

Speaker 1 ([00:00:07](#)):

You're listening to the journey on podcast with Warwick Schiller. Warwick is a horseman trainer international clinician and author who's mission is to help people achieve a deeper connection with their horses and therefore themselves and everyone around them. Through his transformational training program, Warwick offers a free seven-day trial to his comprehensive online video library. That includes hundreds of full length training videos and several home study courses at [videos.warwickschiller.com](https://videos.warwickschiller.com).

Warwick Schiller ([00:00:45](#)):

G'day, everyone. Welcome back to the journey on podcast. I'm your host Warwick Schiller. And on this week's podcast, I have a special guest, a young lady named Stevie Delahunt. And I met Stevie at the Western states horse expo in Sacramento last year. I believe it was. And she came up to the booth and had a chat and her and her husband and the question she asked, made me realize she's a pretty deep thinker, but then I, I got to know a little bit more about her in the, in the ensuing year and found out that she's a full on adventurer. She has raced the, the Mongol Derby, which is a thousand call kilometer horse race across the, the steps of Mongolia. And she's also raced the Gaucho Derby, which is 450 kilometers over some pretty rough terrain in Patagonia, which I believe is in part of Argentina, maybe Pata, Chile. I'm not sure, but down there in south America and it's pretty rough going and she's, she has she's raced both of those races and she's also helped facilitate those races. And she also actually trains people to get ready for those races. So she's quite quite an adventurer. And yeah, my conversation with her is she just kind of blew me away. She's very, very special per and I hope you enjoy this conversation as much as I do

Warwick Schiller ([00:02:09](#)):

Stevie Delahunt. Welcome to the journey on podcast.

Stevie Delahunt ([00:02:12](#)):

Thank you so much for having me. I'm so excited to be here.

Warwick Schiller ([00:02:15](#)):

I'm excited to have you, you're a bit of a, you're a podcast listener. Actually. You've heard a number of the podcasts

Stevie Delahunt ([00:02:20](#)):

Very much. So I listened to like three or four on my I've over to my friends to record this this morning. So I feel like I'm amongst stars. <Laugh>

Warwick Schiller ([00:02:30](#)):

Awesome. Who who'd you listen to this morning?

Stevie Delahunt ([00:02:32](#)):

Emily Newman and Kansas and I was re-listening to both of them actually, cause I really enjoyed those.

Warwick Schiller ([00:02:38](#)):

Yeah. Emily was amazing and yeah, Kansas is amazing too. Okay. But this, this one is about Stevie Delahunt. You, you know what, you're quite the adventurer. Why don't you, why don't you you've done the, you've done the Mongol Derby and the Gaucho Derby. Haven't you?

Stevie Delahunt ([00:02:53](#)):

I have, yeah. And raced the wild coast, which is in South Africa and then another of the adventurous races, which is the cracking cup, a sailing race in Tanzania.

Warwick Schiller ([00:03:04](#)):

Oh really? We okay. We're gonna get to all the stories from those here in a minute. But tell us what exactly do you do?

Stevie Delahunt ([00:03:12](#)):

Sure. I actually have to take notes on what I do cause I can never answer this question easily. So I'll flip you that I've

Warwick Schiller ([00:03:22](#)):

Seen, you know, when someone has to take notes on what they do to be on the podcast, they're the perfect podcast guest. Cause it's not like accountant plumber, whatever, like, yeah, this is gonna be cool far away. Sorry for interrupting.

Stevie Delahunt ([00:03:35](#)):

No, no, not at all story of my life. I mean, I've done everything for I'm being a professional cake, wedding cake maker. That's what I was doing when I did my first race, the Mongo Derby, but yeah, I've just had really random jobs. So I have to have notes in what I do. So what I do right now is I'm a farrier. I'm a riding instructor for beginning riders and advanced riders, which is, you know, the same thing doing the basics. I'm a fitness coach. And then I'm an interviewer and an event manager for the Gaucho and Mongol Derby, which is run by the company, the adventurous. And I'm also an animal communicator.

Warwick Schiller ([00:04:17](#)):

Really? I did not know that last bit about you.

Stevie Delahunt ([00:04:20](#)):

Of course. Love me, me be specific course. <Laugh> yeah.

Warwick Schiller ([00:04:26](#)):

Wow. That's that is cool. So let's go to the adventurous stuff. How did you, you also do you do end do endurance races too, don't you?

Stevie Delahunt ([00:04:37](#)):

I do, yeah. I do endurance racing as well. Yeah. And that's how I helped prepare riders for the Goucho and Mongol Derbys, but we'll, we'll get to that part too. <Laugh>

Warwick Schiller ([00:04:49](#)):

Well, okay. So the, the Mongol Derby, I know a little bit about that, cause I've been in Mongolia and I had Chloe Phillips Harris on the podcast who has done the Mongol Derby and has crewed the Mongol Derby a few times. So I know that's a thousand kilometers of riding these wild little Mongolian horses across the, across the step. What is involved in the Gaucho? Derian where is it?

Stevie Delahunt (00:05:12):

Sure. So the Gaucho Derby is in Patagonia, which Patagonia technically is Chile and Argentina. But it's in the AIAN side of Patagonia. The race runs around the, the towns of El CAATE and El Chalten that's where the finish line is it's 500 kilometers. So it's shorter than the Mongol Derby. But it's much more technical terrain. So as far as days that it takes to complete it's about the same, our winners do it in seven days, just like the Mongol Derby. And everyone has 10, 10 days to actually complete it. But that is a multi horse race as well. So both races are designed to be difficult on the rider and not on the horse. So the rider goes through about 25 horses on the Mongol Derby and seven on the Gaucho Derby. The Gaucho Derby is a much slower paced race and it's about surviving in the, kind of the foothills of the Andes. So it's, it's serious. It's surviving and taking care of a horse over the terrain and yeah, 500 kilometers that horses seven days for a lot of people camping out, carrying all your own gear and being fully self-sustainable through those seven days and trying to navigate as well, which is always an element on both races.

Warwick Schiller (00:06:30):

You know, I just had a little bit of a research on the Gobi before I got on here with you. And like the first four day is before you even studies is making sure people have survival skills.

Stevie Delahunt (00:06:42):

Yeah. So an interesting part of my job I do the job along with I have to mention him, Eric Cooper is the wonderful person who helps put all of this together and Tom Morgan who owns the company. And then my husband bill and the three of us and sometimes Tom as well I'll interview riders for both races. And a big part of our job is double checking <laugh> that a people have horsemanship in mind, horse welfare is like the number one priority on our races. So interviewing them for that, but then also asking them if they have any camping skills and survival skills. And it's really, as you interesting, just trying to get a sense of somebody over the phone or over an interview with, so we do this but then kind of researching into that, asking them for videos of them, writing, asking for their experience. And then we meet them in person and sometimes that's wildly different than what we expected through the interview. And we have four days to kind of double check that they're not going to die out there or weren't a helicopter ride in the middle of the race. So yeah, four days of survival training navigation training and just general horsemanship and understanding the horses out there.

Warwick Schiller (00:07:55):

And what, what sort of people do you get on the, the Gaucho Derby?

Stevie Delahunt (00:08:02):

So we're really proud of the group that we had this year. We wanted an age range, we wanted real diversity. So we have a diversity in backgrounds. We have people that are polo riders, dressage, everything endurance packing. So some people that seem like they've been doing this their whole life and the age range was awesome. We had 19 to 69, which was amazing. And yeah, shout out to Pam partner was 69 super inspirational woman endurance writer from America. And she smiled through the

whole thing, which was so incredible to watch. She took it better than almost everyone else that was younger than her. She did fantastic. So we were really proud of the, the amount of countries represented as well. We had 17 different countries represented in 35 riders, which was fantastic just a huge range. And it was wild because everyone really got along. Like everyone got along, that was so fun. So there's that X factor when you're interviewing, like, can they laugh in the face of high stress and a lot of them did. So that was great.

Warwick Schiller ([00:09:10](#)):

What's your part in the Gaucho Derby? What do you know, what exactly do you do?

Stevie Delahunt ([00:09:14](#)):

I would say like throughout the whole thing, and this is totally the adventurous spirit of things I would say. I don't know <laugh> but what I'm doing no it's event managing, which means that I'm making sure everything runs smoothly. I personally do a lot in like the idea of morals and ethics, horse welfare within the company. So I'm trying to look out for the riders, but also look out for the horses, like just making sure that they're taking care of. We have nine veterinarians in the Gaucho Derby and we have four medics. So that tells you where our priorities lie. So yeah, the horse wall fair was in great place cuz we had wonderful veterinarians that have worked the Mongol Derby and understand our priorities as a company. A lot of what I ended up helping with as well was logistics.

Stevie Delahunt ([00:10:07](#)):

So these horse stations where people change horses in the race are extremely remote and that meant hurting horses in. So crewing was terrible at times I had to crew, I had to move, help, move horses over mountain ranges. So it was like a dude ranch vacation in some, some moments. And then when the horses were running away and we thought we were gonna lose them before they made it to the vet check, then it didn't feel like a vacation <laugh>. But yeah, we're moving horses into place and hurting them into place, which is absolutely wild. Like the most wild terrain out there that you would never, never think a horse could go over and we were full Gallop hurting them into, into place to be ready for the riders. So yeah, the logistics of this race is mind boggling and that it could come together is mind boggling.

Stevie Delahunt ([00:10:58](#)):

And I, I guess I was a part of that. I'm not sure how everything happened, but yeah, you're, you're at, you're at the checks. You're making sure riders are taking care of times when they come in. We had a brace hold at one of the vet checks this year that I was sort of managing. And I was just being really adamant that exact, when the rider crossed a line at a certain time, that was their time in and then, you know, calculating their time out so that it was fair. Yeah, just being in charge of that kind of stuff. And you know, you can't always make everyone happy in the race either and having to manage people's expectations and, and manage crew and yeah, it was, it was a wide experience and yeah, I guess logistics is the bottom line of what we do.

Warwick Schiller ([00:11:44](#)):

Well, yeah, it's logistics, but you're not sitting in the office on a computer. It sounds like you basically rode the gout show Derby before the gout show Derby actually happened.

Stevie Delahunt ([00:11:55](#)):

Yeah. Eric, so Eric who I work with actually did go out and ride the entire thing to map it. And I rode the inaugural race, which didn't run entirely because we had some unexpected weather that no one knew would be an element in the race the year I did it. And so four people were helicoptered out with hypothermia. So that year the race didn't run super smoothly <laugh> so I've written part of it and I knew it to a degree and yeah, we definitely got to ride between stations. I was also driven between bet checks at points. And yeah, this is the fun part of what we get to do the rest of the year. We are actually in an office. There's a lot of paperwork for, for every minute of fun. There's two minutes of paperwork with horses. It seems like

Warwick Schiller ([00:12:42](#)):

I bet.

Stevie Delahunt ([00:12:44](#)):

Yeah, this was like the

Warwick Schiller ([00:12:45](#)):

Fun part. So are you saying the same company runs the GAO Derby and the Mongol Derby

Stevie Delahunt ([00:12:52](#)):

That's correct. Did not

Warwick Schiller ([00:12:53](#)):

Know that I thought, I thought they were to totally different things. And so did you, what was the start of it for you? Did you start out with the adventurous or did you start out riding the Mongol Derby and that's how you met them?

Stevie Delahunt ([00:13:05](#)):

So this is the, the I'll give you a cool long version story of please do life of how I got entangled with the adventurous. Please do

Stevie Delahunt ([00:13:12](#)):

Cool. It's it's, I've actually just told this story quite a lot. Cuz a lot of people ask me how I met my husband, which is like, while I was doing the race, a lot of the writers were asking and since we worked together and all that, and it's actually a story through the adventurous. So in 2014 like I think most people who wanna enter this kind of race, I was on a, on unbeknownst to me. I didn't think I was spiritual at all, but I was actually on a spiritual journey. And side note, that's what I love about being involved in these races. I think all these riders are on their own spiritual journey to horses and with horses and they don't realize it yet, which is really cool to be a part of. So yeah, I was in, in a kind of lost place and I felt I had something to prove at that time and wanted to do the Mongol Derby.

