice space for her to sharpen her moves. “It taught me to believe in myself,” she says. “It was really tough some days. It gave me a lot of character.”

At 18, she got an even clearer vision of what her future in dance could look like when she signed up for a battle in her hometown. Brimming with ambition, Angyil returned to Kansas City to compete, but, she says, she lost due to internal politics and biased judges who assumed she was a New Yorker and not a native. The frustrating loss became a turning point in Angyil’s journey, spurring her on to study and work hard enough to eventually make battling her bread and butter.

In 2017, after eight years living in New York, Angyil dared herself to take another leap: to move to Europe and get in the ring. With just \$90 to her name, she headed to Amsterdam, then spent months couch-surfing with friends in Berlin, Paris and Denmark while competing. “I was winning all the battles,” she says. “Eventually, people were like, ‘Who is this girl?’” Angyil was already known in the US, but her reputation, along with viral videos of her dominating opponents, was spreading fast.

Last October at the Red Bull Dance Your Style World Final in Paris – a mixed-gender competition featuring different street



Some of Angyil's moves surprise even her: "I've had moments of looking at myself and thinking, 'That's not me'"

styles – Angyil annihilated another dancer in battle with a dizzying solo to Missy Elliott's *Get Ur Freak On*. All her moves are unplanned, yet she makes them totally seamless, packed with sparks of energy. (She finished runner-up of the entire competition.) When the jokey, easy-going Angyil switches into battle mode, it's riveting to watch; she becomes laser-focused on taking her challenger out of the running. "I can relate to and tap into different characters from movies," she says. "Maybe that character can do supernatural things, like climb walls, or be a little sinister. I also have a side that's similar to the Joker – it just depends on the song. I've had moments of looking at myself and thinking, 'That's not me.' It's a possession. There are times when things take over and I'm not in control any more."

But once she leaves a performance, Angyil doesn't linger in those moments for long. To her, there are always improvements and progress to make. In 2018, she got an invitation from *World of Dance* with an offer to bypass the auditions and secure a

guaranteed competition place. This was a year after she was honoured as Freestyler of the Year at the *World of Dance Awards*. Although Angyil was eliminated early on in the second season of the reality show, her audacious style made an impact. For one of her solos, she smoothly entered the stage in front of celebrity judges Ne-Yo, Derek Hough and Jennifer Lopez and, to C2C's quirky sampled blues track *Down the Road*, wowed the crowd with her pulsing pops. And she freestyled the entire piece. "They'd asked me not to freestyle. I'm like, 'Oh, absolutely, I'm not gonna freestyle.' I wasn't going to say it, but I was definitely going to freestyle," she laughs.

Angyil has learnt that creating choreography is a bigger gamble than getting out there and feeding off the energy in the space. For the past seven years, she's been trying to pass on this kind of wisdom, teaching classes around the world – something she didn't feel sure about at first. "[But] it helped to have people who taught me," she says. "It'd be selfish of me to rob people of that same experience; to deny them just because I felt a certain way in my own personal life, or felt like I didn't want to teach."

This mix of success and dedication to spreading her craft has already left a lasting impression. In her old neighbourhood, there's a mural of Angyil, spray-painted by the Kansas City artist collective IT-RA. At 31st Street and Troost Avenue, Angyil is depicted as a black angel, dancing atop a rough cityscape, her triumphs immortalised. It's a reminder to the neighbourhood of what's possible. "Dancing has helped me work out trauma and work through a lot of craziness," she says. "I'm pretty sure it can do that for many other people, too. I think the arts, period, can ignite a global change."

"Dancing has helped me work out trauma and work through a lot of craziness. And I'm pretty sure it can do that for others, too"



CR-V HYBRID

The
hybrid you
can feel



Call 0345 200 8000

Visit honda.co.uk/cr-vhybrid

Fuel economy figures (Worldwide Harmonised Light Vehicle Test Procedure (WLTP)) for the Honda CR-V Hybrid SE 2.0 i-MMD AWD eCVT mpg (l/100km): Low 34.0mpg (8.3L/100km), Medium 52.3mpg (5.4L/100km), High 44.8mpg (6.3L/100km), Extra High 31.7mpg (8.9L/100km), Combined 38.7mpg (7.3L/100km). New European Driving Cycle (NEDC) Combined CO₂ equivalent emissions: 126g/km. The fuel consumption you achieve under real life driving conditions and CO₂ produced will depend upon a number of factors including the accessories fitted after registration, variations in driving styles, weather conditions and vehicle load. Figures stated are based on a standardised test cycle and may not reflect real world driving, therefore they should be used for comparison purposes only. Customers should only compare vehicles tested to the same technical procedures. Model Shown: CR-V Hybrid SE 2.0 i-MMD AWD eCVT in Rallye Red at £33,090 On The Road (OTR).

unlimited



**CRANKWORX INNSBRUCK 2020:
THE ONLY EUROPEAN WORLD TOUR STOP**

Crankworx Innsbruck is approaching. The excitement for the biggest gravity mountainbike festival in the world is up. From **10–14 June 2020** expect a great festival atmosphere, spectacular contests, thrilling jumps and a new competition at the Bikepark Innsbruck.

www.innsbruck.info/biking

VENTURE

Enhance, equip, and experience your best life



**DIVING INTO
THE HARDEST
SWIMRUN**
Stockholm
archipelago, Sweden

“Run, swim, run, swim – it may sound easy, but eventually it becomes torture”

Jonas Colting on the ÖTILLÖ Swimrun

It's almost six in the morning. The sun is still hiding beyond the horizon, and the air is very fresh. And yet around 400 men and women stand at a starting line. They're doing stretches, warming their muscles, looking deep within themselves, gathering their strength. They'll need it. They're about to tackle an extraordinary endurance event: the ÖTILLÖ Swimrun World Championship. Some will be on the move for more than 13 hours, and those who make the finish line will be exhausted. Still, they can hardly wait to dive into the bracing Baltic Sea. The starting pistol fires at six on the dot. The race is on.

It started with a crazy bet in a bar in 2002 when four men (two local brothers, an inn owner and his friend) challenged each other to a race across the Stockholm archipelago – the second largest island group in the Baltic Sea – by running and swimming only, in teams of two. Four years later, a regular 'swimrun' event had been born from this bizarre wager.

The central rule of ÖTILLÖ – derived from the Swedish *Ö till ö*, meaning 'island to island' – is that you can never be more than 15m from your teammate. The race crosses 24 islands, from Gotska Sandön in the north to Utö in the south, and spans 74.68km – more than 65km of running and an almost 9.5km swim. Passionate triathlete that I am [Colting has won six World Championship and European Championship medals], I'm right there at the start. In fact, I'm the only person never to have missed an ÖTILLÖ event. This year, my partner is my wife, Elin.

