

Ep #18: Challenging Perceptions with Latoya Shauntay Snell and Martinus Evans



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Jill Angie

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Welcome to *The Not Your Average Runner Podcast*. If you're a woman who is midlife and plus sized and you want to start running but don't know how, or if it's even possible, you're in the right place. Using proven strategies and real-life experience, certified running and life coach Jill Angie shares how you can learn to run in the body you have right now.

You are listening to episode number 18 of *The Not Your Average Runner Podcast*. I'm your host, Jill Angie, and I have an awesome episode for you today. I recently had the pleasure of doing a Facebook live with Martinus Evans and Latoya Shauntay Snell. And oh my god, we just had the most fun.

Latoya is the force of nature behind the blog Running Fat Chef, and she's an accomplished runner and chef, and as you may have guessed, she doesn't look like the typical runner. And Martinus is the rock star behind the blog 300 Pounds and Running, and he's also an accomplished athlete and motivational speaker.

So both of them are just shining examples of courage and authenticity in the running world, and I mean, they really lay it all out in a line. All of their challenges, all of their successes, and everything in between. And to top it all off, they are really super fun to hang out with and we really had a great time.

Now, links to follow both Martinus and Latoya on social media are all in the show notes so make sure you follow them everywhere. I promise you will not be disappointed. So without further ado, here is the interview.

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Jill: Alright everyone, I am super excited to announce the latest in the Facebook live series that we've been doing at *Not Your Average Runner* with two of the not your average-est runners, I don't know how to say that. Two of the least average runners that I know. Latoya Shauntay Snell and Martinus Evans. Hear a little hello from you guys. How's it going with you tonight?

Martinus: Can't complain, just got done doing marathon training.

Jill: Nice. I saw your live on your Facebook.

Martinus: Yes, I literally hopped off the treadmill, grabbed my computer and was like, I need to get to Jill and Latoya. They're waiting on me.

Jill: I almost dropped a comment like, Martinus, you going to shower first or you - obviously the answer is no.

Martinus: Nope.

Jill: I love it. Alright, Latoya, how about you? How are you doing tonight?

Latoya: Well, I'm chilling here with my tea, my lemon, my ginger, my honey. I got the whole crew on deck. I am sick, I preserved my voice all day for you because I was not sure of how my little crackly voice was actually going to sound early on today. Hey kitty - I'm terrible. Yeah but I mean, for the most part I can't complain, man. I mean, I had my - it's like fortunate but unfortunate. I was able to skip out on a training run today because I am sick and I listen to my followers as they threatened me to please do not go outside and do any type of fitness shit, so I stayed home and went to sleep and unfortunately, I can't take any medication so I'm kind of like stuck with the homeopathic method.

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Jill: Nice. Your voice sounds good so whatever you did worked out really well.

Latoya: It's a whole bunch of salt and praying. Praying that my voice is not going to give out and that I go into a coughing fit.

Jill: Awesome. Alright, well we got you covered if that happens. Martinus is going to sing a song so...

Martinus: Absolutely.

Latoya: You got the Barry White voice over there.

Jill: I know, this is what I'm counting on.

Martinus: Hello ladies.

Latoya: The 976 hotline.

Jill: Alright, oh my gosh, okay we got a lot of people joining already so this is fun. Hi Michelle, hi Stephanie, hi Dee, and hi Stephanie again. We get two hi's from Stephanie. Okay, so here's what we're going to do tonight. So you guys that are watching or if you're coming in late - I guess if you're coming in late you're not going to hear me say this but we are going to have a really fun interview with both Latoya and Martinus, we're going to hear all about like, who they are, what they do, we're going to talk about their new podcast, which if you are like me and obsessed with listening to podcasts when you're running or when you're driving or just when you're sitting around staring at a wall, you're going to want to put this one on your playlist. So we're going to do that for a little while and then at the end I want you guys to save up your questions because you're going to get a chance

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to ask your questions of both Martinus and Latoya live and they're going to answer them. Also, I probably should put out an explicit warning, we are all swearers.

Latoya: F bombs, baby.

Jill: Yeah and if you listen to their podcast like, it just does my heart good to hear all the F bombs. But if you do have small children who might be listening over your shoulder, just cover their ears because there might be some things and it's going to be good. So alright, so let's get started. Alright, Latoya you're first on my screen in order so what I'd love to hear is just like, a little bit about yourself. I mean, I know a lot of your story but I don't think I know all of it. And I'm sure there are some folks on the live right now that don't know any of it. So like, just tell us all everything.

Latoya: Awesome, awesome. So my name is Latoya Shauntay Snell. I am from kind of like, couple months away from turning 33. I started my fitness journey, which originally was started off as a weight loss journey in 2013. May 28th 2013 to be exact. I stopped counting after 265 pounds, I pretty much had hopped from career to career to career, like the fields that I was in before was social work and administration. The 2008 stock kind of crashed, I was like, maybe this is time to actually do a career change, and a bunch of my friends and family were super supportive about me going into the culinary field. Was fortunate enough to have friends who actually were willing to help me, financially back me into going into culinary school. Was able to have - was afforded certain luxuries of working for like, corporate dining and different places like food networking and Food Network and being able to do food photography. And in the middle of all of this, I was going through all of these health issues. And the thing is, you know, a lot of us, we tend to like, brush it off and just say, "Oh you know, it's nothing," especially as a parent. I looked at it as, okay, yes, so what if my fingers are tingling, I still got to work. I lived in New York City, so it

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makes it even worse, especially now, where everything has gone up by like 600%, if that's even a real percentage. And I just - you know, I just kind of neglected areas of my health to a point where one day I went to work, I was in the middle of a dirty joke, to be very, very honest, I bent over in the middle of this dirty joke and could not get back up. My co-workers thought it was part of the joke, and you know, I can hear my sous chef like, "Hey, what's wrong?" And I'm like, "I can't tell you where the pain is at." And he's like, "Come on," he's like, "Tell me where the pain is at," and I'm like, "It's in my ass," and he thinks it's a joke because of course my mouth is completely filthy, and the next thing I know my head goes face first into a lasagna pan.

Jill: Oh my goodness.

Latoya: And I thought that at most, maybe this was like overexertion. As a person in the culinary industry, as a chef in the culinary industry, we work ridiculous hours, even in corporate dining where we are constantly on our feet from anywhere from eight to sometimes 16 hours, and then we go out there, rinse, wash, repeat, do this crazy vicious cycle. Some of us have two jobs, and I found myself at a point where my doctor looked at me and he was like, "Okay, you're not going to have comfort sitting down, you're not going to have comfort standing up, you have sciatica, you have disc degeneration, you have a herniated disc, and on top of it you're fat." And that's like, pretty much like, the long and short of it. I thought that this would be two weeks out. This turned out to be a year of me being on short term disability to the point where I ended up losing my job. And I hit rock bottom, and essentially, I just got to this point where I was - I don't know. As we said, I'm pretty much on The Long Run, at the podcast that Martinus and I are doing. On the last episode, we were talking about this self-defeatist thing and I used to be - and I still am at times, I have to remind myself not to be that person, where I would make jokes about myself before anyone else would just so they wouldn't have the, "Oh you know, you're the fat

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bitch," or if I am too vocal about certain things I didn't want to be perceived as an angry black woman. Got to a point where I couldn't laugh anymore, and that's when I decided you know what, let me just actually give this a full-fledged effort because I don't have anything else to lose. I lost my career, I was on the brink of losing my life, I was losing my mobility, which is something that we kind of take advantage of heavily. We don't realize how much we need it until it's stripped away from us. And it started my fitness journey. I started really small and then one of my friends actually - it's crazy. It's a Myspace buddy, who's now on Facebook or whatever, and he signed up for this half marathon. I've never ran a day in my life, never ran a day in my life, I didn't do a 5K, as I've been told to many of platforms, which is like, the notorious joke, I ran for the ice cream truck and that was about it, and that's a true story. I really did run for the ice cream truck when I was seven months pregnant, to the point where the ice cream man used to pull up in front of my house and he's like, "If you stop running for me while you're pregnant like that I will pull up to the front of your house every day," and he did. Really cool guy. I love him, he's still around the neighborhood and everything.