Stevie Delahunt ([00:14:02](#)):

So 2014 or I was supposed to do it 2013. Couldn't come up with the money, which is a huge barrier to a lot of people, but also kind of cool teaches you to hustle. If you really want something, you can get it done. Right enough money went and rode it in 2014. And my husband was crewing it, he had raced in 2013 and was crewing the 2014 Derby. And at the end we kind of connected loosely and luckily we

didn't get together then cuz we weren't ready to meet each other. But did the Mongol Derby loved the race? Had had a crazy year working in Australia afterwards cuz I was so lost. I went out and worked on a horse station in the PRA for a year. <Laugh>, which was really cool. That's actually how I learned to start horses.

Stevie Delahunt ([00:14:54](#)):

I started I think at least 20 horses that year. And following guy McClean they gave me, I showed up at this ranch and they gave me a video and it was a guy McQueen video and they said, please start our horses this way. And I said, sure. And it was the most easy. I never got, got fucked off, never had one horse to make a fuss. It was amazing introduction to natural horsemanship. I was also, I had gone out there after the Mongo Derby had failed a relationship. So I was kind of in a really depressed state and I found there's like a lot of magic in being I get, it was like a false sense of peace. I was pretty depressed and the horses could sort of sense that about me and I connected in a really deep way because I had no fear, no fear, cause I didn't care what happened to me, which is not a great, not a suggested way to approach horsemanship, but it caught me a lot.

Stevie Delahunt ([00:15:50](#)):

Getting to start those horses. I worked with horses basically from sunrise to sunset with no one, no interaction. For those of you that who don't know the boroughs, a very remote area in Australia like the Northwestern corner of Australia and we were three and a half hours from the closest anybody and I lived on the station with, I think like 15 other people max and I got to be the horse person out there, which was really cool. So that was a little interim of my life. Lost myself, found myself out there. The cool can

Warwick Schiller ([00:16:21](#)):

I just for a second? So Theil bra, so it's the top left part of the top left hand corner of Australia, but they say the PIL, the, the rock in the PIL is not the same as anywhere else in Australia. And they think was actually a separate thing that initially back in the day, but there are interesting fact in the rock in the PRA there are no fossils, they cannot find fossils in the rock in PR the PRA and the story I read was it's basically older than life itself.

Stevie Delahunt ([00:16:52](#)):

Wow. I know, know the station I worked on it's now called Outback beef, but it was called Yari station at the time. And I know Yari had a reference to the rock. So that, that sounds accurate. It was, it was insanely beautiful and remote and wonderful kind of has that same feel as Patagonia. Patagonia also has this feeling of this desolate time before humans. Like I go back, my husband's south African actually, and we go back to South Africa frequently and there's a whole different feeling there. I've heard you mention it on the show and it's totally right. Everything wakes up in the morning knowing that it might be it's last day on earth and I've experienced that I live there a year. Well it's so actually why we live in America, it's a beautiful in South Africa, but it's dangerous. And I think if my husband's a whole lot tougher than me, cause he grew up there it's something I admire for sure.

Stevie Delahunt ([00:17:48](#)):

But yeah, the, the borough is a wonderful, wonderful place to find yourself. And then I came home back to America and went through some health issues and in the middle of it got invited to come help train horses for a new horse race. It was gonna be in south to Africa called race, the wild coast. And this kind

of started my spiritual journey. I went to go for a run a couple hours before I left firm my flight to South Africa to help train horses for the race. And I thought to the universe, I was kinda like if there's fate, show me, show me that there's such thing as fate, show me where my path is supposed to go. And my, for the run came back and I had an email and it said and by the way, this, I was kind of bummed out that I didn't have the money to race this race, that I was gonna just be crewing and helping train the horses.

Stevie Delahunt ([00:18:45](#)):

I felt super privileged and lucky to be able to do that. But a ton of my friends that had done the 2014 Mongol Derby with me were actually racing and I was kind of bummed. I wasn't gonna get to race with them. And the email said, Hey, we talked about it. And if your doctors clear you to, to race, we would, we would love for you to ride it and just hold the camera. Like they had a couple cameras, they need to strap to somebody. And I was like, oh, heck yeah. So messages them back. Yeah, absolutely. I'll do this scrambled to get some beer changed my gear out and jumped on the plane. And by the time I had landed, which was a long flight there was another email and it was like, Hey, we talked about it. And if you come ahead three weeks early and get to know the horses, that's unfair advantage.

Stevie Delahunt ([00:19:31](#)):

So is there someone you could stay with in South Africa? In the meantime, before the race starts and I was like, oh, I don't know that many people in South Africa. But I thought back to my 2014 Mongo Durby experience and there had been that guy, Dylan who had crewed on the race and he seemed kind of like a, a real ladies man. So I was like, I, I don't know. You might be <laugh> might might be complicated. Let me try this other this other person, I know who's a veterinarian from the race and I, I messaged her and she was like, oh, I'm actually working in Dubai. I'm not in South Africa. So I messaged Dylan and unbeknownst to me, my future husband and asked if I could come stay with him out of nowhere for three weeks and train and ride horses.

Stevie Delahunt ([00:20:24](#)):

And he was doing horses in film at the time running a company. And he was like, yeah, we have horses. And we actually need someone to help us on a couple films would love to have you. And I, I was like, that sounds great. So I booked flights across from Johannesburg to capetown stayed with him for three weeks. And by week two well, week one, we had bonded over the fact that we would never get married and that we were very atheist and unspiritual. And by second week we believed in fate and he said, I'm gonna marry you. And I said, yeah, yeah. So that was that. And I went and did the race and yeah. Did race the wild coast.

Warwick Schiller ([00:21:05](#)):

Stop. Stop. Thank don't get too far ahead. Okay. Okay. This, this, this is pretty cool. So I almost need to talk to Dylan about this. So what did I wanna know? Did Dylan, did Dylan manifest you to like, did he have, did

Stevie Delahunt ([00:21:21](#)):

I don't know,

Warwick Schiller ([00:21:21](#)):

Did he have something out there?

Stevie Delahunt ([00:21:23](#)):

We were meant to me. I think

Warwick Schiller ([00:21:25](#)):

<Laugh>, you know, like you guys, you guys cannot, you know, I can see Steve as we're talking here and when I was reading something about, I might have been, mm, I dunno. Maybe something on your Facebook about the, the Gaucho Derby, something or other, but somewhere I read that you are nicknamed adventure Barbie, is that right?

Stevie Delahunt ([00:21:47](#)):

<Laugh> yeah,

Warwick Schiller ([00:21:48](#)):

That's right. So what I, that here is Stevie looks like a Barbie doll. She's beautiful blonde hair, petite features looks like a Barbie doll and here's this student, South Africa and all of a sudden this beautiful blonde girl, he met a couple of years before calls up and says, can I stay with you for three weeks? It's like, you know, that just doesn't happen. He, there had to be some sort of Dylan putting it out there to the universe that I need venture Barbie to show up and wanna stay with me for three weeks.

Stevie Delahunt ([00:22:15](#)):

Yeah. You're gonna have to see my husband. I think he's he's a pretty handsome man. Oh,

Warwick Schiller ([00:22:19](#)):

I've met. I, he did well, I met him. I met him last year at the horse expert.

Stevie Delahunt ([00:22:25](#)):

That's right. Yes. You have met him yeah. In the accent. I mean, you know, worked, worked both ways. So yeah, I think maybe he was manifesting. I'm not sure. So yeah. And that's like, you, you have the questions at the end, so I'll get, I'll get into this. I about where he led me on a spiritual path, but as far as this storyline going along with how I'm involved in the adventurous I'll, I'll care on with that as in yeah. So did the race yeah. Did race the wild coast.

Warwick Schiller ([00:22:58](#)):

And, and how long, how long is it? How long is that race?

Stevie Delahunt ([00:23:03](#)):

Yeah, so that's four or 350 kilometers and it's three, three to four days. Which it it's super difficult though, cuz you're doing there's 23 major your river cross crossings in that. And so that was actually the reason that they had asked me to come and help train horses. A they were being nice. They knew I wasn't medically super well and they didn't probably need an American trainer to come help with the horses. But they a very Armitage runs. The race was being very sweet and offered me a place come help. But the horses had to do river cross swims and some of 'em don't know how to do that yet. And I actually worked with the horses in the PRA to cross rivers and he had seen footage from that and knew that I could get a horse to swim across a river. So that race has 23 river crossings. You get super wet and



it's kind of humid tropical feeling on that coast on the wild coast there. And you, you get some really interesting rubs on your body. You can't really sustain longer than four days probably without having some serious skin issues I think. But yeah, it's a difficult and stunningly beautiful race.

Warwick Schiller ([00:24:15](#)):

Where is it?

Stevie Delahunt ([00:24:16](#)):

That is it's near Durban is the largest city nearby. Yep. Yeah.

Warwick Schiller ([00:24:21](#)):

And so it's on that coast there.

Stevie Delahunt ([00:24:23](#)):

Yeah. <Laugh> yeah, yeah, exactly. So yeah. Did, did that race met Dylan flew back home after the race shortly to get some stuff in order, had a friend take the two horses that I had at the time. We made a trade, she moved 'em from where I'd been living in Michigan out to California. And they stayed with her. She rode my man. She was a Mongol Derby veteran for my year as well. And she rode my mayor in te in exchange for me or exchange for looking after them for me for a year, I went back to South Africa and helped my husband with his company doing film horses, which was amazing and really cool. I, I listening to Ben Atkinson actually. So it reminded me of some stuff that my husband did with the horses in film. And then we stayed in South Africa for a year, realized we wouldn't be able to stay there permanently. South Africa doesn't want me to live there if it's easier for Dylan to come over and, and you know, how not easy getting citizenship is in America. I know it was much easier for him. Yeah. <laugh> yeah. And congratulations, by the way, it's such a, such a headache. So amazing that you got your citizenship congrats and oh, thank you, Dylan and I are working on that.

Warwick Schiller ([00:25:43](#)):

Well the citizenship actually was, was easy that the whole, the green card thing back at the time was, was a lot harder the citizenship thing. But you know, I'd been here for 30 years. The citizenship thing was, was relatively easy.

Stevie Delahunt ([00:26:02](#)):

Okay, good. That's what we have to look forward to. The green card was not easy

Warwick Schiller ([00:26:06](#)):

<Laugh> no, no, I think it's yeah.

Stevie Delahunt ([00:26:07](#)):

Especially when you don't have money to

Warwick Schiller ([00:26:10](#)):

Yeah. So the, you know, back when I got my green card, it was called the ins, which is immigration naturalization service. Now it falls under the department of Homeland security and the world has

changed a bit. But when I went in for my interview for my citizenship, I was expecting some hardnosed someone trying to trick me into getting it wrong or whatever. And it was a, he was almost total opposite. This lady was lovely and, you know, asked the que you know, like it was, I walked outta there. I was, I was actually kind of shocked. So it's it. I dunno how long ago you got your green card, but how long did you get your green card?

Stevie Delahunt ([00:26:46](#)):

I think we're going on a year and a half, two years now.

Warwick Schiller ([00:26:49](#)):

Oh, okay. So

Stevie Delahunt ([00:26:50](#)):

Yeah, it was actually right before the pandemic.

Warwick Schiller ([00:26:52](#)):

Oh, okay. So no, you've, you've dealt with the department of <inaudible> insecurity. So anyway, I found my experience 30 years later, quite a bit different. It was probably actually it's it's 10 years later. Cause I, my green card inspired when we moved to Australia in 2006. So yeah, I had to get it back when we came back in 2010, but anyway, I, I felt my immigra, my, you know citizenship experience was a lot easier than the other one. So hopefully yours is too.

Stevie Delahunt ([00:27:21](#)):

Oh, that's good. Yeah. We actually to, to say when we've had face to, to face interactions, trying to or with everything it's been really great. Like we came in with a big stack of photos to prove that we were married and actually a couple and the guy's like, I get it, like, I've seen you guys together. I get it. You're a couple. And he was really nice and it was way easier than we expected. We thought there'd be all these trick difficult questions and there wasn't, it was nice. So yeah. Where, where were we in the,

Warwick Schiller ([00:27:51](#)):

You've gone back to South Africa, but then you,

Stevie Delahunt ([00:27:54](#)):

Dylan, myself,

Warwick Schiller ([00:27:54](#)):

You've decided that you can't leave in South Africa. It's easy if Dylan comes over here.