In its early days, ÖTILLÖ was a niche event. No one knew how to train for it and there were few rules. One Dutch couple brazenly exploited this, lining up at the start with inflatable mattresses. While we struggled to swim the rough Baltic, they paddled along gently and won. The rules have become stricter since then.

ÖTILLÖ may be the world's hardest, but swimrun events now exist across the planet, from Brazil to Australia. Anyone

who doesn't sink like a lead balloon can take part. The gear isn't too extensive: running shoes, neoprene wetsuit, goggles. We swimrun veterans use hand paddles to make it easier to get through the water, calf protectors to combat cramp and add buoyancy, and a wetsuit with extra pockets and the zip on the front.

The set-up is straightforward – run, swim, run, swim – but eventually it becomes torture. The first swim is the longest at 1.75km, then there are 24 islands with slippery rocks and difficult cross-country runs. The longest run – 19.7km – comes just after halfway. For many, that's the main crunch point. From the off, it's important to only concentrate on what you have to do there and then. Anyone who thinks too far ahead will fail.

You really need to concentrate when moving from land to water. You can very quickly lose time here, which is why everyone prepares for the swim while running, putting on the wetsuit, cap and



The swimrun veteran

Jonas Colting is a Swedish endurance athlete who has twice won the Ultraman World Championships in Hawaii, and who swam 644km in six weeks, from Stockholm to Gothenburg, to raise money for charity. The 46-year-old has won the ÖTILLÖ Swimrun crown three times. Instagram: @jonascolting





Stockholm syndrome

Breaking down the pain into numbers

Total distance: 74,680m

Trail running: 65,135m

Swimming: 9,545m

Swimming stages: 23

Longest swim: 1,750m

Longest run: 19,700m





Island hopping: slippery rocks, punishing cross-country runs and frozen fingers are just a few of the hazards that competitors encounter as they race from Gotska Sandön in the north of the archipelago to Utö in the south

goggles and donning the hand paddles. The more you keep moving, the better.

From 2008 to 2010, my then partner and I won three years in a row. We were ahead for much of the 2011 race, too, but then my teammate fell ill and we had to retire. My first victory was the most enjoyable; the oddest came in 2010. We were more than 20 minutes ahead of our closest rivals as we reached the island with the longest run, but some kids had torn off the signs in the woods. We got totally lost and ended up five minutes behind the other team. But the setback gave us the motivation to fight our way back into the lead, and we finished more than three minutes ahead.

My wife and I line up at the start. Now, I know the course like the back of my hand, but I'm no longer aiming for personal bests. It's a perfect day out in the fresh air – with the mother of all workouts thrown in.

The ÆTILLÖ Swimrun World Championship is on August 31; ottiloswimrun.com



Trailblazers: Swedish swimrunners Fanny Danckwardt and Desirée Andersson of Team Envol took first place in last year's women's race with a time of 9:05:29

The hard yards

Colting on his hates and highlights of the race

Munkö: horror isle

(running length: 2,450m)

"My worst nightmare every year. The island isn't made to be run on. There are sharp slippery rocks, fallen tree trunks and brambles everywhere. You wonder, 'Why the hell am I here?'"

Nämdö: meeting point

(running length: 8,300m)

"You run almost 500m to get to a feeding station, then run the same route back. This is the only one of the 24 islands where you meet other teams, so there's time for a quick motivational chat."

Utö: the end stage

(running length: 3,650m)

"You feel a crazy rush of adrenalin as the torture is about to come to an end. Clamber out of the water, over the rocks and hit the gravel track. It's like the lap of honour to the finish."

THE MAIN EVENT

SANTA POD RACEWAY
22-25 MAY 2020

Adult
Day Tickets
from £35*



300MPH DRAG RACING

**KIDS UNDER 16
GO FREE!**
MAXIMUM 3 PER ADULT

**EUROPEAN DRAG RACING // JET CARS
MONSTER TRUCKS // STUNT SHOWS**

**HOSPITALITY
PACKAGES**

AVAILABLE FROM £109 + VAT

www.santapod.com

4 Day Weekend Tickets from £85*. Booking fees apply. See website for T&C's.
*Advance price available until 5pm Friday 15th May – standard price thereafter!



SANTA POD RACEWAY, AIRFIELD ROAD, PODINGTON, NR. WELLINGBOROUGH, NORTHANTS, NN29 7XA. SIGNPOSTED FROM M1 J14/J15.

TEL: 01234 782828



Originally created for medical patients, now it's a leading sports recovery tool

intense workout. Using the hand controller, the squeezing force can be dialed up to a boa-constrictor-strength seven and targeted on specific zones. It's also rechargeable, meaning it can be transported wherever needed.

The massage system wasn't initially conceived for athletes: in 1998, when she developed the technology and founded NormaTec, Boston physician bioengineer Laura P Jacobs was searching for a non-invasive treatment for patients prone to blood clots or circulation disorders. Her patented Sequential Pulse Technology soon caught the eye of sports stars looking to shave down their recovery time. Today, its fans include footballers such as Gareth Bale and Paul Pogba, NBA legend LeBron James, and two-time heavyweight boxing world champion Anthony Joshua.

Former US fencing world champion Miles Chamley-Watson discovered its remarkable recuperative powers at the 2016 Rio Olympic Games. "At first I was sceptical, but the thing is absolutely amazing," says the 30-year-old today. "After periods of tough physical exertion I need to be fit again quickly, and with this I feel as good as new straight away." He only took bronze that year, but thanks to his NormaTec Pulse Pro 2.0 he's aiming to bounce back better next time. normatecrecovery.com

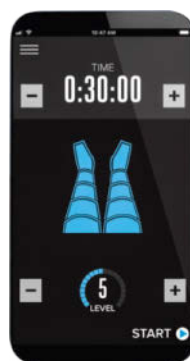
Most simply described as a pair of inflatable boots, the system is plugged into an air compressor and initially inflates to gauge the shape of your legs before providing an intense pulse massage from your feet up to your thighs. This accelerates the natural circulatory flow of veins and lymphatic vessels and delivers more oxygen to muscles to aid recovery and help relieve pain after an

RECOVER Body rebuilder

Beat post-workout body trauma with this portable pump-action physiotherapist

In the cutting-edge field of sports science, there's a new craze: resting. While exercise pushes performance, evidence shows that it's during the recovery phase that the body makes its gains, repairing tissue, removing metabolic waste and restoring natural fuels such as glycogen. Many high-intensity sports events such as triathlons and ultra-runs now feature 'recovery lounges' where it's highly likely that you'll find athletes wearing the NormaTec Pulse Recovery System.

This portable pneumatic compression technology comes in three forms, aimed at arms, hips and legs, and it's the latter that is most popular.



Customise your recovery experience from your phone

RIDE The road snowboard

Summerboard SBX

Aaron Aders built his first snowboard at the age of 13, but growing up in the Indiana flatlands he pined for winter vacations in the Colorado mountains. "I dreamt of a snowboard you could ride everywhere," he recalls. It wasn't until 2013, when he was 31 and living in New York City, that a lacklustre experience of electric skateboards drove him to finally realise that dream.