Jill: That's awesome.

Latoya: But yeah, like he's the neighborhood ice cream man and long story short, I was like, you know what, I got to give myself a chance. I stopped looking for everyone else to hold my hand and essentially had to become my own best cheerleader, and I just threw myself into this half marathon because my friend did it. Like, no background, no hey, I'm going to start off slow and go into a 5K, which is something I don't recommend people to do and kind of follow my lead unless you are extreme like that where you have this truth or dare kind of spirit. And that's really - I mean, that's really my story. Like, I literally got up there. I remember before it was almost like foreshadowing where I saw this guy on a track that's near my neighborhood and he would go out there with headphones and he would

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just be out there dancing and smiling and it wasn't his physique that really got me, it was his spirit. It was how he smiled. Like, he just did not care who was looking at him, he didn't care what perception people had of him. He would do these speed drills and then all of a sudden, he'd just go backwards and he's just speed dancing the entire time. And I'm like, I need that type of happiness.

Jill: Yeah.

Latoya: And that's what running has given me over the last - well, essentially since I did my race, 2014, four years. That's what running has given me. So yeah, I didn't start doing a blog until 2016, it was like, August 2016 when I started the blog, so it's almost two years old. And I started talking about my - pretty much my potty mouth journey of my fitness journey, and I didn't think that a lot of people would be receptive to it. I was like, okay, I'm going to bore people, people who aren't runners aren't going to be into this. It started off for a small group to follow my journey into this like, huge platform of people that's like, sending me their similar stories. And the crazy part was knowing that a lot of these people weren't runners. Unfortunately, it came with a little bit of backlash, a lot of backlash, where I received a mixed multitude of hate mail that would range from talking about my weight to the possible knee problems I will have, which is a stereotypical thing that people associate with being plus size runner, and I'm like, okay, you're damned if you do, damned if you don't, to outright being called the N word and I would basically write them back and say, hey, listen, can you tell me something else that's different. Can you talk about my momma? Like, I mean, be creative. But sometimes some of these heckles would be so vicious that even I would have to take a step back. As of recently, I've been kind of - I think a lot of people really got to know me because of the recent article that I wrote for The Root, probably about four months ago, and I was talking about my experience with being heckled during the New York City Marathon. And in turn, it turned like an

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audience of probably, maybe no more than like 2000, into now probably close to 10K. I was just transparent in 800 words, the best way I would possible explain the thoughts that went through my head as some spectator because I was so used to getting it online that I'm not used to getting people who are brave enough to say that in your face and say that it's going to take your "fat ass forever." And I'm at mile 23. You know, you're not out here on the course...

Jill: I'm almost done.

Latoya: Yeah, I'm almost done, you know, got three more miles to die out there on this course and here you go talking about it's going to take your fat ass forever. But the parts that bothered me was that literally the 22nd and 23rd mile was what I dedicated towards my twins that I had just lost. And that's still a sore spot for me because really realistically, my due date is in a couple of days, so this has been a really rough month for me emotionally, to be very honest. It's rough when you are already dealing with being heckled, it's another layer when you just lost - Martinus literally was there when I actually told him like, "Hey dude, I'm pregnant." I was like, I can't have no drinks tonight. You know, and he's like, why, and I was like, well, I can't have no drinks because I'm pregnant. And he's like, what? And I was like, yeah, surprise. And in the middle of my marathon training and literally a week later - like, I don't even think it was a week, I remember being sick like hell during my 5K, I couldn't maintain - and for me it's unorthodox to do a 16-minute mile unless it's like a marathon. I couldn't even maintain a 16-minute pace, and I'm like, okay, what's going on. Then the pain started kicking in and I went to ER. They saw the sonogram and they're like - the lady looked like she was about to tell me congratulations, the next thing I knew, one technician turned into four, four turned into a team, I'm like, listen, y'all got to tell me what's going on here, I was like, I don't like when people start crowding up in a room and looking at me like a science experiment. Long story short, they're like, you were pregnant with twins.

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And I'm like, what do you mean? And pretty much, the rest of the story goes from there. It's a really sore spot for me. Long story short, I am not pregnant anymore, and that's the part that was hard for me, more than the heckling. It was just like, the audacity of this man to tease my journey and he has no idea of why I'm out here. He does not know the health issues that I've had to deal with, the hundreds of emails that people have sent me on why I should not be out there, the things that people tell fat people every day. It's just like, how fucking dare you. And I felt like the story was necessary to talk about and my life has not been the same since. It's been crazy since November 29th, it's a beautiful and scary kind of scary, but I feel like it's actually taught me something along the way because now I'm able to listen to other people share their stories and their experiences, and some of the insecurities that they have. And now we're able to bounce back inspiration off of each other. So that's pretty much like, my back story.

Jill: Damn. I mean, like, I'm getting teary just thinking about everything that you've gone through, but I'm also like, deeply grateful that you were willing to stand up and go through it because of all the people that you're inspiring and all the people that have gone through similar things and have had, you know, the cat calls and the negativity and just all the bullshit when all they're trying to do is get the fuck out there and prove themselves, and then people are just you know, like, have no idea what anybody else's story is and they're just like, throwing their negativity like, I think that happens on a daily basis to so many people. And we all think, "Oh, it's just me," right? So for you to step up and be like, hey, it's not just you and here's what we're going to do about it. It just gives me chills to know that there are people out there like you that are just willing to just stand up and like, just lay it all out there.

Latoya: Yeah, and I think you should. A lot of people would tell - you know, they tell us to be quiet. And when I say us, I mean people who suffer from disabilities, people who suffer from being, you know, called vicious names

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because they're different, or they don't have society's standard of a particular size. We're told to be silent. Or we're suggested to make a change and the moment we make a change and it's not good enough to someone else's standard, you have to be - you have to get to a point where you ask yourself, am I trying to make the other person happy or am I trying to make myself happy? And I mean, if it was just as simple as weight loss I've already done it. First year I lost 100 pounds. I got down to 160, I was 10 pounds away from my goal weight and completely hated it. Realized that my problem was not so much the weight. I mean, because the thing is I was doing this for weight loss just so I could be healthier, but once the health issue - a lot of them started turning around, some of these things I have for the rest of my life. Like, I have endometriosis that I was recently diagnosed with, which was the reason why I miscarried, and I miscarried so much before. These are things that I have to work with, but I realize that a lot of my initial goals of why I was trying to lose weight in the first place wasn't for me. It was more for everybody else, and once you reach that desired number or desired look, you have to ask yourself, is this truly for me and what's going to be make happy. Because that size and that number is not going to make you happy. It's all in here. It's all about the mental, it's all about how you perceive yourself. And honestly, if negativity can be contagious, so can positivity. And I've been trying to do that for the last four years.

Jill: Yeah, I love that. Yeah, let that shit spread all over the place.

Latoya: Yes.