Stevie Delahunt ([00:28:00](#)):

Yeah, so we, we came back over here. Dylan and Dylan at the time was working for the adventurous. He had been crew for the mall on gold Derby. And then also because he had worked and lived in Tanzania part-time he had pitched a race idea to the adventurous while he was working for them to race these little fishing boats that are char charitably called boats. Let's put it that way. It's called an NGAL LAA and it is a load out mango tree of about 30 feet. So like they range in size about six meters, right? Six, yeah,

large, a large mango tree. That's hollowed out has two outriggers on the side and basically like a bed sheet for a sail. And the adventurous pride themselves on race formula, which is beautiful locations that are remote antiquated mode of transportation.

Stevie Delahunt ([00:28:57](#)):

That has to be a bit laughable besides the horses. I guess that's not quite a laughable mode of transport and make navigation and adventure a massive part of it. So the, the race, the Dylan pitch to them had the perfect recipe. They said, great. Let's put people on these fishing boats and make them brace them down the coast of Tanzania. So Dylan was helping run this race. They had done about six editions when I came on and I, I originally crude that race with him. And that was, that was a wild experience cuz the sea not something to be messed with. And I had grown up sailing a tiny bit with my dad. And so that I thought <laugh>, we were trying to help get this race to take off cuz we had a decent amount of entries, but we never filled it. And then I said, Hey, to get a better understanding of how this race could be better, why don't I actually compete in it? So we understand that side of it. Cause of course Dylan being race organizer couldn't actually compete. Heat would be unfair, but I'm a terrible sailor. So it wouldn't be unfair if I did it. So I joined a team and I raced the cracking cup. That was in 2019, like the

Warwick Schiller ([00:30:12](#)):

Cracking

Stevie Delahunt ([00:30:12](#)):

Cup. Yeah. January of 2019, the cracking cup,

Warwick Schiller ([00:30:16](#)):

Like the crack in was

Stevie Delahunt ([00:30:17](#)):

Called the Ingel LAA.

Warwick Schiller ([00:30:18](#)):

Like the cracking in parts of the Caribbean.

Stevie Delahunt ([00:30:22](#)):

Yes. Like the crack and pirates of the Caribbean and also for KRA and rum there's a lot of alcohol consumed on this race <laugh> but they, they had previously called it the Alala cup, but Alala was spelled I think it's N G a w a L a. So when people look at Al it's not doesn't roll off the tongue. So they Rere christianed it the cracking cup by the time I erased it. I did that. It's the most difficult thing I'd ever done. I never thought about quitting the RA quitting during the Gaucho or Mongol Derby race, but I thought three or four times about quitting during cracking up. But it was an amazing experience as well. My job on the boat because I wasn't good enough to skipper or navigate, I didn't wanna do any of the navigation was to run back and forth on the outbreaks to balance the boat.

Stevie Delahunt ([00:31:19](#)):

And subsequently it taught me to be a better ride when I was training for this race. So running back and forth on the boat, balancing the outriggers so that the boat doesn't tip over in the slightest bit of win

with my job. So I got a balance board and started balance board or doing balance board practice, like doing yoga on a balance board, doing weights on a balance board, just to prep for this race and something why happened. I would ride and my riding improved immensely. And now I've actually incorporated balance board work into how I train Mongol and Gaucho Derby riders it's life changing and endurance riders. It's, it's great for anyone, but yeah, I started to learn about balance and also when I was out on that race, I had just amazing flow state experiences of being out there with the sea and being on that boat and that feeling of insignificance and just, just a wild, wild experience and not to go off too much in a tangent again, there I went and we were having a wild conversation about serendipity and fate.

Stevie Delahunt ([00:32:33](#)):

And I was like, I don't, I don't know if I believe in it. I think maybe Dylan's the only example I have of fate. And as I said that this was I think like day three of the race. So you're kind of habituated into the how scary the ocean is. Like your body just gives up, the nervous system just is done. You're like, you're, you're at peace with where you're at. Oh, so we're in a light storm at the time as we're having this casual conversation about fate and there's like 10 foot swells and five foot waves. So you're you're yeah, lots of winds it's we're and we're wildly off course. We don't know it, but we're like two miles from where we're supposed to be. But we are at actually exactly where we Ben, because I look out and I'm like, we've been seeing pieces of a boat.

Stevie Delahunt ([00:33:23](#)):

It looked like there'd been a wreck like coconuts floating in the water and things. And I looked up and I was like, I think those are people. And we, we all looked and there were sure enough, there were three guys hanging onto a piece of wood. I, I can't remember what it actually was, but it was a piece of the shift we found out later. So we, we got eyes on them. We got closer. We, we, we realized it was a situation that these guys were out there needed to be rescued. We had our tiny boat and of course I, I can rope and everyone's like, oh, you're the, you're the person that should throw this rope because you can rope cattle off your horse. And they hand me the rope as we're coming up to these guys. We're doing this like light rescue.

Stevie Delahunt ([00:34:11](#)):

We think they probably just recently shipwrecked. And I don't know. I guess we didn't realize how serious the situation was yet. And I went to go throw this and we're in these big swells and the sail goes up and I wind up and I look at them and I throw, and these three eyes desperate or three sets of eyes, desperate eyes are following my hand and the sail goes up. And then the wave and the swell go down and the sail comes down. I rope hits the sail and drops completely and competently into the water. <Laugh> and the look of desperation on these people's faces was I, I felt like such a failure at that moment. And again, fate, we realized later that these guys had been at out exploding for about 48 hours. So they were really desperate.

Stevie Delahunt ([00:35:05](#)):

So they would've climbed onto the boat. And our boat was already overburdened. We had four people and we should have had three and all of our gear and we probably would've sank our boat if they had come on board. We realized this later, so it was good fate intervened there with the sail in my terrible throwing skills. And we hit SOS right away. We had these awesome inReach garment trackers set up. And within 15 minutes the support boat was there, picked them up. We carried on our Merry way. And

later that night, when we reconvened on one of the islands where we were meant to camp, we got the full story. Cause of course we couldn't also communicate with these guys. We didn't speak Swahili fluently enough to have any form of communication with them. We found out that it wasn't just like a recent shipwreck that they had been in fact floating for 48 hours.

Stevie Delahunt ([00:35:57](#)):

And without water, some barracudas were nibbling on them and that eight other people had died. They were the only shipwreck survivors out there. So if we, we then renamed our boat to serendipity and it kind of made me stop questioning if there was such thing as fate in the universe, because thank goodness that we were these people out there with an SOS button that could actually do something and that we were two miles wildly. Of course it was a pretty amazing experience and pretty humbling as well. Like we paid to be out there and we were looked after and these guys were just trying to make a living and they got shipwrecked and almost died. And it was just, it was a wild experience that I, I don't know, I don't even think about it that often weirdly, but when I do it's, it's a lot. I don't even, I don't even know I was just in the right place at the right time, which was really cool. So that was my take big takeaways from cracking cup experience and you

Warwick Schiller ([00:36:59](#)):

Know,

Stevie Delahunt ([00:36:59](#)):

That's yeah. So I'd crude that one. <Laugh>,

Warwick Schiller ([00:37:02](#)):

That's one of those. Yeah, go ahead. One of those experiences that I, I don't know, you know, like you said, you, you kind of didn't believe in all this stuff and it's one of those experiences that, that when you've had something like that, there's, there's no UN seeing that there's no going back from that. There's no, oh, that, you know, that didn't happen or whatever. I mean it, and you have, I think, and you probably had quite a few of them, but you have enough of those things and it immensely changes the way you view the world.

Stevie Delahunt ([00:37:39](#)):

It does. And you know, like this just recently in the last like five months, I've realized how dense and thick I am and how much the universe has been wrapping me over the head with things my whole life. And I'm just starting to put the pieces together. <Laugh> and that's definitely one of them it's like, every time I ask the universe for a sign or I question fate, it is so clear. It is so clear. I just G I keep forgetting. And it's actually that you just forget, you forget that it's so divine actually <laugh> but yeah, I guess I, I guess that's why I keep wanting to be woken up by these races and wanting to go remember what it is to really be alive. And so yeah, a couple years the adventurous who we work for and do these interviews for they, they classically, by the way, I, I love working for them.

Stevie Delahunt ([00:38:36](#)):

They're amazing. And classically, they hardly ever turn a profit. It's kind of a cool endearing, but terrifying thing about them. I love, I love Tom and Jen who run the company. They do it simply because they want people to have these experiences. But we hadn't kind kind of hadn't, I don't know. I'm sure

they'd be fine if I said this, but they hadn't paid us for a while. So they kind of helped give us part of our entry into the Goucher Derby. We said, instead of paying us, you can let us come ride the Goucher Derby, and then we'll also have a better idea of what the race is like. So we, as, as employee or employees of the G or the adventurous, we got to ride the gauche Derby. And that race was pretty wild. It wasn't quite set up as well as it had been this year.

Stevie Delahunt ([00:39:29](#)):

So we were told to look up the weather for El CAFA, which is eight hours away from where the races actually run. We didn't know we'd be in the mountains, so no one had like snow gear and there was a flash snowstorm. And that was probably the closest I came to dying. Again. I don't know that we got stuck in a snowstorm where there were wind of about 60 to a hundred mile an hour gusts and full snow. We had been rained on for a day and then it turned to snow in the night. So everything froze on top of that. And we had to help get out some people who weren't doing very well and were even less equipped than we were. And it resulted in eventually getting, getting them air flighted out with a helicopter.

Stevie Delahunt ([00:40:23](#)):

And so that was kind of a, not disastrous, but a very adventurous race or a version of the couch of Derby. So the, the Tom and Jen then asked us to come on and help with the, the next edition and Eric who had been there as well, our coworker he went back and redesigned the race route and did a little, a few more navigation points and made it a little bit safer. And, you know, this year was an amazing success. So that's kind of the long-winded version of how I'm involved with the adventurous. I, I both, I've been on both sides of it. I get to be a client and I get to be helping run it. And it's both, they're both amazing experiences, both ways. This year helping run was wild. It was a wild experience and I'm so happy to watched people go through an event that will stick with them for the rest of their lives. It's really cool to help manifest that.

Warwick Schiller ([00:41:24](#)):

Yeah, I can imagine. You know, I wonder just comment on, not comment on something, but get people to understand you were talking about entry fees of indigo. So the, I think the, the Mongol Derby's \$10,000 entry fee, isn't it?

Stevie Delahunt ([00:41:37](#)):

I only wrote down the stats for the Goucher Derby for this interview, but yeah, I think it's somewhere around there. I remember it's

Warwick Schiller ([00:41:43](#)):

Around there. I remember Chloe telling me that, and then the Goucher Derby's 14 and a half thousand, isn't it?

Stevie Delahunt ([00:41:50](#)):

Yeah. So I think probably right now they're, they're similar and I think it's to go up every year with each country's inflation, like we try to keep it, you know, we're running this one in Argentina and the other one in Mongolia and prices rise and we're trying to pay everyone involved fairly. So, yeah, I think it's actually, they're similar entry fees, so 14 and a half thousand for each I think.

This transcript was exported on May 12, 2022 - view latest version [here](#).

Warwick Schiller ([00:42:10](#)):

And so, you know, like the Mongol Derby, the winner gets rights and a cup of MAs, is it milk

Stevie Delahunt ([00:42:20](#)):

A rag? Yeah. Fermented horse milk.

Warwick Schiller ([00:42:23](#)):

I actually didn't mind the fermented horse milk and I didn't mind the fermented camel milk, but the fermented goat, the goat milk, I couldn't do the goat milk and the goat milk vodka. I mean the goat vodka, it was like lick and a Billy goat.

Stevie Delahunt ([00:42:38](#)):

I can't do goat or lamb anymore from my experiences in Mongolia. And you know, like Dylan went and did horse selection for the Mongol Derby in 2014. And he was out there for three months and he actually had the wonderful experience of like they would get there to go check out horses and make sure that they were fit enough and well enough. And but they would get there and they would often, the families would be doing the regular things that they would be doing, like bringing in sheep or horses. And when he was there, they were gelding a lot of the horses and they, they just make a slit, pull out the Peles and they offered them to Dylan bra bleed and he had to take a bite of those without vomiting <laugh>. And he says that he is done with Mongolian cuisine after that experience, but power to him, he was able to do it.

Warwick Schiller ([00:43:29](#)):

He had a bite and didn't gag. I dunno if I could do that. Oh,

Stevie Delahunt ([00:43:34](#)):

He said he gagged, but he didn't vomit.