The "secret sauce" of his Summerboard SBX, Aders says, are powered castors on the underside. "It's like strapping a motor to a shopping cart. The challenge was to be able to spin and not twist the motor wires." The solution lay in a custom-built conductor disc capable of delivering enough power to glide uphill at 40kph.

Next, Aders had to test it on the NYC streets: "Dodging people and cabs, jumping potholes, sliding up to stoplights; I did demos with NYPD officers." This meant taking his workshop on the road: "I once soldered repairs inside a hotel closet. The doorman thought I was smoking crack in there."

The board took five years to perfect; the last 12 months rebuilding it with electronics on top to allow slides and grabs, and with tracking sensors to coach riders via an upcoming app.

"This isn't an electric skateboard – ride it like one and you'll be disappointed," says Aders. "We ask riders to visualise snow. We blindfolded snowboarders and they started shredding on the board instantly." summerboard.com



A nine-axis sensor gauges speed, pitch, roll, yaw and shock

SHIELD

Proof positive

Waterproof jackets

When shopping for a raincoat, there are two things you need to know: first, that all claims to be waterproof are not absolute but a sliding scale; and second, how you can discern that. The recognised waterproofing standard is the Hydrostatic Head test (or HH), also called a water-column rating. A special cylinder is clamped on top of the fabric and water is gradually introduced into it, building pressure. The height of the column of water in millimetres when the liquid eventually penetrates the material provides the HH rating, and this can be used to calculate the fabric's suitability for a specific activity (see chart, right). All the jackets here are detailed with their HH rating (where they have one).

HYDROSTATIC HEAD GUIDE

- 20,000mm+
Good for heavy rain,
backcountry skiing
and mountaineering
- 15,000mm+
Moderate rain and
snow activities
- 10,000mm+
General waterproofing
for hiking and skiing
- Up to 10,000mm
Light protection for
running and hiking

Marmot's EVODry jacket is coated in a PFC-free durable water repellent and has sealed seams to make it 100 per cent leakproof



VENTURE Equipment

With a waterproof rating of 10,000mm, Finisterre's Orians jacket features taped internal seams and is made from 80 per cent recycled nylon



Left to right, from top of opposite page: HAGLÖFS LIM men's jacket (HH: 28,000mm), haglofs.com; TRETORN Wings unisex rainjacket (8,000mm), tretorn.com; FINISTERRE Orians women's jacket (10,000mm), finisterre.com; JACK WOLFSKIN Mount Elgon men's

jacket (20,000mm), jack-wolfskin.co.uk; COLUMBIA Titan Pass 2.5L women's jacket (10,000mm), columbia.com; MARMOT EVODry Clouds Rest women's jacket (20,000mm), marmot.com; SNOW PEAK 2.5L Wanderlust women's pullover (20,000mm), snowpeak.com; THE NORTH FACE

Arque Futurelight women's anorak, thenorthface.co.uk. The North Face didn't use the Hydrostatic Head test to gauge its Futurelight fabric: instead, it adopted a standard used on firefighting gear, dumping 750 litres of water onto the fabric per hour. It received a 100 per cent waterproof rating.



The new Hamilton PSR – available in stainless steel and gold PVD models – retains the features of the original Pulsar P2: press once for hours and minutes, then again for seconds

housed within a block of synthetic ruby crystal wrapped in an 18-carat gold case. Totally silent with no moving parts, the Pulsar P1 Time Computer was a space-age revolution and the world's first consumer microelectronics gadget.

When the watch was finally released in 1972, it cost \$2,100 and only 400 were made, making it for the super-wealthy only. A year later, Hamilton released the P2, a stainless steel update that debuted on the wrist of James Bond in the film *Live and Let Die*. Worn by celebrities including Jack Nicholson and Keith Richards, and US President Gerald Ford, it cost \$395 – only slightly more than a Rolex Submariner.

The PSR takes after the P2, with a few technological upgrades: the display is now an LCD/OLED combo and doesn't require you to hold a magnet up to the case to set the time. But the features are the same: press the side button to light up the hours and minutes, press it again to see the seconds.

Alongside a stainless steel model, there's also a gold PVD-coated tribute to the P1, limited to a production run of only 1,970, to commemorate the year that changed everything. hamiltonwatch.com

FLAUNT

Digital revolutionary

Hamilton PSR

Today's smartwatches are far more than timepieces: they're also activity trackers, payment devices, navigation tools, music players, smart assistants, communicators – essentially, computers. What you're looking at here is none of those things bar the last one – a homage to

the world's first solid-state 'time computer'.

In 1970, US watchmaker Hamilton announced its Pulsar P1 Time Computer, the first digital watch. In a moment, the world had a new interface for telling the time: an LED numeric display. In this case, it was



ALPHATAURI



ALPHATAURI.COM

FITS **BODY** AND **MIND**

VENTURE Lessons from the Edge

Freeze frame:
Colin O'Brady
in Antarctica
in 2018



"Just getting to the start line would take 18 months of perseverance"

My guide, Pasang Bhote, remained calm and shrugged, 'Sometimes the weather is bad. This is just the way it is. It will pass and we can try again.' That was amazing role modelling. The weather cleared a few days later."

Be adaptable

"During my 50 Highest Points challenge [scaling the highest peak in each of the US states], Humphreys Peak in Arizona had a drought, which risked forest fires, so we switched to Mount Whitney in California. But then lightning started a fire, so that was closed, too. Then it began to rain in Arizona, so we shot back there. It's better to plan for things not going right than be disappointed when they don't."

Break down the task

"I hadn't prepared for the possibility that after one mile in Antarctica I'd be crying, with tears freezing on my face, thinking, 'I can't pull my sled any further.' At that moment, my wife Jenna said, 'This is an almost 1,000-mile journey. We knew it was going to be hard. Can you make it to the first waypoint?' Setting those incremental goals was crucial."

Ignore the naysayers

"Before *The Impossible Row*, ocean rowers commented that I hadn't rowed before, and said, 'There's a reason this is a world first: Drake's Passage is really dangerous. We had to go, 'Shut up, outside world!' We had to trust each other as a team." ***The Impossible First* is out now, published by Scribner; colinobradys.com**

MASTER

Achieving the impossible

The only barrier to breaking records, says Colin O'Brady, is your own self-doubt

Impossible is a provocative word. For a select few, just thinking it makes them want to prove the opposite. US adventurer Colin O'Brady has taken this to the nth level: in the past five years, he has broken records for the fastest completion of the Seven Summits and the Explorer's Grand Slam (climbing each continent's highest peak and visiting both Poles), and in 2018 he was first to cross Antarctica unaided. Last December, he completed 'The Impossible Row' along Drake's Passage between Antarctica and South America. "We've all heard the internal voice that states, 'That's not possible,'" O'Brady says. "But you can reprogramme your mind."