Jill: Sneeze it everywhere.

Latoya: Exactly. I'm contagious right now.

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Jill: I love it. So Martinus, I know that your story of how you got introduced to running is, you know, I mean, different but still involved somebody else telling you.

Martinus: Yeah, absolutely.

Jill: A doctor, and like, I would just love to hear like, let's hear your story of how you kind of got to - you know, started running, your journey, and what's brought you to this point as well because you're - I mean, you and Latoya have very similar missions, I think, which is to sort of spread that positivity and just like, show people what's possible.

Martinus: Right, well at first after listening to Latoya's story, I was thinking to myself, damn, I should have been a gentleman and I should have went first and let Latoya bring in all the tears and things of that sort, but I guess I'll tell my little old story.

Latoya: Whatever.

Jill: You got a good story, I love your story.

Martinus: So hello everyone, my name is Martinus Evans. I am 300 pounds and running in here go, crush it, and charge. So my story starts in 2012, but before it goes even before that. So start in high school, I was a high school athlete, I only played like, two years. My junior year and senior year. Got a football scholarship, coach called me into the room and told me, "Evans, you light in the ass." For lack of a better word. I graduated high school 270 pounds, soaking wet, and I'm thinking, I'm good. I start to go to this college, he says, "Evan, you light, you need to eat everything that's not stapled or bolted down to the floor." So I just ate. I ate, I worked out, I ran, and long story less long, I end up leaving that school and not playing football

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anymore. But however, those habits were still ingrained, so graduate college, I gained a good 60, 70 pounds, start working at Men's Wearhouse, I was doing commission sales, gained more weight because it's commission sales so you always got to be there, you're on the run. I'm selling these suits and I'm just going, I'm on the run, I've got to make the money so I'm just eating horrible. One day walking to Men's Wearhouse weighing somewhere around 370, 380 pounds, I don't know because the scales stop working at 360, and I feel a sharp pain in my hip. So sharp that I couldn't walk. All I just did is fell to the ground. Went to the doctor, doctor sent me to physical therapy, 20 weeks of physical therapy later I found myself in front of an orthopedic specialist office. So I'm looking at him, he's looking at me, this guy is 5' 5, 120 pounds soaking wet, very thick accent. You know, I'm 6'2, 360, 370 pounds, and he looks at me and he says, "Mr. Evans, I know what's wrong with you." I'm like, "What's going on doc, do I need a hip replacement? What's going on?" "No, you're fat." I had rage, I had anger, I had fear, had a lot of things going through my head, but the main thing was looking at this guy and being like, "Don't you know I can crush you right now?" So the doc goes on and on about, Mr. Evans, you need to start walking, you need to lose weight, you know, start by walking one time around the track and two times, and all I can hear is like, these voices of my past like, of like, you know how it's like voice of Christmas past but now it's like voice of like, fat ass past. Like, everybody just being like, you're fat, you're fat, you're fat. Like, I grew up with man titties, you're fat. And like, I just looked at him and said, "Screw you, I'm going to run a marathon." Not even a marathon, I said, I'm going to run a 5K marathon, not knowing that doesn't even exist. I made up some shit, right? I'm going to run - screw you doc, I'm going to run a 5K marathon. And he looked me dead in my eye and said, "That is the most stupidest thing I ever heard in my life." So...

Jill: Wow.

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Martinus: Instead of hitting him like I want to, I stormed out the doctor's office and I drove home and during the point of like, me driving home and mulling around this whole thing of doctor calling me fat, me being haunted by being called fat all throughout my life. I drove by a runner shoe store, I made a U-turn and I went in there and I looked the sales associate in the eye and I said I need running shoes and I need them now. She said, "Well, what type of shoes do you need?" And I said whatever's going to make me fast. And luckily enough - smart enough for her, lucking enough for me that she was like, hold up, we need to do this. I get analysis and figure out what type of shoes you need, and you know, things of that sort before we get you out of here. So I get out there, I get home, I download Couch to 5K programs, I don't know, I'm excessive like that, and get on the treadmill, turned that bad boy up to eight and hit Couch to 5K and I failed miserably. I don't know who the hell I thought I was. Thought I was a runner, I thought I was running a 5K marathon. Instead, my fat ass almost fell off the treadmill. You know, it was like my body - I don't know if my body was rejecting the treadmill or the treadmill was rejecting my body. Either way, I didn't last no more than 30 seconds. So I felt defeated, I went home, my girlfriend at the time looked at me crazy and was like, what's going on? I told her the whole story and then she looked at me and said, "No struggle, no progress." So this is something I had tattooed on me since I was like, 18, 19, it's one of my favorite quotes from Frederick Douglass, it's like, you know, if there's no struggle, there is no progress. So she told me that and that kind of pulled me out of the stupor I was going into because I bought some - half a gallon of butter pecan ice cream and I was saying screw all this 5K marathon stuff and I was going to eat some ice cream and eat my fill in. So it took me about three times of doing like, week one, day one, I'm like, Couch to 5K, and in order for me to like, complete it, and then like, progress throughout the journey. So you know, do a 5K, progress through that, do a 10K, half marathon, marathon, and things of that sort.

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Jill: That's amazing though, you both kind of did this on a dare when it comes right down to it. And do you think that like, because so many basically said you can't do that, like, helped ensure your success?

Latoya: Hell yeah.

Martinus: Absolutely. I'm definitely a type of guy - I always been that way. I'm hyper competitive. We can play Tiddlywinks or ball and jacks and I'm going to try to be the best I can be, tic tac toe, whatever. So by him telling me that was the most stupidest thing he heard in his life, and me wanting to crush him with my 360ish, 370-pound body, yeah, I had to run a 5K marathon.

Jill: Now, did you go back to that doctor afterwards and say, "Hey, by the way, I did a 5K and a marathon and everything in between?"

Martinus: No, screw that man. His bedside manners is horrible.

Jill: You should send him a picture of your race medals.

Martinus: He's dead to me, Jill.

Jill: Damn.

Martinus: George Bush had it right. Fool me once, shame on me. Fool me, ain't going to fool me again. Dead to me.

Latoya: My doctor thought I was bat shit crazy when I said I was going to go out there. I'm going to go do a marathon and he was like, "Yeah, you're looking to lose your mobility for the rest of your life." And when I lost the weight, he looked at me like, "So what you been doing differently? You

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went to Weight Watchers?" And I'm like, "No, I went out there and did everything that you said not to do. Thanks."

Jill: It's so good, it's just like, I kind of feel like those are some of the best reasons to - like, revenge running is - it's a thing. And it's very powerful. It's very powerful.

Latoya: It's real. I mean, I don't recommend people to kind of like, go completely against their doctor, like I mean, if you have autoimmune diseases and like that, like, I don't want to sit here and say, hey, you know what, just go the natural route, you know, screw what the doctors say, they're trying to oppress you. No, I'm not going to say that. I got a kid - you know, a kid that's type one diabetic, my sister has lupus, so when it comes down to those things, like, I listen to it but I also have that 10% of me that's like, there's certain things that even medical - science can screw up, and that science can't determine my heart. It can't determine my passion or my dedication to how far I can actually take it. So you know, it's like finding that middle ground of okay, here I got this laundry list of issues that I do have going on with me, but now how can I take all these realities and be able to say how can I check these things off and say this is how I can make some type of change. And I think that's where we have to take it. We have to be able to say, okay, cool, I can't just take the route that's going to be straight. Maybe I do have to take the route that has a little bit of dips and turns and it's probably going to bring me back down and over a mountain and under this boat or whatever. Whatever it takes, you do. And if it's not going to hinder you even more, then find a way to embrace it. You have to find a way to embrace the suck. These adventures are not all established or meant to be put in front of you to be easy. I don't think that there are stories that I've ever been intrigued by because the journey was just so damn easy and it was like, wow, I'm so inspired by this guy practically doing nothing. You know? Like I mean...