Warwick Schiller ([00:43:35](#)):

Oh, okay. Okay. Yeah. I'm not sure I could do that bit. And so tell us about your no. Tell us about your experience with the, the Mongol Derby. You know, we had Chloe on you've, you know, Chloe, Phillip Harris, don't you?

Stevie Delahunt ([00:43:49](#)):

I do. Yeah. She's lovely. Yeah. So

Warwick Schiller ([00:43:51](#)):

We've had, I do know we've had Chloe on here and tell us a lot of different adventure stories, but one was the Mongol Derby. How was, how was your experience with the Mongol Derby?

Stevie Delahunt ([00:44:01](#)):

Yeah. so my experience was I was in a transition, like I had said, I was definitely looking for something and I, my Mongo D was about losing that competitive edge and actually feeling an experience for what it was. And I helped myself out with that, in that I rode with somebody who had tried, attempted in 2013

and hadn't completed. And he was looking for someone that he was not a big course person wildly enough. Back in 2013, they weren't filling up with entries. It, by my year 2014, I think they'd had like 400 people vying for 45 spots. And that's about at least average stats. We have like 400 or more people wanting those 45 to 35 spots in these races now. But back in 2013, he had gotten in he got through a couple days had terrible rubs.

Stevie Delahunt ([00:45:02](#)):

A lot of pain realized he hadn't trained well and dropped out. So we got connected through a girl named Devin who had done has done the more Mon Derby three times. And she was like, I think you guys would be a good match. You guys should ride together. And it was perfect because I focused on helping him train and worrying about him. So I didn't have to worry about myself and I it's wild because he knew me better than I knew me. We were in the middle of the Mongol Derby. And he was like, are you you really happy being a cake baker? That's what it was at the time. I was like, yeah, I love it. But it doesn't lend itself to doing horse activities on weekends. I'm always going to weddings. And he was like, I really see you as somebody who trains people to do these races.

Stevie Delahunt ([00:45:46](#)):

And he was like, I mean, you trained me. And I was like, nah, I'm done with horses. This is it. Like, this is my last, Hirah doing the Mongol Derby. And man was he right? He knew me. He saw him who I was and, and wild that that's what I do now. But yeah, I, I helped him train for the Mongol Derby, realize that helping people do amazing things is what my place in the world is. So yeah, the Mongol Derby for me was so fun because I, I just, anytime I was worried, I would just focus on, I have to get my riding partner, Adam, through this. I have to get Adam through this and I can't be afraid because then he might be afraid cause he doesn't, he didn't, he was blissfully unaware of what horses could do. And he had like a deep, wonderful inner peace.

Stevie Delahunt ([00:46:37](#)):

He's one of my best friends now and this wonderful inner piece that animals just love. And I don't think he realized our experience was really unique. I, I was lucky enough to never come off. I think Chloe's actually the only other one that never got bucked off in the Mongo Derby. And both Adam and I had the most Placid well behaved, wonderful fun horses. I think he came off twice, but it was on the same horse and it was cuz it was stumbling through Mart holes wasn't cuz it was trying to buck him off and we had a wonderful experience and just connected with the horses. And I think one of the coolest moments in the thereby for, or me was there was a guy named unan burn who helped run the race local, Mongolian. And he came up to me. That's

Warwick Schiller ([00:47:22](#)):

Big man.

Stevie Delahunt ([00:47:22](#)):

Isn't it? The Mongolians love their horses to ha yeah. Sorry. What was that?

Warwick Schiller ([00:47:26](#)):

That's big man. Isn't it? They call him big man.



Stevie Delahunt (00:47:30):

I think so. Yeah. I think so. So Chloe's close with him. So you know

Warwick Schiller (00:47:35):

Him, that's big man. Yeah. Way

Stevie Delahunt (00:47:36):

Through your,

Warwick Schiller (00:47:37):

I know the guy.

Stevie Delahunt (00:47:38):

Yeah. <laugh> yeah. So he, he came up to me and as, as you know, that the really harsh Mongolian winters are a dip difficult thing for any animal, let alone human to make it through. So the Mongolians really prize their horses in having spirit. So like a horse that doesn't buck or freak out. I think they, they kind of look down on almost because they want their horses to be strong and to fight. I mean the, the country's sport is wrestling and you know, that tough is needed to make it through those winters. And and he came up to me, he's like, you're making the horses too quiet. <Laugh> and I was like, it's a great compliment in a way. Like, I, I would just kind of stand with them before I got on, get on and I didn't really have them buck with me.

Stevie Delahunt (00:48:26):

And I was really proud of that. That's what I wanted. I had a really peaceful and or action with all the horses I rode, but he was like, you making them soft <laugh> and I thought that was really cool. And it was cool that he, he kind of was saying as well, like I see that you see them, like they see you and you know, you're almost too at peace with them. It needs to be a more tumultuous relationship <laugh> so that was a cool moment for me. I can just be reprimanded for not making the horses wild.

Warwick Schiller (00:48:54):

I can just see big men saying that. So when we went to Mongolia, he picked us up at the airport. So Chloe met us there and there's Chloe and big man. And anyway, so we ended up, you know, there's a group of us, we all get, we opened Tyler and I get in the car with, with big men. And as we are pulling out of the airport, we're in the, you know, the genus car and airport there we're right in the front of the building, you know, and big man is on his phone while we're pulling outta there. And the, the traffic policeman pulls him. Like he's standing there, you know, traffic cop pulls him over and yeah. And big man rolls the window down. And these two guys are arguing with each other. And the gist of it was he shouldn't have been on his phone while he was driving.

Warwick Schiller (00:49:39):

Anyway, the guy wants to see big man's license, a big man gives him his license and there's this arguing back and forth. And then big man, basically some says something that sounds a lot like F U in Mongolian and off we go and he left his license behind I'm thinking what's going here. Well, it turns out later on the guy found out the cop found out who big man is and delivered his license back to the hotel and apologized to him like big man is a big deal in Mongolia. Like a big deal in Mongolia.

Stevie Delahunt ([00:50:10](#)):

Yeah, he is. Yeah. <laugh>

Warwick Schiller ([00:50:14](#)):

Yeah. He's cool. Well

Stevie Delahunt ([00:50:15](#)):

Connected,

Warwick Schiller ([00:50:15](#)):

Very well connected. So did like Chloe was telling us about how she got chased by wild dogs and they almost pulled a horse down and she evaded them by going through some boggy marshes. Did you have any of those really crazy moments on the Mongol Derby,

Stevie Delahunt ([00:50:34](#)):

All those experiences bogs, which are also a huge part of the Goucher Derby as well, turns out part of having beautiful remote horse races is being swallowed by bogs on horseback. But my was and it's funny, it's funny when you, you like know in the situation that it's, it feels very life or death and you kind of like laugh it off later, but I think it was kind of a life or death situation. My writing partner's horse wanted to go back to a girl that we were passing probably his home or he knew he'd get to stop. So he veered off. And and of course, if you go close to the Gus, the dogs are very protective and they ran out and they were jumping up, grabbing his stir up. Cause the horses aren't super tall either. So they were grabbing the stir up, pulling on that.

Stevie Delahunt ([00:51:22](#)):

And then one dog jumped up and bit his horse's nose as well. So they were actually vicious and not, they aren't always vicious, but in this case they were, and Adam was panicking and he let his horse come to a complete stop. Cuz of course, when that dog jumped up in, but it snows it, it came to a halt. And so then the horse was panicking. You could tell it was gonna start bucking or act up. So I galloped up and add my, you have brains and then a lead rain as, and I was like screaming, yelling and hitting the dogs, like trying to hit the dogs, but you're kind of at an no angle for that. So I got the dog's attention and then they turned towards me and my horse and I was like, okay, now I have to gall and get away. They're chasing me. And I was like, screaming, run, run, run, go, go, go. And we took off and got out, got out of there, but I remember it feeling like I was jump jumping in front of a bullet at the time. <Laugh> like putting, putting myself in that situation. But it was, and then afterwards you feel so lucky and happy to be alive. <Laugh> that's cool. We were, we were worried what those dogs might do and I mean, it could have been serious probably.

Warwick Schiller ([00:52:34](#)):

Well, those, those Mongolian herd's dogs, they are pretty, they're a substantial dog. They're not,

Stevie Delahunt ([00:52:40](#)):

They're no joke.

Warwick Schiller ([00:52:40](#)):

Yeah. They're, they're a pretty big apex predator looking type dog.

Stevie Delahunt (00:52:48):

Yeah. Yeah. They really are. They, I was just recently funny enough, the only movie I had downloaded on my phone while I was in Patagonia was the hunger games and it, they remind me of those dogs, they release at the end. And also we have lots of jokes as crew about the hunger games being, you know, sort of accurate, you're creating a world in which people are competing in dire circumstances. So your games is a bit of a joke amongst GAO and Mongo Derby crew <laugh>.

Warwick Schiller (00:53:19):

Wow. So tell us, we skipped over it before, but tell us about the, the experience of the, you know, when the G I do the first one you went on where, you know, you've been wet for a few days and then it turns into snow. So now I imagine you're wearing wet clothing and there's 60 mile, 60 to hundred mile an hour wind. And how is that? That, I mean, that sounds like it's a pretty scary situation.

Stevie Delahunt (00:53:45):

Yeah. That will is very intense. I really dislike being cold. It's my, my Achilles heel for sure. And also my husband. So we, we actually went into the race, talking to each other about how we couldn't talk about being cold. Cuz we get into a space where we just bounce off each other. So we were like, we have to re frame it and get into a different head space. And sure enough, this is more, we were tested more than we expected. But again, it was one of those situations where we had other people with us and it made it so much easier when you, when you feel the need to look after other people it makes it much easier to look after, or not focus on yourself being or the suffering that you're going through. <Laugh> we had kind of grouped up with a couple people and one of 'em was really poorly dressed and the other was not really sure about navigation.

Stevie Delahunt (00:54:47):

So Dylan and I felt at that point, like we kind of, kind of took charge of the situation, whether we were really qualified to do that or not. I don't know, but we helped everyone tack up and get ready. We realized we had to keep moving forward cuz the valley that we were in well actually let me restart this a little bit. We had written in at night when it was raining and everyone set up their tents in the rain quickly, it was super windy, cold, horrible conditions. It was not snowing yet. We, we actually opted to leave all our attack on the horses cuz we felt it was cold and we wanted them to be warmer. And we put little lights on them so we could see where they were at night. And we checked on them a couple times and at 2:00 AM, when I checked on the horses, it I looked out and there was like two inches of snow and I was like, oh no, this is not good.

Stevie Delahunt (00:55:44):

And I, I knew it was not good cuz one of the, one of the girls that was with us was sleeping in a Vivy sack. So like not even a, really a full tent I think she had a full tent with her, but I've gone with the easy, fast thing under stress and under high winds and they didn't have their pack on their horses anymore and it was the temperature was dropping. So by the time it was time that we could move of the horses in the morning. Tacking up was insanely difficult if you've ever tried to tack up when it's wet and cold and you lose all feeling in your hands and you can't, you're trying to do fineing motor skills. That took a long time. So our horses were attacked, but we helped them tack, helped them get ready realized we needed to move, to stay warm.

Stevie Delahunt ([00:56:33](#)):

We, we were in kind of a river bed and we got up out of there and the wind just hit us. And we had to get out of the river bed to go forward and the wind just hit us and it was glacial wind. You could actually see a glacier in the mountain, this, this really bright blue gorgeous glacier. But the winds were howling down from there and I just, it was wild. It was just, you could barely breathe when the wind was hitting you in the face. And we were trying to navigate on top of that. So trying to ask your horse to go forward in this, these conditions, this is a horse that you've just met. They shouldn't trust you at all and they've got these horses live out and they live out in that. They're super attuned to their environment.

Stevie Delahunt ([00:57:18](#)):

So you're trying to take into account what they're telling you. You're also trying to tell them that you, they wanna turn their tails to the wind and park it, but you're trying to ask them to do something for you in that situation so that you also survive and man, those horses in Patagonia. Wow. the space you can get to with them is in like the matter of like a couple hours is a space that I haven't found with many horses over years of owning them. I think that they are, you know, and I was listening to your podcast on attunement and what that means, I was like, oh, this is the word. They are so attuned to their environment. And so in touch so connected that if you can tap at they'll just do it's it reminds me of the movie avatar, like you just connect, you just lock in.