O'Brady chases that 'Impossible First'

Never give up

"In my book *The Impossible First*, I wanted to share what it was like to try to raise \$500K. Just getting to the start line would take 18 months of perseverance. When we tried to secure funding, people were like, 'Who are you? Why

should we get behind this?' Determination to get it done started long before I took my first step on any challenge."

Stoicism is key

"During the Seven Summits, we were on Everest and got hammered by a storm at Camp Four in the Death Zone.

HOW TO BE **SUPER HUMAN**

**STORIES FROM PEOPLE WHO
HAVE TRAVELLED TO THE VERY
LIMITS OF HUMAN ENDURANCE**

HOSTED BY ROB POPE

LISTEN ON



Apple Podcasts



Google Podcasts



Spotify



FOCUS

Accelerated learning

Simplistic gameplay with deeper rewards: breaking down the Zen of the endless runner game

The technological singularity that is the smartphone has brought us myriad wonders: the mobile internet, the selfie stick, TikTok. It has also birthed 'endless runners' – non-stop run-and-jump games whose mobile-friendly, one-finger play hooks even casual gamers and generates equal obsession in behavioural scientists curious about their relentless popularity.

Take 2013's *Temple Run 2*, which clocked 50 million downloads within a fortnight of release, or *Subway Surfers* – the second most downloaded iOS game in history. And then there's *Flappy Bird*, the 2014 viral phenomenon withdrawn from app stores by its own owner after he claimed the intense public attention it brought him "ruined my life".

But could their appeal tap into a deeper human need? Gaming lecturer Dr Matthew Barr runs through it...

Lessons on the run

Games are ludic – meaning spontaneously playful – learning systems: you learn in order to play, play in order to learn. Endless runners, through their linear simplicity, accelerate that dynamic. "As soon as you encounter a new obstacle, or a new power is introduced, you're going to use that knowledge right away, then over and over again," says Barr. "It's in the recall of new skills that learning really kicks in. That's part of what motivates people to play."

On the fast track: for a limited time, *Temple Run 2* players could pay to unlock a Usain Bolt avatar



Go with the flow

The cognitive 'flow state' is achieved when undertaking a task that's not impossible but is continually challenging. It puts you in the zone: a trance of receptiveness to deep learning and activity satisfaction. "Game designers want to keep people in this state between anxiety and boredom, skill and challenge. Endless runners are great for this; they're self-balancing, so as your skill increases so does the challenge. You want to keep going."

Feedback loop

Constant feedback is another requirement of the flow state. "Unlike at work or university where you can wait weeks to receive feedback, in an endless runner it happens

in real time, and if you mess up by hitting an obstacle, you're getting that feedback immediately. It's constantly challenging. There's no time to be distracted by other things – it's a pure form of game." This also provides a subliminal feel-good factor in its own right.

Runner's high

"Rewards release dopamine," says Barr of the pleasure chemical released by the brain. With a perpetual stream of obstacles to overcome, an endless runner played on the train in the morning works like a dopamine machine gun. "You're going into work in a better mood. Your brain is already up and running, compared with just waking up, having coffee and rolling in."

Instant decisions

Endless runners make you a better decision maker. Studies show that cognitive ability is improved by video games that require constant thinking and input. "The stakes are lower than in real life, but making decisions under pressure, with little room for failure, fires off panic that grows your confidence in the real world. Sid Meier [creator of the turn-based strategy game *Civilization*] said games are a series of interesting decisions. Endless runners take this to the nth degree."

Quick sprints

In today's hectic world, grabbing downtime can be harder than ever. "The endless runner format is part of a wider move to make games more accessible if you're time-poor," reveals Barr. "You can also play them with one thumb, which works well for commuting."

"In these games, you get instant feedback"



University of Glasgow lecturer Dr Matthew Barr's book *Graduate Skills and Game-Based Learning* examines how video games develop skills, adaptability and critical thinking.

IMPROVE

This trainer trains you

Under Armour HOVR Machina

Bonking. For a runner, it's the moment when they crash into a glucose-starved wall of fatigue. Observing how entrants 'bonked' at the 2016 Boston Marathon, US sports brand Under Armour realised that understanding the phenomenon could unlock the secret to becoming a better runner.

The company was uniquely positioned to tackle this challenge. In 2013, it purchased MapMyRun – a social fitness network that lets runners track sessions through a smartphone app and compare them with millions of others. Then, in 2018, UA released the first HOVR Connected running shoes, fitted with sensors that measure the wearer's cadence, pace, stride and speed and then feed those metrics to MapMyRun.

The Machina is the latest evolution of the shoe. The semi-caged midsole ensures flexibility while protecting the sensors. And it's how the latter processes the data it gleans that sets these shoes apart. From studying years of running stats, UA noted clear differences between the performance of optimal and suboptimal runners. Comparing a HOVR wearer's running style with a

hypothetical best, a new 'Form Coaching' system feeds back real-time personalised guidance, fine-tuning technique, minimising injury and gamifying their run.

What did Under Armour learn? By specifically observing marathon runners (anonymously pinpointed by date, location and distance), huge clusters of comparable long-distance running data

were collected. The results showed that runners with huge variance in their cadence (steps per minute) compared with stride length performed worse, while those with consistent cadence-to-stride-length ratios completed races faster and more consistently. Maintaining a stable pace, it turns out, is the key to beating the bonk. underarmour.com



The Machina mixes the cushioning of a long-distance trainer and the lightness of a sprint shoe. A carbon-filled front-foot spring plate delivers energy back into each step

ZELL AM SEE-KAPRUN

THE ALPS AT THEIR VERY BEST

Here you can enjoy crystal-clear waters, snow on the glacier and world-class biking – all in one trip

Picture yourself hiking through a perfect Austrian alpine summer: high-rising mountains pierce the clouds; the skyline is formed by far-off peaks. Imagine rugged rock faces lined with lush forest and rolling foothills. As you look down to the verdant valleys and the glimmering mountain lake below, you see distant waterskiers skimming across the surface.

Welcome to Zell am See, a spectacular mountain town on the shores of Lake Zell in Austria. Here you can see the 1,965m Schmittenhöhe mountain reflected in the perfectly clear water of Lake Zell and wander the Hohe Tauern National Park, the largest protected area in the Alps. There are also 400km of hiking trails and 240km of bike trails that weave through the landscape.

Accessing stunning scenery and incredible sights isn't difficult here. Even Austria's highest mountain, the 3,798m Grossglockner, has routes to suit hikers of all ages and abilities. And unforgettable sights are accessible on foot via the hiking trails. The Kitzsteinhorn platform offers views of imposing 3,000m mountains, from the grass-covered Kitzbühel Alps to the fierce Steinernes Meer plateau, as well as the year-round white of the Kitzsteinhorn glacier.

