



**Tex Guting**

March 25, 2014

being asthma free since this past november...i felt i should challenge myself and maybe inspire others...started with 30 burpees for 30 days spartan challenge...this past sunday, mar. 23rd...completed spartan race at aloha stadium...honolulu, hawaii...next spartan race will be in august at kualoa ranch...expect mud...fire...barbed wire...and more...😊...oh yeah...i believe it was the "kyani health triangle" products that sent asthma on vacation...😊