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Jill: No one's going to read that book.

Latoya: No.

Martinus: No.

Latoya: It's not realistic. I mean, we all have our hurdles. It may not be a weight issue, it might be a mental issue, it might be my child is going through this, that, and the third. You know, it's a matter of being able to not be in denial of what's going on. Acknowledge what it is and be able to say, okay, here's my checklist. Whether you write it out or you have it in your head and say these are the things that are going against me, this the way I'm going to find my way out of this hole.

Jill: Yeah, so good.

Martinus: And I think from my side, it's really about - like I said, I'm very obsessive about things so I was very methodical about everything I did when it came to me running this 5K marathon that doesn't exist. So I did Couch to 5K and I did all 10 weeks, and I ran a 5K. Well, kind of, sort of. I finished the 5K. You know what I'm saying? Because one of the things they don't tell you is Couch to 5K, you stop at 30 minutes and I still needed another 25 more minutes to run.

Jill: That's some bullshit right there is to Couch to 5K 30 minute. No.

Martinus: So but it was still methodical. Couch to 5K, 5K to 10K, 10K to half marathon. Alright, half marathon to marathon training. It was very methodical of me like these are the steps that need to happen and these are the steps that I took. But it was still hard as hell. Like, being 300 plus pounds and pounding on the pavement still hurts. And you know, asshole

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kids and grown assholes honking their cars and booing at you and saying run big man, run, or run fat ass, and you know, all this other stuff still hurts.

Jill: Yeah. I love it when people yell stuff like that because I'm like, really? That's all you've got. Like, come on. Or like run Forrest, run. Like, stop. Like, this is why you're yelling out of a car window because that is the best you can do.

Latoya: That's the reason why my middle finger is always happy. This is the reason why I am bisexual because my hands do not discriminate. It is equal opportunity. So when you see number one, you definitely get greeted by number two. it is bisexual, it is universal hands. It is equal opportunity discrimination, I will tell anybody in the street from eight to 80. I might be nice to the kids, but if you 18 and above no, I'm going to give you the biggest fuck you that I can possible give out.

Martinus: Right, you get these hands.

Jill: That's so good. Alright, so let's talk about this podcast that you guys have together because like, just for anybody that's not familiar, it's Martinus and Latoya just kind of riffing. It starts out, he's like, oh yeah, we're going to have this little 30-minute podcast, we're going to keep it short and sweet and then like first episode's like an hour.

Latoya: Exactly. I was like, that's a damn lie. You know that we could both talk forever.

Jill: So talk about like, how did you come up with the idea for this podcast and what's it all about? Who's it for?

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Martinus: Shit is for everybody. No, so I wanted - so you know, it started from this. I have a 300 Pounds and Running podcast, Jill has been on there twice, or about to be twice, and you should go listen to those episodes because they're pretty dope. But I interview back of the packers, people who are slow runners or lost weight through the mechanism of running. Like, that's my jam. I love to talk to people about running and I love to talk to people about weight loss, and I kind of just put those things together and just reached out to every fat runner or back of the packer or whoever lost weight that I can ever find and interview them and talk about their process and where they came from, what they're doing now, just to inspire the next person because when I started this in 2012, you know, it was pretty much empty. Like, me finding about plus size runner was like, few and far between. So that's one of the reasons I started the podcast. And then I had Latoya on there when she was on - was it the BuzzFeed article?

Latoya: Yeah, it was - like, literally yeah, it kicked in. BuzzFeed, BuzzFeed was 20 - damn, I can't remember.

Martinus: 15?

Latoya: 2016. 2016. I was in Boston because that's when I met you.

Martinus: yeah. So Latoya was in BuzzFeed, I reached out to her, had her on the podcast, couple weeks later she was in Boston and we just kicked it off. We had so much fun just talking and just shooting the shit, and she was just good people and good vibes. And you know, I was thinking about doing something else with 300 Pounds and Running, maybe having something a little bit more personal, talk about my journey, you know, give people advice, but I felt like I wasn't that entertaining, and I was like, well, let me figure out you know...

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Jill: I would argue with you there but alright.

Martinus: You know, I felt as if I wasn't that entertaining but I had just had another podcast interview with Latoya because she kept going viral and I was like, well, I just keep - you know, keeping up with each other and every time I go to New York you know, first person I call is like, Latoya, say hey, I want to see you, let's go hang out and things of that sort. So we kind of built like, this friendship, brother sister relationship and just being cool ass people. So I was talking to my significant other and I was like, you know, I think I want to do something, and Latoya was kicking around this idea of starting a podcast but she really didn't know if she wanted to do it, and I was like, hey Latoya, I know you want to do a podcast, and you can still do that but how about we come up with something together because every time we get on the phone or we text or we podcast or whatever, we always laugh and just cutting the fool. So why not just do it? And she said yeah and...

Latoya: Hell yeah.

Martinus: And it kind of came from there. It kind of came from there. Like, Latoya's such a good person, you know, she had a great influence on me and my significant other and just her vibes are so amazing that I just felt like, you know what, I want to be a part of this because that's my homie and we got to do this. So it really just started off at that. Like, hey Latoya, let's do this, if it don't work out we can quit. I'll just have it on the 300 Pounds and Running feet and if it get big we can split it off, but if not and we feel like, hey, you know, we do 10 episodes, do 100 and be like, you know what, we done, we done. And you don't have to worry about you know, starting new websites and things of that sort because the audience is already there. But you know, I asked Latoya and she said yes...

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Latoya: Hell yeah.

Martinus: You can ask her about what was her mindset about joining your boy, but that's what I was thinking about.

Jill: Love it.

Latoya: I was like hell yeah, man, I had to jump on that. I mean, Martinus is dope as hell, like, he ain't boring so shut up, you ain't boring. You know, I was looking for that balance and on top of it I am like, an undiagnosed ADHD. I needed someone who has a little bit more of that structure that I don't have, and I feel like he has that. So I was like, alright, you know what, as soon as he threw the idea out there I was like, there ain't no way I'm saying no to this. This is perfect. I'm like - because they leave it up to me, I'm like, yeah I'm going to do this podcast. People will be waiting three more weeks. So you say you were going to do that podcast, and I was like, yeah, but you know, life. Life happened. So like, this podcast is keeping me very honest with my fitness journey. It's keeping me very honest about the feelings that come along with it, and literally hiccups like this, being sick and being able to have others relate to it and say, yeah, what do you do on a week that you're sick? You know, what do you do when somebody says something that's detrimental? I love the idea that we're able to respond back to our audience week by week and say hey listen, this is the question that we got, and instead of having to repeat that question in private over and over again, or for the ones that don't want to read my long rants, it's beautiful to be able to have a platform that I'm able to not only get through my perspective but they're able to hear it from a male perspective, which I think is a voice that is not as heard as much as the female's perspective these days.

Jill: Yeah, completely agree. Completely agree.