Take a cable car to the Top of Salzburg viewing platform (3,029m) for a unique challenge: secure yourself onto a rope with a qualified mountain guide to climb the last 200 metres to the mountain summit and access a vantage point usually off limits to all but experienced alpinists.

There's also plenty to do on two wheels. The Tauern Cycle Route is a 270km stretch that includes views of Europe's largest waterfalls and the stunning Salzach and Saalach Rivers. It's one of the most popular





long-distance routes on the continent. And the Grossglockner High Alpine Road offers elite-level road cycling on a route purpose-built to provide a passage through Austria's majestic mountains.

At ski resort Maiskogel in Kaprun, there's a bike park complete with drops, kickers and pump track. Or trial the region's renowned downhill trails. Rob Warner became the first British rider to win a round of the UCI Mountain Bike World Cup here in 1996. The Austrian mountain was also the setting for Nicolas Vouilloz's seventh and final men's elite World Champs win in 2002, when he beat Brit Steve Peat by half a second to end his career on a high.

There's two-wheeled fun of a different kind at the e-motocross park on Schmittenhöhe, which offers families a full-throttle adrenaline kick without harmful emissions, and if you're more a fan of Tiger Woods than being in the woods, one of the best golf clubs in Austria (complete with two 18-hole golf courses) awaits. It's a stone's throw from Lake Zell, where locals swim, waterski, surf, kayak, dive and SUP to their heart's content.

In Zell, you can sample snow on the Kitzsteinhorn Glacier, waterski on the crystal-clear water of Lake Zell, take in a wealth of unforgettable views and access world-class biking trails, all in one trip. It's the best of the Alps in one of Austria's most beautiful settings.

Fact file

Nearest airport:

Salzburg Airport (76km)

Elevation: 768m – 3,029m

Summer season:

May 15 – October 15

Free public transport (bus and train): May 1 – October 31

Events: The Grossglockner Ultra-Trail, a 110km route through seven valleys (July 24-26); Ironman 70.3, one of the most beautiful triathlons in Europe (Aug 30)

Population: 9,880 in Zell am See and 3,000 in Kaprun

zellamsee-kaprun.com



VENTURE
Equipment

Borne to ride

CANYON Tasty Grand Canyon AL SL 8.0 bike, canyon.com; EVOC Seat Bag Tour kit, Top Tube Packs and Handlebar Pack Boa, evocsports.com

Bikepacking is mountain-bike touring with the barest minimum of camping kit. It has another name: freedom. Here are the rigs, bags and gear you need to cut loose, go off-road and live light

Photography JOE McGORTY



**VENTURE
Equipment**

From top, left to right: FINISTERRE Nimbus jacket, [finisterre.com](#); EXPOSURE LIGHTS Revo Dynamo light, [exposurelights.com](#); MIZU Water Purification V7 360 Adventure kit, [mizulife.eu](#); STANCE Cycling Wool Quarter socks, [stance.eu.com](#); GIRO Montaro MIPS helmet, [giro.com](#); ICEBREAKER Nature Dye Helliers top, [icebreaker.com](#); ENDURA Singletrack Lite Knee Protector II pads, [endurasport.com](#); ENDURA Hummvee Lite Icon gloves, [endurasport.com](#); SPECIALIZED Air Tool Big Bore Pump, [specialized.com](#); POWER TRAVELLER Solar Adventurer II, [powertraveller.com](#); ARCADE BELTS Ranger belt, [arcadebelts.eu](#); DRAGON Ridge X sunglasses, [dragonalliance.com](#); HOWIES Light Merino base layer, [howies.co.uk](#); DOUCHEBAGS The Explorer backpack, [douchebags.com](#)

86 THE RED BULLETIN

**VENTURE
Equipment**

From top, left to right: FINISTERRE Nimbus jacket, [finisterre.com](#); EXPOSURE LIGHTS Revo Dynamo light, [exposurelights.com](#); MIZU Water Purification V7 360 Adventure kit, [mizulife.eu](#); STANCE Cycling Wool Quarter socks, [stance.eu.com](#); GIRO Montaro MIPS helmet, [giro.com](#); ICEBREAKER Nature Dye Helliers top, [icebreaker.com](#); ENDURA Singletrack Lite Knee Protector II pads, [endurasport.com](#); ENDURA Hummvee Lite Icon gloves, [endurasport.com](#); SPECIALIZED Air Tool Big Bore Pump, [specialized.com](#); POWER TRAVELLER Solar Adventurer II, [powertraveller.com](#); ARCADE BELTS Ranger belt, [arcadebelts.eu](#); DRAGON Ridge X sunglasses, [dragonalliance.com](#); HOWIES Light Merino base layer, [howies.co.uk](#); DOUCHEBAGS The Explorer backpack, [douchebags.com](#)

86 THE RED BULLETIN

VENTURE Equipment

OAKLEY DRT5
helmet and Flight
Jacket sunglasses,
oakley.com;
OSPREY Siskin 12
hydration backpack,
ospreyeurope.com;
ENDURA SingleTrack
DuraJak jacket,
endurasport.com;
TROY LEE DESIGNS
Resist shorts,
troyleedesigns.com;
STANCE Uncommon
Berm Crew socks,
stance.eu.com;
FIZIK Terra Clima X2
shoes, fizik.com;
SPECIALIZED Turbo
Levo SL Comp Carbon
bike, specialized.com;
TOPEAK Backloader,
Midloader and
Frontloader packs,
topeak.com



VENTURE Equipment

MET Terranova helmet,
met-helmets.com;
SPECT Pace
sunglasses,
specteyewear.com;
CAMELBAK Toro
Protector 8 hydration
pack, camelbak.com;
TROY LEE DESIGNS
Sprint jersey,
troyleedesigns.com;
SUUNTO Suunto 7
watch, suunto.com;
ENDURA MT500
Waterproof shorts,
endurasport.com;
STANCE Belfort socks,
stance.eu.com;
SPECIALIZED 2FO
Clip 2.0 shoes,
specialized.com;
MARIN Pine Mountain
E2 bike, marinbikes.com; APIDURA
concept frame pack,
apidura.com