Stevie Delahunt ([00:58:10](#)):

And, and I was just like, look, I basically said, Hey, we have to get to this place or I think we're gonna die. And the horse was like, okay. Yeah. And it was like such a magical experience. So you're trying to communicate and like I'm letting this horse know how grateful I am while I'm trying to navigate and like breathe through all this wind and snow. And the spot we were at was really difficult to navigate through. We found out later we were meant to actually ride in the lake to get out, which was like, you know, not intuitive. It wouldn't have been where I put my horse, especially in the snowstorm. We ended up kind of wandering around trying to figure out how to get through this lake. And you were either met by like shale drop offs or dense force that you could get through.

Stevie Delahunt ([00:58:56](#)):

I mean, we spent a couple hours trying to hack through the forest and I mean, it was great. It kept us warm and the forest was kind of shielding us from some wind. But yeah, it was, it was a wild experience. And yeah, just trying to also encourage everyone else. The one girl was telling me, she's like, I don't wanna be here. I wish this wasn't happening. And I was like, you're fine. It's gonna be fine. Everything will be okay. We'll laugh about this later. And she's just not doing well mentally. And it was, it was a really wild experience. And in the middle I remember looking up and there was a break in the storm and it was just ridiculous. I just, I actually laugh. I was like, I'm gonna die, but I'm gonna die in the most beautiful place in the world.

Stevie Delahunt ([00:59:42](#)):

The storm had broken and there was a freaking rainbow over the lake and a mountain in a snowstorm. And I, I didn't have my phone out cause it was pretty, pretty wrecked actually. And I was like, I wish I could have filmed that, but that moment was so gorgeous and I was just so blown away. I was like, it was the great to, I guess, and I was like at peace with it. So that was kind of a cool moment weirdly that in that moment I was like, if I die, I died doing something really cool. And it's so beautiful. What a, what an epic way to go. So yeah, that was a crazy experience. And I, I don't think I still fully reflected on all

that happened because that race ran from end of February into March of 2020. And we got back to civilization and everyone was like, you better get on a plane to get home because Argentinas shutting down all the airlines cuz of this COVID thing.

Stevie Delahunt ([01:00:39](#)):

So we never reflected on what happened there because our experience was not important to it was the world was, was panicking <laugh> so yeah, it was a pretty, it was out of the fire into the frying pit, I guess it was pretty crazy. Yeah, so that was an interesting experience getting through the snowstorm and, and of course, two days later, early, like a day and a half later, the weather cleared up, it was beautiful and we were road outta there and we were fine. The helicopter got to get in there in time to get people back to the hospital. So everybody was okay. One rider had gone as far as having renal failure from not drinking well and then getting hyperthermia. So I think she's still dealing a little bit with the repercussions of that, but overall everyone was alive. And so that was a great outcome to that story.

Warwick Schiller ([01:01:31](#)):

You know, you said that one girl was at the point to where she was like, I don't wanna be here. This is not happening sort of thing. And you said you, you kind of got the same way on the little canoe in, in Tanzania. What, what was it about, what was it about that, that you were like, I'm done? What, what, what was the hardship? What was, were you seasick? Were you scared because you're in the middle of the ocean in a, in a little twig. What, what was the, what was the, the thing causing you to do that?

Stevie Delahunt ([01:02:04](#)):

So funny enough, when people, as I was prepping the cracking cup, everyone's like, why are you doing this? And I was like, well, I get seasick. I'm afraid of the ocean. And I don't like sharks. So I'm probably gonna learn something about myself <laugh> and I did, I learned my limits and that you can always push past them. I, I'm a strange person in the and I'll answer this in the fear question, but I don't seem to have fear as much as I have massive amounts of anxiety, which anxiety is just telling yourself stories about the future. And in, in that race, in the cracking cup, I had a couple months of being cold, which is wild. The water's like 85 degrees or something ridiculous, like bathtub up water. But I get cold very easily. So I remember being really cold one day and that was difficult.

Stevie Delahunt ([01:02:53](#)):

And then luckily I wasn't seasick for most of it. The boat is close enough to the water and there's also no smell of any mechanics cuz there's no diesel or anything on the boats. So I, for some reason didn't get sick often, except for one day we were bailing out our boat because of course waves crash over. And part of sailing, these things is constantly bailing it out. So we took don't sing and I was bailing it and you're like looking down and looking up and looking down and looking up. And I, I turned my friend, Pete, who was on the boat and I was like, doesn't motion make you see sick. And he was like, until you said that, no. And then he just threw up and like, as he started projectile vomiting, we all vomit. And it, it was funny.

Stevie Delahunt ([01:03:44](#)):

We were like laughing as we were seasick. And I remember being like, I don't know why I think too tight, too fun is fun. <Laugh> cause that at that moment I was like, I don't know why I'm here, but also I was laughing at the same time. <Affirmative> so yeah, I, I, I guess I'd never really wanted to quit cuz I was afraid I wanted to quit cuz my body was felt like it was giving out a few times. I just felt I wasn't fit

enough. Which was a wild experience for me. So yeah, that was, was I guess when I questioned things and I think from what I've talked to of other riders that have done Guch and Mongo Derby and said they've had feelings of wanting to quit. It's often the conditions where they're just really questioning their sanity as to why they wanted to put themselves through that. And I'm like, that's just the joy of type two fun. No, you can survive it.

Warwick Schiller ([01:04:39](#)):

Yes. Type two fun. So you, you said at when you do the Mongol D yeah, the Mongol Derby you are with the guy that didn't finish the year before Alan a was his name I think

Stevie Delahunt ([01:04:52](#)):

Adam. Adam. Yeah. Very close. Yeah.

Warwick Schiller ([01:04:54](#)):

Adam. So you said you trained him for the, the Mongol Derby. What, what goes into that?

Stevie Delahunt ([01:05:01](#)):

Sure. So I can't actually take higher credit. We also trained with an amazing woman named Solan. I was living in Ohio at the time and she was a Fox hunter and she re-engineered my whole thinking about how to ride a horse. I was doing a venting at the time and, and she's actually the inspiration for how I teach riders now as well. I was doing a venting at the time and I had a very show background of going in arenas and showing, doing raining cow horse, doing the all around quarter horse showing. So that very like straight up and down heel meets your your knee and everything else is like in line. And she was like, yeah, really think about that. Look at how Rainers and I did raining at the time as well. She's like, look how Rainers ride with their heels down in front of them.

Stevie Delahunt ([01:05:54](#)):

Look at all these old cavalry photos. That in line only works if you're wa going over flat ground in an arena, like it makes sense in an arena, but it doesn't make sense when you're out in the elements. And so Adam and I were training with her and she was doing a lot of the physical preparation with us and she put us on some crazy forces as well, which helped. <Affirmative> and we talked a lot about the alignment of the body and being, you know, getting out of your head and into your body as well. And I started, I kind of Adam and I kind of went through like, why are we doing this? What does this say about ourselves? And so I was like really obsessed with the mental fitness for both of us in doing it and pushing through.

Stevie Delahunt ([01:06:37](#)):

So we both started doing like lots of running and just mentally pushing our limits. And she did a lot of the physical work with us which am so grateful for. She was amazing. And we still chat like at length about crazy tangents of quotation and what like little to tiny tweaks and moving your body means for the horse. And yeah, she's a wonderful person to geek out about for E quotation with. And she is wonderful. So yeah, she was helping us, but I was so intrigued by the mental aspect at the time. So that would be like, we had like tons of philosophical dis discussions him in myself about what it means about someone doing the Mongol Derby and, and why we're on that path. So I guess that was like my my place in it.

Stevie Delahunt ([01:07:28](#)):

But to say that I was prepping him, I mean, I let him ride long distance on horses. I had available to me. So we did lot, lots of intense trail riding together. But when it came to the mechanic of riding, she was the one guiding us through that. But yes, we, we just trained together and we went through every scenario as a team, what that would mean, like if something happened to me, what would he do? And, and now when I coach people, we talk a lot about that. Cuz riding as a team can be really, really interesting, you know, like someone gets a penalty. Do you sit that penalty with them? Do you go on ahead? And what is that gonna mean for your friendship later? So competition over friendship and really having people have those difficult discussions before it's actually difficult, right?

Stevie Delahunt ([01:08:11](#)):

Like your mind in, yeah, something happens out there. You, you switch into like a survival mode and it's maybe I'm curious, I have like this idea that there's two parts of ourself, right? There's the ego self in maybe some higher consciousness. And I'm super curious in these situations cuz I'm not sure what's driving. What like the, to self is the survivalist, the biological programming that keeps you alive and, and you can feel that switch on like even as crew, this year in the Goche Derby, I can feel that switch on. Like I was like just cuz I'd been in enough of these races and I always starve on the races. I was very protective of food. It's like really silly things that you notice. And I had to like really employ my higher consciousness to be like, no let's share with everyone. Let's make sure everyone's taken care of. But I love talking to people about letting them know that that's gonna happen and being already mentally prepared, having some like constructs in place so that when you get out there, you make decisions. You're gonna be proud of because it's wild. What happens to you when you view yourself as being in a survival situation, you can be a totally different person than you don't recognize. So <laugh>, I, I got ahead of myself and I've completely lost sight of what question you just asked me <laugh>

Warwick Schiller ([01:09:32](#)):

Well, I was asking, you know, what, what were you doing to help him prepare? So you said mostly mental. So, so what were some of the, what were some of the, the mental stuff that you, you guys worked on?

Stevie Delahunt ([01:09:44](#)):

Yeah, so, so basically that like just being ready for what we would do and how we would wanna behave in certain situations. Like if, if a penalty was getting served to someone which, which happened, his horse's heart rate came in higher, he was heavier than me. So it made sense. He had a heart rate penalty, which was a two hour stop. And we had discussed ahead of time. And even when it happened, he was really apologetic and he was like, you wanna ride on? You can ride on, I was like, we've trained together. If we, this was the, the idea from the get go, I would sit with you. But we also were we're ready. We were like, if we ever have a penalty, let's make use of it. Like then we sit there and we plan our navigation for the next leg.

Stevie Delahunt ([01:10:29](#)):

And that's exactly what we did. We used that time consciously. And I guess a big part of the mental is if you buy into the idea of like your ego, which just kind of the unconscious self is the, the big part of the mental is being connected to your conscious self. So doing, you know, doing the right things to get you forward. Not being very clear here. <Laugh> it's what into those murky areas where language fails a little bit. It, but we wanted to make sure that we were always doing the best thing for who we wanted to be

in the race. And I love doing that with clients. Like what do you want out of this race? And who do you wanna be? Like, do you wanna be the winner? And if, if you wanna be the winner, why is that?

Stevie Delahunt ([01:11:17](#)):

Or do you wanna be the best version of yourself through stress? And pretty much everyone wants to be the best version of themselves through stress. So if you really plan for what it's gonna feel like and have an operating system that you can employ, like if this happens, I wanna help other people I wanna be present. And, and just on top of my stuff, we, we teach a lot of safety, cuz if you can do, if you know what to do in a, a difficult situation, you have that confidence to go through with things, then you can be that version, best version of yourself. So yeah, men, the mental areas is murky as you know, it's like <laugh> and that's, what's so interesting about it. I don't think I'll ever understand it fully. So by trying to teach it, I get to understand it even more.

Speaker 1 ([01:12:09](#)):

If you are loving the journey on podcast with Warwick, we know you'll benefit greatly from his online video library, showing footage of real-time training sessions, you will learn how to approach situations with your own horse in an empathetic and effective way. The video library has been life changing for tens of thousands of people and horses all over the world. Warwick invites you to check out the seven day free trial at [videos.warwickshiller.com](https://videos.warwickshiller.com)

Warwick Schiller ([01:12:41](#)):

I know what I was gonna ask you. What's Adam do like, like, you know, you're, you're a full on adventurer type person, but what's Adam doing there he's, he's gone one year and, and wasn't prepared enough and got too many rubs on his body to continue, but he comes back again next to you. What, what does he do? What

Stevie Delahunt ([01:12:59](#)):

He lot, he he's actually retired now and he's the just, I think he's 41 this year. He had a startup company and I worked for him for a brief time there as well. After the Derby actually. But Adam now is retired and he is on a crazy, awesome spiritual path and UHS kind of looking for enlightenment honestly. And that's what he does full-time now. And so we have amazing philosophical discussions but at the time he was working for his own company.