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Martinus: And that's pretty much where it is. You know, we riff, we talk about - the format is that I wanted to keep it very casual because I know both of us are very busy, you know, so I figured why not talk about our weight loss journey, our running journey, what are some things that we're struggling with within our week and just pick one topic because I'm always getting emails, Latoya's always getting email and everybody always want our perspective. Like, how do I start running, I lost my motivation, how do I get motivated. You know, I got this negative self-talk, how do I deal with that. And I figured, you know, we both are long-winded individuals that we can - and we have enough advice that we can provide to the folks, and it's just another opportunity for us to talk to each other. Like, build more friendships and just shoot the shit because usually our podcast sessions are usually two and a half, three hours because the first two hours we are just talking and shooting the shit and then we're like, alright Latoya, we got to start this damn podcast.

Jill: I think you need to start taking some of the outtakes, some of the pre - and just like, put that with those little clips on Instagram. Alright, what I want to do because we've been having a good time talking for the past 45 minutes, this is awesome.

Martinus: Damn. See, this is what happens.

Jill: I know. I knew what I was getting into when I asked you guys to come. And I do want to open it up because I'm looking over here at the comments and I see we have quite a few folks, and I say hey, shout out to Mirna. Say hi Mirna.

Martinus: Shout out to Mirna.

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Jill: So good. So I just have one question for each of you to answer, and then we're going to turn it over to questions. So - and I'll let you guys decide who's going to go first. But the question is, if you had no worries about failure, and that might mean if you knew that success was inevitable or if you just didn't give a fuck if you crashed and burned, what would you do?

Latoya: Nothing.

Jill: Nothing, okay, tell me everything. Why?

Latoya: That's literally how I've been thriving. For the last four, five years, I do everything that I'm scared of. I would have not - if I felt like it was going to come to be easy, I would not do it. I would feel like I did not earn it. I feel like that fear gives me a level of humility that I don't want to lose, so if I had no fears about not being - okay, I'm definitely going to make it across, then I don't know if I would have that much motivation to do the things that I do. Jumping out of an airplane scares the hell out of me, I did it. I did it completely off of fear. I got over my fear of flying in airplanes by jumping out of an airplane. Like, you know...

Jill: Go big or go home, right?

Latoya: Yeah, like typical people say hey, let's go on a rollercoaster. I said no, let's just go into a perfectly good airplane and jump out of it. So I was like, that's a three for one deal. I was like, I don't like small spaces, I don't like airplanes, and I'm scared of heights. Three for one deal. I'm like, go hard or go home. And I'm not saying that everyone should be as extreme. But in my case, I need that little fear of knowing that there's a possibility that things will go wrong to actually get me going. Everybody has their reasons and their whys of why they run, why they move, or why they do

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certain things, but I love that little tickle of adrenaline rush. I don't want it to be so crazy where I'm a masochist, but just enough that wow, this is challenging, this is a hell of story to kind of like, think back and say these medals were earned, not just given to me. I have a story that's attached to it and I can say - like, I'm looking at my medals right now. I can say, alright, now look at 2015 and I look at the marathon and I'm like, wow, this was something I never thought I would do. When I think about last year, I can honestly and wholeheartedly say that every mile I knew that there was somebody out there that I dedicated this to. So if I didn't have that fear, this wouldn't exist. My story would not exist and I don't think I would be intrigued to actually talk about it because there would be nothing interesting that would keep me here. Running is the one thing - aside from the multitude of crazy things that I do but running is that one area where I do not get bored because it never gets easier for me.

Jill: Yeah. Damn, I love that perspective so much because I think so many people out there are like, I can't do that because it's too scary, and you're like...

Latoya: Embrace your crazy.

Jill: Scary, I'm all in. And here's what's so funny. So I had a - I did a live with Mirna a few weeks ago and like, she had a very similar thing. People would say - suggest something crazy to her and she'd be like, hell no, okay. So it's that same kind of like, it's a terrible idea, when do we start, right? I just love that so much, and I think that's what makes like - I think that's what makes a life, right?

Latoya: I love this cat.

Martinus: I was about to call 911. Holy shit.

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Jill: I can't wait to rewatch this video.

Latoya: I need that cat on my marathons, man. Like, I need him on my 50K next months, like please.

Jill: She's not quite a year old yet and she's - yeah, she's a runner, so I don't know what else. Anyway, okay, Martinus, same question to you.

Martinus: I would say the same thing but from a different perspective. Like, I've always been a guy that tell me something I can't do and then watch me do it. And this has been something all throughout my life I'm all about being persistent, I'm all about conquering and crushing things that people thought I wasn't going to do. So even from growing up in Detroit in a single parent household and you know, making it through there, when my mom said I wasn't going to be able to go to college and she said she didn't know how to figure out how I was going to pay for it, I found a way to get a football scholarship. You know, from this stuff, the doctor telling me that I was going to be fat and I was going to die, and I was like, I'm going to run this 5K marathon so you know, I always need some type of catalyst to keep me going. And I think for me, when I had two car accidents in one year in 2014 and I couldn't run it really showed to me like, how much I enjoyed running and how much I missed it and how not to take that stuff for granted. So pretty much you know how my friends like to call me I'm a prophet, so whatever I say I'm going to do, eventually I'm going to do it. So I remember starting running and just saying on a whim like, I'm going to be in Runner's World, and I'm in Runner's World. You know what I'm saying? So - and that's the thing. Call it what you want, law of attraction, your higher being, but anything I - like, literally, anything I say and I put my mind to it will get accomplished. So it's not about how it will get done or in a perfect world. It's all about for me, when it's going to get done and when I'm going to put my mind to it to get it done.

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Jill: So fucking good. Damn. And I remember you - so you came to a retreat that I did a couple years ago, you were one of the speakers there and you gave like, the most amazing speech. You talked all about like, setting goals and like, you were just - there were some of the women that were at that retreat came up to me later and they were like, "Who is that guy? Is he somebody famous because like," they just had this feeling, this sense that like, he's going to be something enormous some day and just you know, Runner's World, what have you. Like, they just kind of sensed that about you. So I just - I never told you that, I should have probably passed that on because like, that really was like, some pretty good mojo in that room. And like, you just have that - just that air about you, just like, yeah, I'm going to do great things and it's all happening for me. Alright you guys, that was some amazing stuff and what I want to do now is ask our audience because we've got a shit ton of people on this Facebook live right now. So if you guys have questions for Latoya or Martinus, drop a comment and let me know. And there's about a 20 second delay so we're just going to have to chat for a few minutes, for a few moments while that happens, but I'm going to read out some of the hi's, some of the hellos from people. Dray Smith is on, hey Dray.

Martinus: Big Dray, what's up? My sister's on here too. I'm proud. Look at that.

Jill: Shirley. Is that Shirley?

Martinus: Yeah.

Jill: Hi Shirley. Alright, oh my god, we have a good - we have a really good - let's see. Patsy, Wendy, Joanne, Beth, Laura, Roz, Stacey.

Martinus: Mirna.

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Jill: I've got Clara, I've got Tammy. Alright, I think it does need to happen every week, Marty, you're absolutely right. We need to make this happen. It'll just be like - it'll just be like the runner Facebook live show.

Martinus: I know, right?

Jill: What questions do you guys have for these two?

Martinus: I want to say that, you know, Mirna is by far one of the most inspirational people that I've ever met in my life.

Latoya: Ditto.

Jill: For sure.

Martinus: And her spirit is - it's like gold. And like, Mirna is just so fascinating to me. Like, she is. Like, this woman knows like, all these languages, she's classically trained, she even went to Oberlin, like, shit I hadn't even thought of.

Latoya: And hold up, she's from Brooklyn.