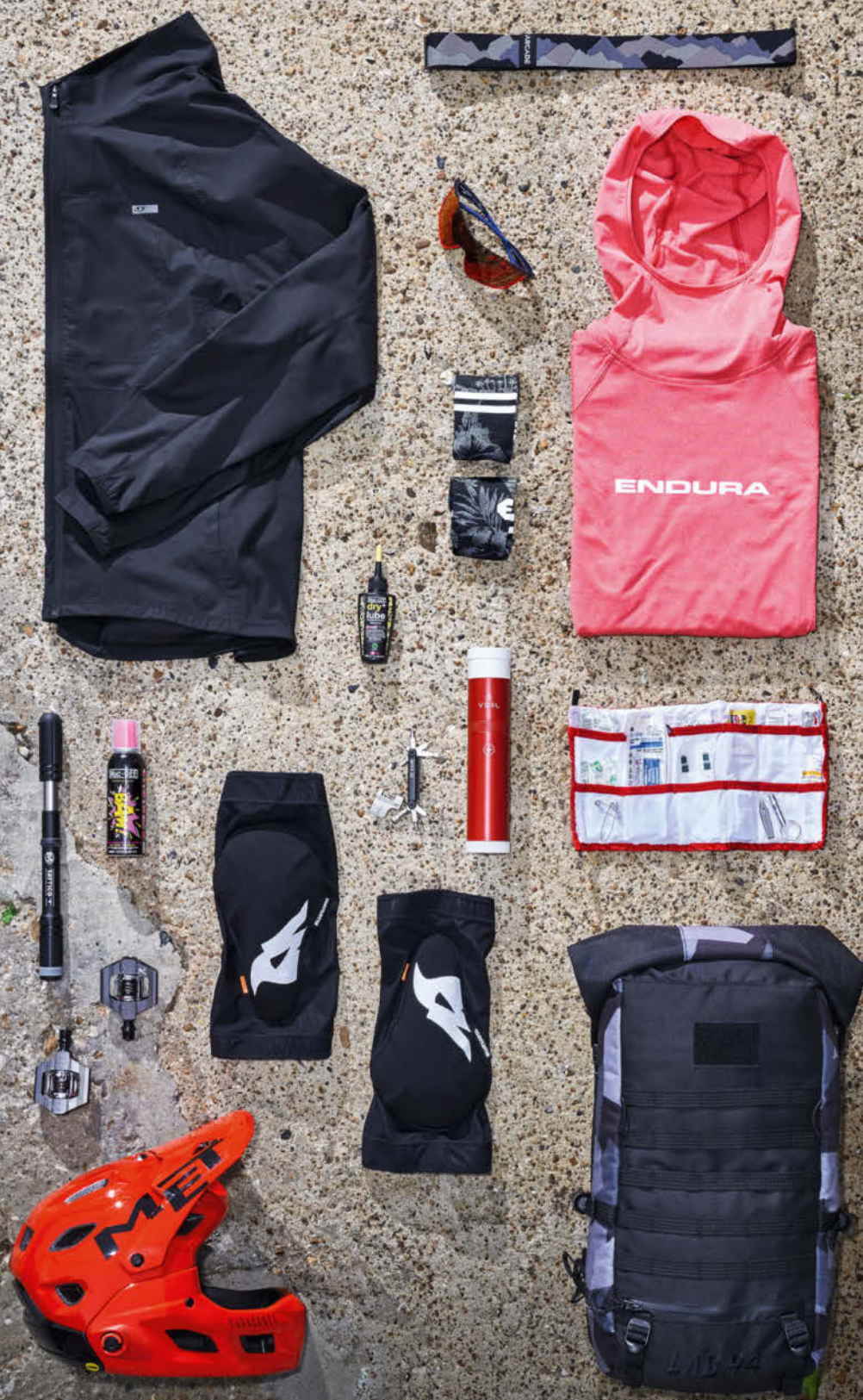


VENTURE Equipment



From top, left to right: TSG Scope Graphic Design helmet, ridetsg.com; BBCO HEADWEAR Fistrat beanie, bbcheadwear.com; CAMELBAK Podium Dirt Series water bottle, camelbak.com; HOWIES Bodie unisex insulated gilet, howies.co.uk; GORE C5 Trail ¾ jersey, velovixen.com; DAKINE Syncline gloves, dakine.com; SUUNTO Suunto 7 watch, suunto.com; ARCADE BELTS Ranger belt, arcadebelts.eu; ENDURA Gridlock II waterproof overtrousers, velovixen.com; DAKINE Syncline 16L hydration pack, dakine.com; OSPREY Ultralight Dry Sack 3L pack, ospreyeurope.com; STANCE Embrun socks, stance.eu.com

VENTURE Fitness



From top, left to right: GIRO Stow jacket, giro.com; ARCADE BELTS Ranger belt, arcadebelts.eu; SPECT Pace sunglasses, specteyewear.com; STANCE Belfort socks, stance.eu.com; ENDURA SingleTrack hoodie, velovixen.com; MUC-OFF Dry Lube 50ml, muc-off.com; SILCA Tattico Bluetooth mini-pump, silca.cc; MUC-OFF BAM puncture repair 125ml, muc-off.com; CRANK BROTHERS Candy 2 pedals, crankbrothers.com; BLUEGRASS Skinny D30 kneepads, bluegrasseagle.com; SPECIALIZED EMT 12 tool, specialized.com; VSSL First Aid kit, vsslgear.com; MET Parachute MCR helmet, met-helmets.com; MUC-OFF Lab.94 backpack, muc-off.com



SCOTT SPORTS Vivo helmet, [scott-sports.com](https://www.scott-sports.com); DRAGON Tracer X sunglasses, [dragonalliance.com](https://www.dragonalliance.com); SALOMON Outspeed Down jacket, [salomon.com](https://www.salomon.com); TROY LEE DESIGNS Crank jacket, [troyleedesigns.com](https://www.troyleedesigns.com); CAMELBAK Hawg LR 20 hydration pack, [camelbak.com](https://www.camelbak.com); MUC-OFF Technical Riders shorts, [muc-off.com](https://www.muc-off.com); STANCE Travel Crew socks, [stance.eu.com](https://www.stance.eu.com); SPECIALIZED 2FO Clip 2.0 shoes, [specialized.com](https://www.specialized.com); SURLY Krampus suspension bike, [surlybikes.com](https://www.surlybikes.com); PASSPORT Bikepacking Handlebar Waterproof Drybag and Frame Bag, [passportcycles.co.uk](https://www.passportcycles.co.uk)

VENTURE Equipment



Left: SCOTT SPORTS Vivo helmet, scott-sports.com; DRAGON Tracer X sunglasses, dragonalliance.com; TROY LEE DESIGNS Crank jacket, troyleedesigns.com; SALOMON Outspeed down jacket, salomon.com; EVOC Explorer Pro 30L hydration pack, evocsports.com; MONS ROYALE Redwood wind jersey, eu.monsroyale.com; GIRO Havoc shorts, giro.com; STANCE Travel Crew socks, stance.eu.com; SPECIALIZED 2FO Clip 2.0 shoes, specialized.com; CANYON Tasty Grand Canyon AL SL 8.0 bike, canyon.com;

EVOC Seat Bag Tour kit, Top Tube Packs and Handlebar Pack Boa, evocsports.com

Below: SPECIALIZED Turbo Levo SL Comp Carbon bike, specialized.com; TOPEAK Backloader, Midloader and Frontloader packs, topeak.com



GOOD TO GO

With the Suunto 7, you only need one watch for every part of your active life

Suunto has a talent for bringing sport into our lives with watches built for everything from diving to climbing. Now, it is blending our lives and our sporting pursuits seamlessly with the Suunto 7 smartwatch.