Warwick Schiller ([01:13:39](#)):

Wow, wow. That you got to retire at 41, but wow. The path he's on now, they, I bet he's so interesting to talk to

Stevie Delahunt ([01:13:47](#)):

So interesting. He's a really cool dude. My really best friend and that that's, I'll make this story even more complex actually after the Mongol Derby we dated for a year and now he's my best friend. I, and my, one of my husband's best friends, which is really cool. <Laugh> really cool. Turn of events.

Warwick Schiller ([01:14:08](#)):



As long as you think it'll be all right with him, can you say what sort of things he's up to on his like, like it sounds like he's, he's retired early, so he's, you know, he doesn't have to worry about that. So he's got all the time in the world to, to really go down that spiritual path what's he up to?

Stevie Delahunt ([01:14:25](#)):

Yeah. So he went to Peru and did a month of iowaska. And

Warwick Schiller ([01:14:31](#)):

I, I, I figured Iowa was gonna be the first thing. That's what that's kinda, my ears picked up. I'm like, I bet he's going somewhere to do Iowa.

Stevie Delahunt ([01:14:37](#)):

Totally. And and you know, our paths, I, I didn't, I've actually never done iowaska personally and that's something I really wanna go to Peru and pursue as well. But we do a lot of meditation and like our company with horses and our animal communication, we do a lot of meditation and we actually have employed plant medicines as well. And so we've, Adam's been a great key in talking a lot about that for as tools of introspection. So he's doing lots of journeys like that and going places and, and kind of experimenting a little lightly with psychedelics, but it's wild that he's not a horse person technically, and he felt drawn to horses as a window into the, into the world's in between, I guess, is a good way to put it. And it's super cool. That our paths, I mean, our paths were also meant to cross clearly and oh yeah, yeah.

Stevie Delahunt ([01:15:35](#)):

<Laugh> yeah. We get to have these awesome conversations about what reality is or isn't and and somehow horses are a big key in that, which is really interesting and something I have not fully understood yet. I, I think during the pandemic, I actually came across the book of the Dow of acquis and it was the first time I heard somebody talking about a world I knew existed, but felt crazy to believe in. And then I came across your podcast and I actually cried the first episode I listened to. And I can't even tell you who it was that I listened to, but it was, I knew your name is a big trainer. And I was like, oh my God, there, I, I was ready to think I was crazy for saying I could, I felt this world that the horses had access to this connection, this deep connection of what we all are. And I was, I didn't, I don't, I didn't feel comfortable talking out loud about it cause you sound a little bit nuts and I heard your podcast. And I think it was the author of sacred spaces actually was the podcast that I listened

Warwick Schiller ([01:16:40](#)):

To you. Oh, Susan Fay, Susan

Stevie Delahunt ([01:16:42](#)):

Fay. And I've actually spoken with her since <laugh>. And it was such a relief that people were talking about it in a big way and that somebody I had admired back in the day when I didn't know what I, I was doing with horses, which was you and guy McClean and a lot of other big names. And now somebody was talking out loud about, about this and it was really, really great. So I, I, I'm also so grateful for the space that you create on Facebook. Like you are, you actually see people like I see your responses and it's a wonderful space for people to communicate about horses and to connect with each other. And I'm

super grateful that you have that space in the world and that you hold space for people like that. So thank you. <Laugh>

Warwick Schiller ([01:17:29](#)):

Well, thank you. So you just mentioned the animal communication thing again. So tell me about that. Where did that come from? What are you doing with it? How did it develop? Have you always been able to do it, all those questions?

Stevie Delahunt ([01:17:39](#)):

Yeah, so I am insanely lucky. Like my whole life is a lot of, I think I don't like the word privilege cuz there's, it's a loaded word in, in the culture today, but I do feel insanely privileged to have been born into this life. With the parents I had, I'm an only child. So I was able to pursue horse stuff in a big way. Cuz we all know it costs a lot of money. And so being an only child was wonderful. My parents were fantastic. They're both educators and it never told me I was crazy like for believing in things and for, they never shut down that part of me, they never pushed me into that societal norm. Which wasn't always easy. I think during, when, as a teenager I struggled a bit because you know, I was being integrated into society.

Stevie Delahunt ([01:18:27](#)):

My parents had like fostered this like magic peace side of me <laugh> and I'm so grateful that they never shut me down and they believed they believed me cuz I used to come in and I had as an eight year old, I had a two year old horse which is you have the great, the wonderful thing. Like let, let your kid grow up with their horse and you know, let the eight year old train the two year old horse. So I guess I had not only great parents, but amazing horses that I think were really sent to me by the universe that I had this wonderful mayor named Emmy and I would come in and I would say, Hey, Emmy says this. And Emmy says that. And my parents were like, what do you mean? She says to you?

Stevie Delahunt ([01:19:08](#)):

And I was like, oh no. I mean like it's a feeling I can. And they really encourage that. Cause my, and I, I kind of realized I could understand what the horses were thinking. And the best way to explain this now I didn't have language for it then is I feel that you can communicate the horses through the collective consciousness. So there's your ego self and arguably yes or no, I don't know, but the horse has its ego self and then we have this higher self. And when I, I have to be in a very good space and generally I have to know the horse, well, I'm not like extremely gifted at this, but you kind of connect through the collective conscious or the higher self version. So if both you and the horse in a good space for me, I can hear what they're thinking.

Stevie Delahunt ([01:19:58](#)):

Or if I just have known them for a long time and can easily pick up those threads and communicate. But I, I was feeling it as a youngster, as eight years old, I come in and tell them things that they couldn't that only the horse could know and it, they would turn out to be right. And my parents really they really supported that, which was amazing. And I'm so lucky that I had them to tell me I wasn't crazy. And then society told me I was a little crazy or I felt it. I never, I felt that pressure to not believe in those things and went through like, you know, showing, doing well with horses, always did well with them, but I followed kind of more traditional show, ring style of treating horses, which I, I feel ashamed of, in some

cases I was trying had a horse and I still have a horse named Gilbert who was my big show horse, my big all around cord, horse show horse.

Stevie Delahunt ([01:20:54](#)):

And I am so lucky. He came to me. He is the most amazing being ever. He would not shut down and my trainers disliked him a lot cause he would not shut down. He was a Western pleasure horse when I got him and I, that boy got me a two star in eventing. He's an amazing horse. He is fantastic. I realized he wasn't having fun in Western pleasure. So I was trying to do, I did the all around with him and I would just show him patterns and he would like do them. It was wild. He was wildly connected. It was like living with a human being and, and he reminded me that he was Essent being and I'm so lucky because I was surrounded by a culture that was saying that's just a dumb horse. And so he was my other teacher and he now gives all my beginner riding lessons and he does an amazing job.

Stevie Delahunt ([01:21:48](#)):

He is just the most wonderful horse. He's 24. He can still do 14 mile endurance training rides with us. So he's fantastic creature. And I think he's like a spiritual guide. Honestly, he's been that for me and for so many other people. But yeah, he wouldn't shut down. So that really helped foster the animal communication. And I spent lots of time with him and he is a horse that can almost send me images. And when I listened to your podcast with Susan Faye, she was talking about images being sent to her. And I was like, yes, that's real. It's not just me. That feels this and sees this. So I had, I had him and then I got introduced to, is some plant medicines along the way in my li my life. And I realized that opened a whole door that I realized I wasn't imagining this connection that we all have, that we're all this same beautiful, conscious energy.

Stevie Delahunt ([01:22:43](#)):

And some of my most beautiful human experiences have been with that. And speaking with the horses with, with the assistance of that I think my most beautiful moment was realizing, speaking to my mayor Sparta who's anyone who knows me knows she's like my heart horse. The most beautiful experience I ever had was I, I, you always wonder if they love you back, you know, the way you love them. And he said, of course we have the capacity to love because we can have babies and we're mammals and it's biological. And it wasn't her, it was like collective consciousness speaking through her, but it was a realization that horses can love us as deeply as we love them. We are all mammals that raise young. And so the love must be similar, must be parallel or adjacent. And I just saw it.

Stevie Delahunt ([01:23:33](#)):

I physically saw it in front of me in connection with her that was such a cool experience. And I feel so lucky to have had that if that was like one of the best days of my life, knowing that and feeling that. And actually when she feels stressed ever, I, I, I kind of had this image of like this golden ball between us, which represented like love in the experience that I had. And I can actually remember it and bring it up in my mind and I'll share it with her and she calms right down. And then it's like kind of a reminder that I didn't imagine that cuz it works. It physically works in front of me and yeah, so I'm, I'm a poor animal communicator I'm working on it. But yeah, I'm still trying to differentiate between my own projections and what's actually real like intuition versus projection. And, but I know, I know that they know, they know something bigger than we do, like the best Buddhist in the world. That's how they live their life. And they're, I don't know. They're magical creatures. I'm so lucky.

Warwick Schiller ([01:24:36](#)):

They most certainly are. So you said before you haven't done Iowa, but then you mentioned that you've done some plant medicine that's helped you with the animal communication stuff. What have you done?

Stevie Delahunt ([01:24:48](#)):

I actually, the, the thing that I've done is mushrooms, which are, yeah. And that's why I also live here in Oregon now where it's decriminalized <laugh> that's I think the way forward you can see it. There's actually a lot of companies moving towards this now. But yeah, it's a pretty amazing tool if you, is it for the right reasons?

Warwick Schiller ([01:25:11](#)):

Yeah. I'm looking forward to the day that we can have mushroom assisted therapy. I, I, I think that would be, you know, I, I forget where I saw it, but it was an interview with a couple and they did MDMA assisted couples therapy. And so they do the M DMA and then the therapist is there and they might have one go in another room and the therapist talks with the one and then the other one comes in and the therapist talk with the one. Then they get 'em together. And this, this couple said that they'd been doing couples therapy for 10 years and they got more out of one M D M a assisted couple's therapy. It takes the walls down. It, it, you know, the, all the protection that you put up around you, all those barriers you put up around you that that therapists can't

Warwick Schiller ([01:26:04](#)):

Into, or you can't get into with your, your partner in the room with the th you know, like you just can't let go of some of that stuff. All those walls came down and they said it was just amazing. And I'm, I, you know, this over in Oakland, California, there, they, I think it's, I think it's maps, which is the multidisciplinary association for psychedelic studies. They are doing, you have to get into a trial to do it, but from what I've read, the, the, the results have been amazing from, from mushroom assisted therapy.

Stevie Delahunt ([01:26:43](#)):

Yeah. There's psych LICs are a wonderful way to break down the ego self, I think. And then it just makes communication to anyone, right? Like this isn't horses, as you've said, I think now you're opener for the shows connecting, not just to horses, but to everyone. And that's, I think the beauty of it, you, you learn how to be a better person for horses. You're a better person for everybody. And I also say to people when you communicate with horses just like the people that other people wanna be around are the kind of people that animals wanna be around. So these psychedelics breaking down that ego barrier can really show people how, cuz you don't need psych develops. It's just kind of a great, it's like taking the rocket ship to the top of the mountain. Like it's the, it's the quick way. But you can meditate there. You can do like running lots of flow state activities to get there, anything that breaks down your ego and kind of reveals your true self that version of you, that best self version of yourself is the kind of, or the, the being that you need to be to communicate with an animal, I think. And yeah, it's just, it's just a wonderful tool to use to understand where you need to be or where, where your end goal might be as a human. Yeah.

Warwick Schiller ([01:28:03](#)):

Yeah. I remember reading about Ram does, you know, did a lot of L S D. Yeah. And he said then at some point in time, I realized that the point is not to do the, the, the point is to get to where you don't need to do the LSD, the L S D makes you aware of what's possible. And then after you've been shown what's possible, then you have to figure out how to attain that possibility on your own.

Stevie Delahunt ([01:28:29](#)):

Totally true. And I think that's like sort of where I feel that I'm at I'll say I've done about 40 or 50 major four gram or more mushroom trips in my life, which is a lot

Warwick Schiller ([01:28:42](#)):

<Laugh>

Stevie Delahunt ([01:28:43](#)):

And wow. I've seen, I've seen some things and now I'm really on a path. It was really great. And I went to go crew for the Goucher Derby. I was able to attain like a meditation mind state totally on my own. I've seen the end goal a lot that now I'm able to achieve it. And I don't know if this will last, this is like, I, I can't even take credit for the mind state I was in while running, helping run that race. But I just felt in a great peaceful state even where, when things were very stressful and chaotic and I felt really lucky to have had the life I've had <laugh> because I was able to get there without anything. And that was wonderful too. So I had some really great experiences. So that's exactly true what rondos is saying. And yeah, I, I'm happy to talk about these things because I think they need to start being talked about cause they're wonderful tools to being a better human.