Martinus: And she's from Brooklyn, and we have these conversations like, on some real stuff, we'll be having a conversation and then Mirna just busts out into like, song. And it's like, Mirna, where the hell did that come from? Like, you know I was classically trained, right? And it's like, oh, excuse me. I was in the Glee club once.

Jill: Martinus, your sister Mary's on too. This is awesome. Alright, we got some questions. So Stephanie Tivedo wants to know what your favorite race is.

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Latoya: Oh man, favorite race...

Jill: And I guess this could be past or present or future, like...

Latoya: Jesus, okay, this is going to be hard. I kind of - I think a hundred races.

Jill: In like four years, that's insane.

Latoya: In four years I think I hit a hundred races. Let's see. Most memorable is the one I actually didn't get a medal. I'm looking at it on my wall, like thinking back. I wore this tutu and it was a five miler. It was for the LGBT run and I remember my sciatica decided to start flaring like - it just - it flared up like hell, like, 10 minutes before the race and the crazy part is I think I got - like, I was like, two seconds away from actually hitting a PR on that race and because I was in so much damn pain I just wanted it to end and I had my friends on the side lines who had took my bike and he's yelling at me the entire time. He's like, "Get your fat ass on," and I'm like, oh my god. I was like, I would do anything to make him stop. I would do anything to make him stop. That was the first time I was able to go through three miles and actually - on a race, and actually hit a 10-minute pace, which was like, it was just something that did not happen. Also like, nothing in me - I am not a sprinter. I am definitely a back of the pack runner, and for some reason all of my energy, all - because he was really pissing me off. Like, after a certain point I was just like, I need you to really shut up, you're not out here you're on a bike, please stop. And he's just yelling at me and he's like, doing all these crazy things. But for some reason he had hit that right nerve that made me run like hell on this race and I was just like, wow, that really worked. Pissing me off the right way makes me run faster. Being in pain made me run faster. But the most memorable DNF would definitely be from Mirna. Hands down, taking me out there on the North Face

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Endurance Challenge last year and I am from Brooklyn. I dodge gunshots. I do not dodge snakes and nature, okay?

Jill: Not much nature in Brooklyn.

Latoya: Yeah, there's not much nature in Brooklyn. Brooklyn - you know, the two legged dogs that walk down the street but I'm going to be nice for the sake of Facebook live, and no, I was at mile seven and I was probably - I probably had like a five or 10 minute - I was - in pace, I was probably like, five or 10 minutes ahead of her, and I got to a point where I saw this tree branch and I was like, "Oh, okay, I'll just jump over it," but then the tree branch started moving and it had stripes. And I was like, tree branches don't move. And then it looked at me, and in my head, it had this full dialogue with me. We have a term called run your shit, which means that you're getting robbed, and for some reason I thought the snake was going to rob me, he say give me your wallet, give me your ID, give me everything. And I was like, you know what, you can have it. You know what, I'm not part of the race anymore. And I ran back like Mirna was my mom and I was like, "Mirna! Mirna!" And then she looks at me with this big smile of her face coming down hill talking about, "What's wrong?" And I'm like, there's a snake. And I'm out here on Instagram screaming Jesus Christo over and over and over again, freaking out. And she looks at me and says, "Is it coiled?" And I was like, "Mirna, fuck you." Like, how dare you make this my first trail marathon and she literally had to get me to walk around the snake. We saw several other snakes on this course and I made it to mile 18, got to the edge of this little strip where behind me was water and I'm like, you know what, I'm not about this life. And literally, it was like somebody was talking me down off the realistic ledge and he's like, "Honey, the nearest checkpoint ain't going to be for another three miles, so you might as well turn back around." And I was like, "You know what, you're right?" And that's when I DNFed. I was like, I'm good. But it was the most memorable race because I don't think I was ever challenged to that level of being so damn

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scared in my life but I needed that because up until that point I never encountered that level of fear. So now I'm getting my redemption next month with the 50K instead of a marathon. It's going to be a 50K in D.C. because of course I like torture.

Jill: I love this. I love this.

Martinus: Is that the same race y'all came to my house afterwards and we went to that barbeque spot?

Latoya: Yes. We need to go back to that barbeque spot because that was my hopes and dreams all in that meal. It was terrible. I mean because - I went through a full-blown anxiety attack on the course for three miles and I don't think that she heard me - I don't think she ever saw a moment that I was that quiet ever since she's met me until that snake ran up on me and try to take my life. And she said it was friendly. I don't care how friendly it looked. It was troublesome, it had a rap sheet. I know it did.

Jill: It had nefarious intentions. Alright, Martinus, I think it's going to be hard to top that.

Martinus: It is going to be hard to top that. Couple things.

Jill: How was your 5K marathon?

Martinus: My 5K - my first 5K marathon was amazing. I have tons of pictures from there. Detroit Marathon - if anybody's ever in that area, you know, I know people - you know, New York, Boston, you know, MCM, you know, those are usually the big races people talk about, but I feel like Detroit is one of those most underrated marathons. It's the only marathon where you get to run internationally.

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Latoya: Wow.

Martinus: Like, you start off in Detroit, you run around Detroit, you get some of the historic stuff, then you go over - is it the McNamara Bridge? Mackanal Bridge? Can't think - you go over the bridge to Windsor, Ontario, and then you know, you see like, the water and all that stuff because Detroit and Ontario's like, next to each other. So you go over the bridge and like, you see all these people and things of that sort. You run in Canada a little bit, and then we have a tunnel that comes back. Like, Detroit to Canada bridge, and it's like a mile and a half long so you run through that and it's crazy because it's so silent, you under water, your cell phone don't work, it's just crazy. And then like, once you come out from under that tunnel, it just gets loud and like, the marching band is there and people cheering you on, dopest experience I ever had. A race that I almost DNF was the Cheshire Half in Connecticut. I think it was Cheshire, Connecticut, or Massachusetts. But it was the hottest day in the summer, so hot that the fire department had to come out and spray us all down with water. I remember them running out of water, they ran out of cups, they ran out of Gatorade, people was dropping off, and I remember just about to quit so many times and like, this guy was next to me like, "Come on, big guy, we got this, we got this." And I finished the race, I looked around, the guy wasn't there anymore so I don't know if I was hallucinating, but I remember just being nauseous that whole - like, afterwards, and being like, I'm going to puke, I'm going to puke, and I didn't. And it was amazing.

Jill: Damn. I like to think that you hallucinated that guy because you needed him. He got you through. That's the best. Okay, we have a couple questions about fueling and meal plans. So I guess like, if you could each talk to how you fuel for races and what kind of - I don't know, what kind of food do you eat to keep yourself in top running shape? Martinus, let's start with you.

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Latoya: Yeah, exactly. I can run on forever.

Martinus: Alright, so fuel - so I like to call myself vegan curious.

Jill: That's the best I've ever heard, I love that.

Martinus: You know, you have bi-curious and all that stuff. I like to call myself vegan curious. So most - I've been eating vegan for about two or three months straight up, and then now I'm just going back to eating clean or things of that sort for most of the time. So since I went vegan and like, had this whole experience of I've been to the promise land and I been there without eating meat and I've seen what I had to see, and I'm okay with eating meat. So my diet, my weekly diet consists of me trying to be more plant based than meat based. So trying to eat as much vegetables and having that type of stuff in my system because I know how hard it is, A, to be vegan, but also to be vegan and have friends, or like, have a lifestyle or have a significant other who still likes ribs and pork chops and filet mignon and I know still like the smell of that, so you know, I'm vegan curious but I still got a little pork on my breath.