The Suunto 7 delivers the functionality of a sports watch *and* the sophisticated features of a premium smartwatch. With one press, you can access its 70-plus sports modes – from running and cycling to skiing and yoga – with exercise, GPS and heart-rate tracking, plus controls for playing music. Built-in outdoor heat maps, shown on the ultra-bright OLED touch display, indicate the best local training routes for 15 different activities, and the maps can be easily downloaded for offline use.

The watch runs on Wear OS by Google, giving access to the thousands of apps on the Google Play app store, as well as Google Assistant, secure contactless Google Pay, notifications, calendar updates and Google Fit health tracking. With a reinforced polycarbonate case, stainless steel bezel and scratch-resistant Gorilla glass, it's shock-, dirt- and waterproof (up to 50m) and has swappable straps in silicon, leather and fabric. And the battery lasts up to 48 hours on a single charge (or 12 hours in GPS Tracking mode).

The Suunto 7 looks as comfortable at the top of a mountain as it does at a dinner party in the city – with functionality to match.

The Suunto 7 is available at suunto.com and select retail partners including John Lewis, Cotswold Outdoor and wiggles.com



Active style

The new Suunto 7 supports sports and everyday life in one streamlined interface

SUUNTO
Designed for Adventure



10

to 14 June

CRANKWORX INNSBRUCK

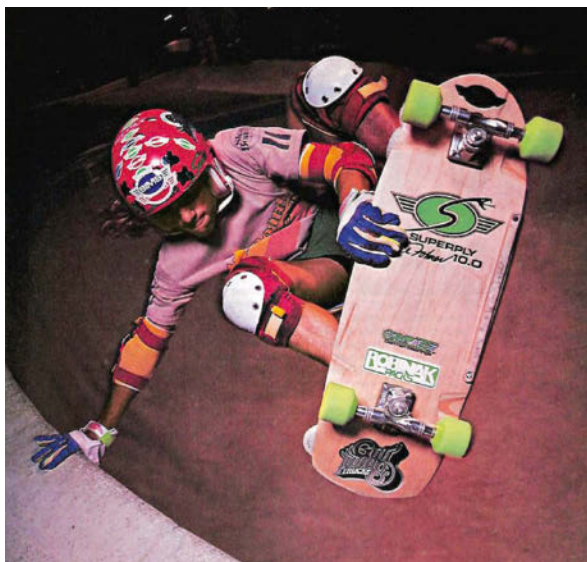
Like your g-forces served up large? The Crankworx World Tour is the Big Gulp of gravity-fed mountain biking, delivering the benchmark in downhill, pump track, slopestyle and slalom competitions. In 2017, this European leg was added (joining Rotorua in New Zealand and the original event in Whistler, Canada), bringing the stunning Austrian mountains to the tour. Watch the best-of-the-best battle it out, chill to the festival vibe, or find out if your kids are tomorrow's champs by enrolling them in the Kidsworx challenges. Bikepark Innsbruck, Mittereralm, Austria; crankworx.com

27 

April onwards

THE ORIGINAL SKATEBOARDER

In 1975, defunct US publication *Skateboarder Magazine* relaunched. It ended this run just five years later, but in that time the magazine became a documented history of how the fledgling sport went from shoeless street surfers to the first skateparks and beyond. This film talks to the skaters and photographers involved, chronicling the moment boarding went boom. Download Red Bull TV to your devices; redbull.com



11

May to 18 July

THE SHARK IS BROKEN

The production of Steven Spielberg's 1975 film *Jaws* was famously troubled, with feuding stars, spiralling costs, and a mechanical shark that sank. Witness to all this was Ian Shaw, the four-year-old son of Robert Shaw, the actor who played shark hunter Quint. Now aged 50, Ian stars as his own father in this self-penned play – a hit at last year's Edinburgh Fringe – about the behind-the-scenes events that unfolded. *Ambassadors theatre, London*; sfpattheambassadors.com

14

April onwards

DIALOGUE IN THE DARK

This is a multisensory immersive experience with a difference: one of your senses – sight – is taken away. Plunged into total darkness, you discover how it feels to live like a blind person, using only a cane, your hearing, smell, touch and voice to negotiate a bustling simulation of London. Guided by a visually impaired host, participants are given the chance to better understand and to discuss their everyday reality. *Space Studios, east London*; dialogueinthedarklondon.co.uk



12 

May
**MOTO SPY
SEASON FINALE**

Supercross is one of motorsports' wildest spectacles – stadiums filled with motocross superstars risking life, limb and reputation, flying over the gnarliest indoor dirt tracks. But the drama is every bit as intense off the track, too. Watch all the behind-the-scenes action from the AMA Supercross 2020 Championship, and the struggles of its most exciting characters in the weeks between races, as they prepare for this final episode showdown. *Download Red Bull TV to your devices; redbull.com*

16



April
**DAVID
ATTENBOROUGH
– A LIFE ON
OUR PLANET**

Since presenting his first BBC nature show, *Zoo Quest*, in 1954, British broadcasting legend David Attenborough has visited more of our natural world than almost anyone in history and, at the age of 94, witnessed firsthand the devastating changes wrought on it in a single human lifetime. This personal film, made with the World Wildlife Fund, is a chance for him both to reflect on his life's work and to deliver a message about the challenges humanity faces to save the fragile blue orb that we and all other lifeforms live on. Showing at cinemas for one day only, it will be launched at the Royal Albert Hall by Sir David himself, discussing with guests the issues raised by the documentary, and broadcasting the onstage action live to screens around the globe. The film will be available to stream on Netflix later this spring. *Cinemas worldwide; attenborough.film*

14



April onwards
**UNDER AN
ARCTIC SKY**

In 2015, filmmaker Ben Weiland and adventure photographer Chris Burkard set sail to the north coast of Iceland with six surfers in search of a legendary swell. What they found was the worst Icelandic storm in a quarter of a century, which near-shipwrecked them and turned their quest into a road trip through a brutal Arctic winter. A surf film unlike any other. *Download Red Bull TV to your devices; redbull.com*



THE RED BULLETIN WORLDWIDE



The Red Bulletin is published in six countries. This is the cover of May's French edition, featuring professional big wave surfer Justine Dupont...