Warwick Schiller ([01:29:45](#)):

Yeah. You know, it's interesting since, you know, since the the COVID thing and in all these podcasts have started up and whatever, I was listening to a podcast, you ever heard of a guy named Aubrey Marcus?

Stevie Delahunt ([01:29:56](#)):

I have not, no.

Warwick Schiller ([01:29:58](#)):

I was listening to a podcast if he's yesterday. And he, he is one of the first people that really came out about public, about psychedelics and was listened to a podcast with him yesterday about one of his AKA journeys and, and you know, what, what came out of it and, oh, it was just, it was pretty amazing. But the, the whole point of what I'm getting at here is, yeah, this stuff is, it is you know, a bit more mainstream these days. And it was funny, the guy that a Marcus was talking to at one point in time, they said something about, you know, why plant medicines illegal because the big companies can't

Stevie Delahunt ([01:30:41](#)):

Make money.

Warwick Schiller ([01:30:42](#)):

The, the big companies can't control it. Yeah. And, and it promotes, it promotes you know, free thinking that the, the government doesn't necessarily want you to, to think that way either. So

Stevie Delahunt ([01:30:57](#)):

Yeah. It's, I mean, it's, it helps people. I, I almost feel like I, I enjoy margarita now and then, but I feel no use for alcohol anymore. And yeah, it just gets you, there's a lot of great changes that have come because I've been lucky enough to be able to try psychedelics in, in the right settings, which has been great, but mostly it's been a wonderful spiritual path with horses and understanding them and all be.

Warwick Schiller ([01:31:29](#)):

Yeah. I think it all ties in together, the horses and the, you know, the psychedelics and, and, and I'm glad, I'm glad you said taken in the right settings. I think you've got to, you know, you can get yourself into some trouble, you know, people talk about having bad trips or whatever. I think people have bad trips for, because they're doing it for the wrong reason and they're doing it recreationally and they, they don't have set an intention and, you know, or they, or they're worried about having a bad trip or whatever, but, but yeah. I do think that the things are getting less and less well, like it's decriminalized in, in in Oregon where you are, but I, I, I think the world is slowly heading that way to where at some point in time, it's not only is it going to be legal, but it's going to be, like I said, you know, you might be able to have psychedelic assisted therapy, which I think would be an absolutely great thing.

Stevie Delahunt ([01:32:31](#)):

Yeah. I mean, they definitely are doing it. Like you said, with maps and everything else. And the minute we can do that, that's what we will be doing with horses for people, because it is an amazing, an amazing tool to combine. The two horses are great guides.

Warwick Schiller ([01:32:50](#)):

You know, it's funny, you were talking about the, the whole serendipitous thing on the, you know, several serendipitous things before, but recently there's a, I was on a podcast of a lady or couple of years ago, and she was doing a, oh, I forget what exactly the point of a podcast was, but it wasn't a horsey podcast. It had to do with personal growth and all that sort of stuff. And I was on her podcast and here probably, I don't know, six months ago, maybe eight, maybe eight months ago, she messaged me. She said, Hey, there's this couple of other guys. I think you should, should get on a zoom call with, shouldn't say why or anything. So I got on a zoom call, these three other guys. And the one of them especially is very much into psychedelics as a, you know, as a healing modality.

Warwick Schiller ([01:33:44](#)):

And so I got in there and I'm talking about, Hey, we're well, where could you, where could I get mushroom assisted therapy? You know? And they said, oh, well, you'd have to talk to maps. And I'm like maps, who's maps. And they said, oh, it's the multidisciplinary association for psychedelic studies. So I'd never heard of maps before. Here I am. I'm 53 years old, never heard of maps before. And about a weekly later, I go to a mark Rashard Jim Masterson clinic. So they've both been on the podcast. Mm-Hmm <affirmative> and I go to watch it's about three hours south of here. So I go down to watch and I'm sitting there the first day watching, and this lady walks by and she says, are you? And I'm like, yeah, she goes, oh, I just gotta tell you, I love your podcast.

Warwick Schiller ([01:34:30](#)):

I've listened to your podcast on the way here this morning. I'm like, okay, thanks. So come lunchtime, people just stand around. And I saw that lady and I walked up, I started chatting with her and chatting

away and I said, what you do? And she says, I'm a, I'm a psychiatrist. We've just moved up to this area from LA. My husband's a psychiatrist too. And I said, oh, am what do you specialize into? She goes, well, you know, basically family practice or whatever she said, but I've spent the last 15 years working for maps. <Laugh>

Stevie Delahunt ([01:34:57](#)):

Oh, wow, cool.

Warwick Schiller ([01:34:59](#)):

I'm like, like a week before, I'd never heard of maps. And here I am, I go to this mark rash at Jim masters in clinic, and she walked up to me and said, I love your podcast. And so then we get chatting. Yeah. And so, yeah, she, she told me a little bit more about it. I, you know, you've gotta get into a study to, to actually have that happen, but, but I do think it's the way of the future that, that the, the mental health therapy of the future.

Stevie Delahunt ([01:35:25](#)):

Absolutely. Yeah. I mean, every everything's in your head. Right. And if we can sort that out just a little bit, what an amazing gift.

Warwick Schiller ([01:35:36](#)):

Yeah. Have you, have you have you heard Mike Tyson in these days?

Stevie Delahunt ([01:35:41](#)):

Yeah. <laugh> yeah. I love Joe Rogan and he also talks pretty liberally about psychedelics, but yeah, it's pretty, pretty insane. Pretty cool.

Warwick Schiller ([01:35:53](#)):

Pretty insane. Yeah. So why don't I why don't I get to your questions and you've probably answered most of them, but we'll go through in one of, to time and see exactly what you get to say. So the first one I'm, I'm, I'm excited about this. If you could spread a message throughout the world, what would it be?

Stevie Delahunt ([01:36:12](#)):

Sure. So all my answers are not exact answers to these questions, but they're loosely <laugh> relevant. I, I think my message would be something that I'm trying to do every day. And I feel like the world would be a better place. And I know I'm a better person for doing this, but I try to repeat these four things to myself pretty much all the time. But when I wake up in the morning and it's one, how can I be more loving? I try to remember that in all situations two I, how can I be kinder, which is related to the first and three, I remind myself that I live in a, an, in an abundant and limitless universe and four, everything is happening exactly as it should. So, and with three that abundant and limitless universe I've found just really trusting that, you know, like having that idea of oh gosh, sorry, this will have to be edited out.

Stevie Delahunt ([01:37:17](#)):

I lost my train here, but the limitless, abundant and limitless universe idea is something it's really interesting to me. I feel like, you know, that ego switches on in survival modes and in survival mode is

related to thinking that there's not enough resources or not enough of something, not enough, love, not enough, this, that things are mutually exclusive. Like if this person has success, then I can't have success. And Joe Rogan calls it, feminist thinking, which I love using that word or that terminology. It's really true. Like feminist thinking is not beneficial. In fact, we create the world we believe in. So if you believe there's enough of everything for everyone, it really happens. And I've been trying to embody that. And it's wild. Like, I, I don't, I've always strange relationship with money. I don't understand it and I'm not good with it, but I know I need it, unfortunately for the society we live in.

Stevie Delahunt ([01:38:19](#)):

And, and I'll, I'll kind of be stressing about money. Like, how am I gonna buy alfalfa this month or something, and immediately my Venmo account pings and someone's sign signed up for a bootcamp. And I realize that's the universe, just letting me know that everything will have happen exactly as it should. And that it's taking care of me and that I'm doing the right thing. Cuz I, I always have enough for what I wanna do, which is amazing. And it's a wonderful feeling. And I think a lot of people could embrace that. Like if you really believe it, it happens. So that abundance, that abundance thinking is really useful.

Warwick Schiller ([01:38:55](#)):

It sure is. You, you mentioned something in there, you said everything is everything's happening the way it's supposed to. Have you ever heard of Peter CRO?

Stevie Delahunt ([01:39:05](#)):

Yes I have, but I don't know. I know the name, but I'm not sure the association you're gonna make.

Warwick Schiller ([01:39:10](#)):

Oh, well he's, he's all up. He's all about that. You know, there's nothing wrong with you. Everything that's happened to you up to this point in time was post to happen to you. That sort of thing. But yeah, I love Peter CRO. He's a, he's a, he doesn't have a lot of stuff out there here. Like he doesn't have a podcast he's been on several podcasts, but if you get to listen to a podcast with Peter CRO, the guy's fascinating.

Stevie Delahunt ([01:39:33](#)):

Yeah. I would, I would love that because yeah, I have this understanding that I feel like I believe it you know, Sam Harris, do you listen to Sam Harris?

Warwick Schiller ([01:39:42](#)):

No, let me write that down.

Stevie Delahunt ([01:39:44](#)):

Okay. He's got a meditation app that works for a lot of people as well. And he interviews a, he's kind of known as the guy who forefronted atheism. So I don't entirely agree with all of his as, or his takes on things, but he's a very intelligent man. And he believes in, he has a good argument for predeterminism not fatalism, but predeterminism, and I actually sort of agree with that, but I also agree that we need to act as though we have free will and that's a whole other philosophical discussion that would be like for Adam, maybe <laugh>



Warwick Schiller ([01:40:20](#)):

Sounds like we could go on forever with this. Okay. Something you mentioned right. Then we might as well talk about now you said, you know, your Venmo will ping and someone signs up for bootcamp. Tell us about your bootcamp. What is it?

Stevie Delahunt ([01:40:34](#)):

Yeah. So what we do we help train people for the Goucho and Mongol Derby. We do bootcamp weekends, which are our three day weekends. We also do weeklong camp, but the, the beginning model of our business was three day weekends. People fly in on a Thursday night, fly out on a Sunday night three days of intensive riding at least 20 miles a day or so. One of those days being all based on understanding navigation with the Garman 64 that you use on both the Goucho and Mongol Derby. But often riders signing up for the Goucho or Mongol Derby aren't necessarily endurance riders are haven't rid a super long distance or had to be out. And the elements are even gotten to canter and TRO on a horse for hours on end. I mean, the wild thing about endurance horses is that it's wild to understand that a horse can basically hold a working trot for 19 plus hours. That is wild, it's wild. Like I'm an ultra runner and it blows up my mind. And, and by the way, I kind of lied there. I say, I'm an ultra runner. I'm about to do my first ultra. So I identify as one without actually having the credentials. But

Warwick Schiller ([01:41:44](#)):

You're about to do your first ultra. So it's 50 or a hundred

Stevie Delahunt ([01:41:49](#)):

Just doing a 50 K. So it's about 32 miles, 32, 35 miles. So, but I feel like I should understand it from from the horses side now. Right. I should go run myself if I'm gonna make my horses run distance.

Warwick Schiller ([01:42:04](#)):

I love your, your outlook. And I'm an ultra run. I haven't done it yet, but I, I feel like I,

Stevie Delahunt ([01:42:08](#)):

I identify <laugh>. It sounds nice. It sounds like I'm hardcore.

Warwick Schiller ([01:42:16](#)):

Oh, you are hardcore. Don't worry. Okay. So speaking of hardcore, the next question is what's an unusual habit you have or something outta the ordinary you do

Stevie Delahunt ([01:42:26](#)):

So ties in perfectly, and it's not unusual. Like I said, these are almost relevant answers running, and I'm saying that it's UN usual because I don't, I'm not very good at it, I would say. And I'm aware of that. And again, it's also what story, what narrative do you tell yourself? So I could say I'm good at it, but I wouldn't say I was an actually gifted runner. We'll put it that way and I find it very difficult. I have sports induced asthma, which I, anyone who's run with me is very aware of. I breathe very heavily when I run, but it's also also awesome, cuz it's so difficult that it's like immediately type two fun and immediately makes my body work really hard. And I just think there's nothing as amazing as running for getting fit both for being a better rider and for getting out of your head and into your body.