Jill: Oh my god. No, so why are you vegan curious though? What is it about the vegan lifestyle that appeals to you?

Martinus: So just like everybody else that started vegan like, past 90 days, like, I've seen What The Health, but I also - you know, seeing that and seeing the dead animals and all that stuff, I was like, "Maybe I'll do that," but also it was like, one of those challenges. I was going through some things in my life and I just felt like nothing was controllable but what I could put in my mouth. So for lack of a better words, I was like, well, I'm going to go vegan as a form of resistance and control in my life. So that was one of those things that helped me get to that vegan lifestyle. Because I've been

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paleo, I've been keto, I've tried all these other different diets, so it was like, well, haven't tried vegan, it seems the hardest, let me give it a shot.

Jill: Yeah, I love that. I love that you're open about like, having tried all these different things because I do think especially for runners, like, what you put in your body matters, and everyone's body is different. And so it is kind of helpful to try all of the different options out there and like, you know be athletic while you're trying them all to see what works best for you and you know, kind of make your decisions from an ethical and a personal and a physical standpoint.

Martinus: Right, and I think that's more or less the thing because what it really comes down to is really about finding out what diet works best for you. Like, everybody - that's the thing about the health and fitness industry is that everybody thinks that they are an expert or a guru because they've been on a diet and they had success and they wanted to learn everybody else about it but that's not necessarily the case. So I rather try different things and figure out what I have success and truthfully, I had success in all of them. Like, I went paleo and I lost like, 30 pounds, but after I started adding grains and shit, I gained it back. You know, I started being vegan, I lost, you know, 25 pounds. I started adding meat into there and I gained some of it back. I've been keto and I never was down with the butter and the coffee but I've tried that and you know, after I got off of it I, you know, gained some weight back. So it was not about, you know, these diets and I think for me like, the word diet is like, temporary. We're trying to figure out like, what real lifestyle changes or like, what's the best - not even the best, but what is the least path of resistance that you have with your current eating style that you can do something that can be eating more healthily, if that makes sense.

Jill: Yeah, I mean it does make perfect sense, and I think a lot of times we do get caught up in hearing other people say this is the best way to do it

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and forgetting that we get to decide for ourselves. So I love that, yeah, thanks for reinforcing that. Okay, so Latoya, I have to tell you guys like, on my screen, Martinus's picture it says Martinus underneath him and on Latoya's screen it says Running Fat Chef. So I almost said Running Fat Chef. But like, you're kind of a foodie so like, I'm looking forward to hearing your like - like, how you eat to keep up your running energy, what you find has worked for you and all that.

Martinus: Can I interject real quick and say that watching Latoya's Insta lives is one of the reasons why I still have pork on my breath because some of the shit that she makes I'll be like, okay, it'll take me two and a half hours to get to her house but it'll be worth it. You can go ahead now.

Jill: Wait, I just also need to point out, Martinus, your entire family is commenting over here on the plant based versus pork breath, so that is kind of cracking me up right now. Alright, Latoya please, same question.

Latoya: Yeah, kind of play piggybacking off him, I'm actually - I'm not a vegan, I'm actually what people would say that I'm probably indecisive. I am actually a semi-vegetarian, which essentially all the nice little cute little words that people come up with is flexitarian. Where basically certain parts of the year or certain months or maybe just like on the weekends, something like that, I basically eliminate meat products from my diet. What works for me, I don't really - I'm not sold on the whole carb-loading thing at all. It does not work for me. I feel overly stuffed, I feel - lack of a better word, I feel constipated, and I find that because I crosstrain so much, just as much as I do my running, that it helps for me to increase my protein actually. So my diet more or less looks like I'm going to say 40% to maybe even 50% protein. It'll be 30% carbs and the rest of it is fats, and I mean like, more like healthy fats. Cooking with coconut oil, olive oil, having avocados, and I'm not scared to actually incorporate those fats into my diet. If anything, I realize that I need those things to kind of keep me going. But I

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love incorporating - I love this cat. I love incorporating greens heavily into my diet. I realize that things like beets are a culprit for me to have runner's trots, so as much as I love beets, I do not do them before a race otherwise it's going to be a cute little fart that's not a fart. Yeah, you know, I call it codename gingerbread man. I literally got blasted for this being my first - my absolute first blog that I started off in 2016 and everybody's like, "Oh my god, what's the gingerbread man?" And I was like, go read it. It's a 10-minute read and my mom wrote me and she's like, "You made an entire blog about shitting on yourself?" And I'm like, it happens. And I think that's where you know, it's a real thing. Like, I keep telling myself my biggest fear is to be a shit meme. So I'm very conscious about what goes into my body, plus it helps me when it comes down to being able to give my best performance out there. So as much as I love pork, I don't eat it as often but when I do, oh baby, I love cooking me some pork. I like, put it on the grill or I like doing smoking technique. I don't like frying as much and when I do it has to be something like canola oil or peanut oil and I'm very conscious about who I'm cooking for. So somebody has an allergy, I try to avoid certain things. But I don't think that we are meant to eat salad s 24/7 365. You know, what am I going to have with my meal? I'm going to have just a little bit of meat and I'm going to have all these greens and nothing else. No, your food, you should be able to eat to live and actually live to eat. I think there is a balance in between the two. Incorporate grains, learn about other things than just eating white rice. Use some quinoa, make sure that there's some type of flavor in it, experiment with making your own type of stocks. And vegetable-based broths. You do not have to be a chef to make flavorful meals that are healthy because a lot of my audience was like, "I can't cook like you," and I'm like, no. Culinary school taught me the fundamentals, it taught me what the tools that I'm using in the kitchen, I might be using it wrong. But once you understand the fundamentals, you realize that it's not that hard to cook. And it's not that hard - once you know temperatures and you're able to look at something or hear a sizzle, it makes it just that much golden. So for me, if I don't eat something that I

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enjoy and I'm just eating just to live, oh no, that's not going to work, baby. I'm going to be right back at 300. So yeah, I look for that balance. I use things like fruits, like right now the entire hour I've been sitting here with lemon. There's times where I use things like lemon, ginger, citrus like oranges and stuff like that, where those things will naturally bring out the flavors. It has natural sugars versus using a whole bunch of sugar, white sugar into my stuff. I learned how to efficiently read labels and understand that just because a product says organic cane sugar does not mean that it's not sugar. Sugar is still sugar. I don't drink as much juice. Water is my best friend. I love my coffee here and there, but I have to know what times of the day that it works best for my stomach. It's a great diuretic to help you kind of, go to the bathroom, which is great to do before your run or before any type of heavy cardio-based activity. Because the last thing you want to do is be out there for 10, 20 miles and then all of a sudden now here you are begging and pleading with somebody at a restaurant, "Hey, can I use your toilet for five bucks?" So you really have to experiment what works with your body and understand your own health status at that moment. My son's a type one diabetic so it is important - it is pertinent that I understand what's behind that label, what carbs is going to send him through the roof and what doesn't. I know for my own body I have endometriosis. Soy based products are not going to work well for me, but that doesn't mean that it's not going to work well for someone else. So I think it's really about experimentation.

Jill: Yeah, for sure. And like, kind of keeping - like, I always suggest to people, keep a food journal. Not to like, count your calories or weigh and measure your food, but just to be like, "Hey, I ate this on Tuesday and on Wednesday my run was amazing." Or, "I ate this on Tuesday and on Wednesday my run was shitty." Like, literally or figuratively, right? It's like, really helpful to kind of tie what you eat, the timing of when you eat and how you're - how your body feels like from an athletic perspective or otherwise. So yeah, I love that.