For more stories beyond the ordinary, go to: redbulletin.com



The Red Bulletin UK.
ABC certified distribution
153,505 (Jan-Dec 2019)



GLOBAL TEAM

Editor-in-Chief

Alexander Macheck

Deputy Editors-in-Chief

Andreas Rottenschlager, Nina Trembl

Creative Director

Erik Turek

Art Directors

Kasimir Reimann (deputy CD),
Miles English, Tara Thompson

Head of Photo

Eva Kerschbaum

Deputy Head of Photo

Marion Batty

Photo Director

Rudi Uebelhor

Production Editor

Marion Lukas-Wildmann

Managing Editor

Ulrich Corazza

Copy Chief

Andreas Wollinger

Design

Marion Bernert-Thomann, Martina de Carvalho-Hutter, Kevin Goll, Carita Najewitz

Photo Editors

Susie Forman, Ellen Haas, Tahira Mirza

Managing Director

Stefan Ebner

Head of Media Sales & Partnerships

Lukas Schrambacher

Publishing Management Sara Varming (manager),
Ivona Glibusic, Bernhard Schmied, Melissa Stutz,
Mia Wienerberger

B2B Marketing & Communication

Katrin Sigl (manager), Agnes Hager, Alexandra Ita,
Teresa Kronreif, Stefan Portenkirchner

Head of Creative

Markus Kietreiber

Co-Publishing Susanne Degen-Pfleger & Elisabeth
Staber (manager), Mathias Blaha, Raffael Fritz,
Thomas Hammerschmied, Marlene Hinterleitner,
Valentina Pierer, Mariella Reithoffer, Verena
Schörkhuber, Sara Wonka, Julia Bianca Zmek,
Edith Zöchling-Marchart

Commercial Design Peter Knehtl (manager),
Sasha Bunch, Simone Fischer, Martina Maier,
Florian Solly

Advertising Placement

Manuela Brandstätter, Monika Spitaler

Head of Production

Veronika Felder
Production Friedrich Indich, Walter O. Sádaba,
Sabine Wessig

Repro

Clemens Ragotzky (manager),
Claudia Heis, Nenad Isailović,
Sandra Maiko Krutz, Josef Mühlbacher

MIT

Michael Thaler, Christoph Kocsisek

Operations

Yvonne Tremmel, Alexander Peham

Assistant to General Management

Patricia Höreth

Subscriptions and Distribution

Peter Schiffer (manager), Klaus Plening

(distribution), Nicole Glaser (distribution),
Yoldaş Yazar (subscriptions)

Global Editorial Office

Heinrich-Collin-Straße 1, A-1140 Vienna
Tel: +43 1 90221 28800, Fax: +43 1 90221 28809
redbulletin.com

Red Bull Media House GmbH

Oberst-Lepperding-Strasse 11-15,
A-5071 Wals bei Salzburg, FN 297115i,
Landesgericht Salzburg, ATU63611700

General Manager and Publisher

Andreas Kornhofer

Directors

Dietrich Mateschitz, Gerrit Meier,
Dietmar Otti, Christopher Reindl



THE RED BULLETIN

United Kingdom, ISSN 2308-5894

Editor

Ruth Morgan

Associate Editor

Lou Boyd, Tom Guise

Culture Editor

Florian Obkircher

Chief Sub-Editor

Davydd Chong

Sub-Editor

Sonia Zhuravlyova

Publishing Manager

Ollie Stretton

Advertising Sales

Mark Bishop,
mark.bishop@redbull.com

Fabienne Peters,
fabienne.peters@redbull.com

Printed by

Quad/Graphics Europe Sp. z o.o.,
Pułtusk 120, 07-200 Wyszów,
Poland

UK Office

Seven Dials Warehouse, 42-56
Earlham Street, London WC2H 9LA
Tel: +44 (0) 20 3117 2000

Subscribe

getredbulletin.com

Enquiries or orders to: subs@uk.redbulletin.com.
Back issues available
to purchase at: getredbulletin.com.
Basic subscription rate is £20.00 per
year. International rates are available.

The Red Bulletin is published 10 times
a year. Please allow a maximum of four
weeks for delivery of the first issue

Customer Service

+44 (0)1227 277248,
subs@uk.redbulletin.com



THE RED BULLETIN

Austria, ISSN 1995-8838

Editor

Christian Eberle-Abasolo

Proofreaders

Hans Fleißner (manager),
Petra Hannert, Monika Hasleder,
Billy Kirnbauer-Walek

Publishing Management

Bernhard Schmied

Sales Management

Alfred Vrej Minassian (manager),
Thomas Hutterer, Stefanie Krallinger
anzeigen@at.redbulletin.com



THE RED BULLETIN

France, ISSN 2225-4722

Editor

Pierre-Henri Camy

Country Coordinator

Christine Vitel

Country Project Management

Alessandra Ballabeni

Contributors, Translators

and Proofreaders
Étienne Bonamy, Frédéric & Susanne
Fortas, Suzanne Kříženecký, Claire
Schieffer, Jean-Pascal Vachon,
Gwendolyn de Vries



THE RED BULLETIN

Germany, ISSN 2079-4258

Editor

David Mayer

Proofreaders

Hans Fleißner (manager),
Petra Hannert, Monika Hasleder,
Billy Kirnbauer-Walek

Country Project Management

Natascha Djodat

Advertising Sales

Matej Anusic,
matej.anusic@redbull.com
Thomas Keihl,
thomas.keihl@redbull.com
Martin Riedel,
martin.riedel@redbull.com



THE RED BULLETIN

Switzerland, ISSN 2308-5886

Editor

Wolfgang Wieser

Proofreaders

Hans Fleißner (manager),
Petra Hannert, Monika Hasleder,
Billy Kirnbauer-Walek

Country Project Management

Meike Koch

Advertising Sales

Marcel Bannwart (D-CH),
marcel.bannwart@redbull.com

Christian Bürgi (W-CH),
christian.buergi@redbull.com

Goldbach Publishing

Marco Nicoli,
marco.nicoli@goldbach.com



THE RED BULLETIN

USA, ISSN 2308-586X

Editor-in-Chief

Peter Flax

Deputy Editor

Nora O'Donnell

Copy Chief

David Caplan

Director of Publishing

Cheryl Angelheart

Country Project Management

Laureen O'Brien

Advertising Sales

Todd Peters,
todd.peters@redbull.com
Dave Szych,
dave.szych@redbull.com
Tanya Foster,
tanya.foster@redbull.com





1 YEAR
getredbulletin.com
£20

BEYOND THE ORDINARY

The next issue is out on **Tuesday 12th May** with **London Evening Standard**.
Also available across the UK at airports, gyms, hotels, universities and selected retail stores.
Read more at theredbulletin.com



Spraying for a win

The roadholding of Elfyn Evans' Toyota Yaris was given a thorough testing in the shakedown for the 2020 Rally Guanajuato México in March. But the Welshman and his co-driver Scott Martin, already ahead in the World Rally Championship standings after round two in Sweden, came through the skids and splashes to end this 5.51km warm-up stage 0.6 seconds ahead of the rest. For more WRC news, go to [redbull.com](https://www.redbull.com)

The next
issue of
THE RED BULLETIN
is out on
May 12

GIVES YOU WIINGS.

ALSO WITH THE TASTE OF COCONUT & BERRY.



**Jack
Wolfskin**

AT HOME OUTDOORS

JOIN US ON THE INFINITE HIKE

DISCOVER THE



WOLFTRAIL
BY JACK WOLFSKIN

WWW.JACK-WOLFSKIN.CO.UK/INFINITE-HIKE