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Latoya: You have to be very conscious about what carbs you take in because if you throw in a bunch of garbage carbs, you're probably going to have a garbage run. You know, like I mean because especially as a plus size runner, you know, people assume that we must be eating Twinkies and Ho Hos and all those other stuff. No, I realistically can't. Especially if you take on - like, especially if you take on a vegan lifestyle or you take on some type of lifestyle where you're having more plants in your diet, you'll realize that after a course of three weeks, your sugar - if you try to add in sugar after you reduced it after a certain amount of time and try to go back to it, you're going to realize how sweet certain things taste. Your senses are so heightened. It was the one thing that I was thankful for with culinary school because it gave me that understanding of knowing where you're actually shopping, understanding your purveyor, understanding what quality of food that you're eating, understanding that hey, it even goes back to the farm that the way these people are actually raising their food. You know, so while I love documentaries and it was funny he mentioned What the Health, y'all don't want to get me started on that conversation because it's like, I'm halfway sold on it and other ways I'm like, it's another propaganda film. Because you'll find issues across the board in anything in this lifetime, but it's just about it's nothing wrong with being elevated and being conscious about what you're putting into your mouth so you know what to expect when it comes from it. So definitely, I encourage people, please keep a food journal, especially if you're not one of those people that want to keep it for too long, use MyFitnessPal, use the handmade - take the pen and paper, write it down, and you don't have to do it so much for calories. Just know how your body is responding to these things.

Martinus: And one more thing to add. You know, one of the things I did that I was struggling with is that I called it the Rich Bitch diet. Basically, I was like, well, if I'm going to eat out and I'm going to eat cookies and cakes and pies, I'm going to need to find the most expensive cake and pie I can do so it can be a hindrance. So I used to go around and look for \$8 cupcakes and

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you know, \$15 cookies because my ass can't afford that all the time, and like, well, that's what I'm eating.

Jill: Wait, what does a \$15 cookie taste like because I can't even - I think you might be able to find them in Brooklyn though. Definitely a \$15 cupcake in Brooklyn.

Martinus: They are to die for.

Jill: Really?

Martinus: Yes.

Jill: Alright, well it's good to know. Alright you guys, so we're kind of out of time tonight, so really quick, I want to know from each of you, where can people find you and I know you guys can Google Martinus Evans, you can Google Latoya Shauntay Snell, Running Fat Chef, 300 Pounds and Running, but like, where's the best place for people to connect with you, where should they start, what can you tell me? And then also where can we find the \$15 cookie because I'm going to need to know that.

Latoya: That is hilarious. For the website, for the blog, so you can see all of my rants and super loaded F bombs, you can go to www.runningfatchef.com. You can read all of my rants, my food journals, like I have - not food journals, but I have recipes that's listed on there. I even have my triathlon journey that's listed on there. From A Half-Dead Goldfish to Metamorphosing Shark, it is a real, real separate blog on there that's documenting my experience of not knowing how to swim to becoming a triathlete in a couple of months. You can also find me on Instagram, iamshauntay. On Twitter you can find me as Latoya Shauntay, and of

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course you can always listen and tune into The Long Run on 300 Pounds and Running every week.

Jill: Love it. How about you Martinus?

Martinus: Well, you know, Facebook, Instagram, and website is at 300 Pounds and Running. Twitter is 300lbsandrunnin.

Jill: Oh my god.

Latoya: We are terrible.

Jill: I'm going to make sure all of these links are going to be in the show notes as well so listen to the podcast.

Martinus: But yeah, the 300 Pounds and Running podcast, so it pretty much any podcatcher, iTunes, Stitcher, PodOmatic, pretty much any podcatcher you'll find the 300 Pounds and Running podcast. Or search it, you can find it there and like you say, you got The Long Run that comes out once a week, every Monday, and then we also have the 300 Pounds and Running podcast that comes out on Wednesday. So you get two podcasts for the price of one.

Jill: So they don't need to subscribe to two different podcast, it's all going to come up...

Martinus: It's all in one feed. You sign up for 300 Pounds and Running, you get both of them.

Jill: Okay, that's amazing, I love this. And then also, if you guys want to watch Martinusworkout live, go to his Facebook page.

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Martinus: Yes, so every Monday, Wednesday and Sundays I workout and I'm training for the New York City Marathon and you can see my big ass out there running, live streaming, topless, you know, I'm trying - one of my goals for this year, Jill, is to sexualize the male boob. So I want it to be as sexualized as the female boob. I have areolas, I have nipples...

Jill: You need to cover them up. Like, I took my shirt off live on the internet wearing my bra, so I think we need to like, start having the Menell, the MensEnell.

Martinus: I'm saying.

Jill: You can sexualize your breasts. You have to cover them up to sexualize, and that's the thing.

Latoya: Hashtag free the man boobies.

Martinus: Free the man boobies. That's my - I'm singlehandedly going to sexualize the man boob. I'm practicing on my Instagram, thot pictures, everything, all my poses, you can get ready for that on Wednesday. I'm going to have a topless Instagram hot picture.

Jill: This is perfect, and this is what happens when you say something's going to happen, it happens. So alright, folks, you heard it here first.

Latoya: I'm sorry, one last thing.

Jill: I don't know, I don't know if it can get better than that.

Latoya: It ain't going to be better than that. It's just on Facebook. You can find me on Facebook, Running Fat Chef. You can look me up on there. On

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my Instagram page and on my Facebook page, they're basically connected. If you're interested in seeing workout videos, like any type of HIIT training, circuit training, pretty much just follow my regimen and my routine, you can pretty much go on my Facebook page or you can go on my Instagram. I put up videos three times a week. This week not so much because I'm sick, as you can tell the entire time I've been eating lemons and drinking water and tea. But yeah, I typically do it on my Instagram feed as well as my Facebook feed where I put up videos of callisthenic workouts and if there's ever something that you have in mind or you need me to modify, please feel free to hit me up.

Jill: Love it. Thank you so much. And thank you to both of you guys for showing up tonight and for keeping it not just real but hilarious as always. I feel like - like, I was listening to your podcast in the car today and I was like, so excited for this talk tonight, I hope it goes - I hope like, it's as fun as their podcast sounds, and it was. I feel like, I was like, alright I was right there with my best friends, it's good. Yeah, so for anybody who's listening or if you're watching this on YouTube - also, if you listen to this whole thing and you're wondering why we're talking about the cat running around it's because she's crazy and she's been like, literally running around this entire time. So go to YouTube and check that out and I'm actually going to - gratuitous shot of my kitten.

Latoya: Hi baby. Hi baby.

Jill: She's been sitting inside my desk chewing on my arm for the past 10 minutes. That's been keeping her quiet so probably going to need to go to the hospital after this. Going to need some Band Aids. But anyway, thanks to everyone for joining us on the live and thanks so much to Martinus and Latoya for giving so much of themselves today and yeah, good luck with the podcast. I know it's going to be amazing, obviously, and thanks for listening. Bye everyone.

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Martinus: Bye.

Hey there, I hope you enjoyed my chat with Latoya and Martinus, and special guest star, Maddie, my cat. So don't forget to head on over to the show notes to get all the links to follow them on social media. You can find that at www.notyouraveragerunner.com/18. And that is it for this week; I will talk to you soon.

Thanks for listening to this episode of *The Not Your Average Runner Podcast*. If you liked what you heard and want more, head over to www.notyouraveragerunner.com to download your free one-week jumpstart plan and get started running today.