Stevie Delahunt ([01:43:20](#)):

So part of my bootcamp, weekends, which I started explaining involve a little bit of running. I often do Hills sprints because Hills are low impact. You're going up Hills. So you hit the ground sooner than you would if you were on the flat. And it's a great way to get winded really fast. And it's an very very good cost benefit ratio on time. Like if you only have 10 minutes run Hills for 10 minutes, you'll have done a really good workout. So I like to get riders working out with me. We do that before we ride every day we do a run up Hills. We do some balance board work. We do a meditation with the horses and then we ride and I'm trying to instill, I get like this wonderful opportunity to be a part of people's spiritual journeys to these races and really just like to insert my own <laugh> take on it and tell people like let's be really fit so that you can have more fun.

Stevie Delahunt ([01:44:17](#)):

I mean, the fitter you are, the easier everything is. Right. So being fit for these races, I feel is important because you're just gonna enjoy yourself that much more. And if you're spending 14 and a half thousand dollars, I think you should enjoy it. So being fit's a huge part of it and huge part of the boot camps I do. And then I feel like I need to live by my own ethos. So yeah, running is the unusual thing I do to torture myself to, to be more in touch with what riders are going through, to be more in touch with mental exertion and physical exertion. And yeah, just to, just to live what I say, be fit and make things difficult now and then be com get comfortable with being uncomfortable.

Warwick Schiller ([01:45:00](#)):

Do you remember Ben Atkinson's quote about running on, on his podcast. I love that. If you wanna talk to yourself, run a mile, if you wanna talk to God, run a marathon.

Stevie Delahunt ([01:45:10](#)):

Yes. I love that. I totally agree. And it, it, days you get into a flow state where you just, you know, that ego is fully dissolved, but like for me, who's not an amazing runner, probably my egos dissolved by mile five, but probably for most people by 10. And so if you, you get exhausted, you're again in a much better place. And for bootcamps, even if they're not focused and Mongol or Goche Derby using fitness as, or using exercise as a tool to break down the ego to communicate with the horse is huge.

Warwick Schiller ([01:45:44](#)):

Wow. That's very cool. So what do you feel your true purpose is in the world?

Stevie Delahunt ([01:45:48](#)):

Exactly what I'm doing and how freaking cool is that I'm so, so lucky to be doing this and to be doing this with my husband as well. We both feel the same and do the same thing. And I just, I feel like very, very honored to be a part of people's journeys and to, to be doing exactly what I'm doing, which is helping people and horses, uncomfortable things comfortably.

Warwick Schiller ([01:46:22](#)):

Okay, next question. This, you may have already covered this one too, but what's the luckiest thing that's ever happened to you?

Stevie Delahunt ([01:46:28](#)):

So that's easy, which is, you know, predictably, my husband, that was pretty cool. Pretty cool. Turn of events. He was we, I kind of started on this story and didn't finish it saying like my parents fostered this belief in me and then Gilbert really helped me Gilbert, the horse that I owned all 19 years of my life now has been a huge part of who I am. But Dylan meeting Dylan, my husband was amazing. It was the reentry back into the spiritual side of things meeting him. He, he could see what I was doing with horses and he, he had a friend named Anna and I'm gonna butcher a last name, but she's a very big an animal communicator, Anna Bretton. And have you heard of her by chance?

Warwick Schiller ([01:47:17](#)):

Yes. Yes.

Stevie Delahunt ([01:47:19](#)):

Yes. Okay. So he,

Warwick Schiller ([01:47:20](#)):

That's probably how I pronounce it too, but I think I'm doing it wrong as well.

Stevie Delahunt ([01:47:24](#)):

Maybe I, maybe I got lucky and said it, right. I'm not sure. He actually got to go swimming with whale sharks with her. He was like personally very close to her and he saw me with horses and said, Hey, you have something really special here. And he, he totally believed in me and made me believe in myself again. And that's really special to have that kind of support. Like he, he lets me be who I am, which is a little bit this crazy horse person and supports it fully. And I'm just like so fully seen by him. Wow. Like so lucky. So fully seen by him in the herd of horses that we have. So they like our children. We've chosen not to have kids just to have horses into, you know, occasionally foster adults doing the Derby. <Laugh> they're part of our family too. But yeah, I feel so incredibly seen by our clients, which are our friends, our horses, and by him. So that's the luckiest thing. My life is the luckiest thing to happen to me.

Warwick Schiller ([01:48:26](#)):

So. Cool. And another, the questions you chose was, do you have a favorite horse? I imagine that's Gilbert.

Stevie Delahunt ([01:48:33](#)):

Oh yeah. It's a funny question. Cause I, I was like, I didn't even, I wrote notes on these questions and I'm like, I didn't really have an answer to that. Like all my horses have been big spiritual guides Gilbert. Yeah. He's gotta be cuz he's been 19 years of my life and seen me through, I think he's been waiting for this version of me and you know, like our I'm sort of able to hold the best version of myself by going in and out of it. But I, I feel like he's just been so patient, he like, I, I see horses as very doist Buddhist creatures and finally I'm like, oh, Buddhism kind of feels like, you know, like a really good world view and a really feels like what horses O and it's kind of like, Gilbert's been standing, waiting for me at the end of the road and I'm finally starting to catch up and what a patient animal and that's pretty cool. So I really, yeah, he's pretty special. And I, I have a wonderful mayor. That's done the toughest cup, the mile endurance race three times she's a, a magical horse. I, I'm also blessed to have her, so, and I'd have to mention them both. They're, they're the power, couple of our herd and they're amazing. And I'm so lucky to live with them.

Warwick Schiller ([01:49:49](#)):

You know, it's cool about that. It's cool with those horses that you've had for a long time, because as you, I don't know, I feel like as you evolve, they, they don't evolve along with you, but I think they give you more of themselves. They open up more of themselves too, because you know, they will be, they'll be whatever you want them to be. And so if you just like, if you just want them to be well trained and obedient they'll do that, but then as you change, as you go along, you know, I'm, I'm, I see it with my horse Bundy, you know, I've had Bundy for, mm. I guess nine years now. Yeah, I, I see it with him, but then like the, the younger horses I've got that I've only known the new me. <Laugh> they're totally different creatures than Bundy, but I realize now there's a lot of the old me and Bundy and he would be a totally different creature if I had have been a totally different creature. So yeah. It's pretty fascinating though.

Stevie Delahunt ([01:50:48](#)):

It is right. Yeah. They really, yeah. Gilbert's got some old holds back to like 16 year old me. <Laugh> so poor guy. But yeah, they're, they're pretty cool. And you know, something I've found in horse training, which is really, I don't, yeah. I guess horse training, you'll call it, we'll call it that when I'm starting horses and I want them to be brave or be something I imagine that I'm riding either Gilbert or Sparta and I, you hold that space for them and they just fall into it. So if I'm riding a spooky horse, I think of Sparta, who's incredibly brave. Like never spooks had anything out on trail. And I'll hold that space. Like I imagine I'm riding Sparta and suddenly they become that. And I realize it's me, I'm holding my body in a different way because I'm not expecting something. And it's, that's a wonderful hack. That's something I teach too. So if you're nervous with a horse, imagine you're on a safe horse and know what that feels like and embody that, then that's a cool gift.

Warwick Schiller ([01:51:45](#)):

You know, I think that's really hard for a lot of people to get their head around. You know, they want, they want you to fix the horse and, you know, hard for them to get their head around that, that, that your, you know, I talked about this a lot, but your energy and your perceptions and your judgements and your, your everything projects onto the horse and they, yeah. They respond a lot to the head.

Stevie Delahunt ([01:52:10](#)):

Yeah. Their mirrors they're such mirrors.

Warwick Schiller ([01:52:14](#)):

Okay. In the last question, the best question <laugh> what is your relationship like with fear?

Stevie Delahunt ([01:52:21](#)):

Of course. Yeah. So in my line of work is what I think about a lot, cuz people are facing a lot of their fears going into the couch or Mongo Derby. And then I work with a lot of people that just have fear with horses. So I have a weird thing. And when I looked at this question, I, in situations that are, you know, like feel life or death that I've been on in, in these races in situations where I should be afraid I find that I'm not, I find a lot of clarity and I don't think that's rare. I think this happens to a lot of people. But it's just so clear what I need to do. And it's, it's, you're insanely present, right. In dangerous situations and it's, it's almost like peace in a weird way. Just

Warwick Schiller ([01:53:06](#)):

The flow state.

Stevie Delahunt ([01:53:07](#)):

Yeah. The flow state. So I can't even say that there's often times that I feel fear because what I'm actually experiencing is anxiety. In every day and I, and I've had bouts, I, I was an anxious person. I have been an anxious person. I've a five as an anxious person in my life. And that's all just making guesses about the future. And which isn't helpful. <Laugh> especially around horses. You're like, oh, you could do this. You could do that. Well then the horse is expecting thinking that maybe you're telling them to do those this or that. So practicing, present with fear and here it's really anxiety, right. So PR practicing presence with anxiety is really important. It's something I'm trying to get better at communicating to other riders, but using those tricks, like imagining that you're with or you're on or with another horse that you really fully trust is is great.

Stevie Delahunt ([01:54:06](#)):

And using meditation as a tool to center yourself and get out of your head, which is producing this anxiety and into your body, which is feeling the, the connectedness to the horse feeling what's actually going on. So using your senses of what's actually currently around you rather than your mind, which is running miles ahead. Yeah. Relationship with peers is something I'm studying and trying to understand better and better. There's another tool I use and everyone knows about this. That's trained with me and I call it past self and future self, which is when the moment that you're in is really difficult and this is maybe the opposite of being present. So it's kind of curious. But when the moment that you're in is super difficult or super stressful especially like while you're racing. So say you're doing the Mongol or Goche Derby.

Stevie Delahunt ([01:54:58](#)):

I always tell them to think about the past self, which is the self that's training with me or training, getting ready, all the work all the time, all the money, all the effort, think of the past self. That's worked so hard to get you to that moment and, and how you wouldn't wanna fail that past self in that moment by your actions. And then think to future you, how is future you gonna look back at how you're acting right now. And usually if you do that, if you have that conversation with past you and future, you, you can come to a really good about what we should do in the present moment. And I think that's like a wonderful tool to deal with stress or fear or just when you don't wanna be there, like when you're running on mile 10 or when you're, when you're out there in the pouring rain and you're navigating poorly on a really difficult to ride horse. I think that's the moment that you just say, you know what, this is fleeting. I should be here. I should make the right decision for past me, put in all the work. And for future me, who's gonna look back and either be proud or ashamed of what I'm about to do.

Warwick Schiller ([01:56:02](#)):

That was, that was awesome. You know, a lot of what you are talking about there, and you might not even know this. Have you ever read a book called dopamine nation?

Stevie Delahunt ([01:56:16](#)):

No, but I heard you talk about it. And there was, you said some quote from it that I wrote down somewhere and I was like, I have to get this book, which is, you know, my reading list is long and it needs to be well, well,

Warwick Schiller ([01:56:27](#)):

Lot of the, one of the big take takeaways I got from that book was that, that, you know, you have, you have a set level of dopamine and then you have spikes in dopamine. You do something that cause a lot of dopamine, you get that, but then it comes back down to your set level and your set level is caused. Well, what, you know, if you have too much dopamine, which means like phones these days, we're on these damn phones and you get these pings and bings and all that sort of stuff. That's a lot of dope men all the time. Well, when you do that, your set level is much lower. And the thing that brings your set level of dopamine up is doing things that are hard, that are painful, that are stressful, that are tough. Like all this stuff you're talking about, riding the difficult horse and the rain with the navigation and you know, it sounds like type

Stevie Delahunt ([01:57:12](#)):

Two fun

Warwick Schiller ([01:57:13](#)):

Type two fun. Yes. Type two fun. That's, that's, that's a good way of putting it. Just, just, if you wanna raise your Domine level, have type two fun,

Stevie Delahunt ([01:57:24](#)):

Or maybe we have a joke now about type three fun where it's not fun while you're doing it. It's not fun when you look back on

Warwick Schiller ([01:57:30](#)):

It. Oh yeah. That's type. Yeah. If people listening don't know what type one type two and type three fun is type one, fun is you're doing something and it's fun. And later on you look back at and it's fun type two fun is when you're doing it, it sucks. And when you look back on, it's like, eh, that was fun. And then type three fun. Is it sucks while you're doing it. And later on, when you look back, it still sucks.

Stevie Delahunt ([01:57:52](#)):

Yeah. So do more type two and type three, get more. I mean, I think it's so difficult to be an adult, to be a human in this world that the better you are at suffering. So the better you are at being comfortable with being uncomfortable in all aspects, the easier life becomes the more peaceful like becomes. So, you

Warwick Schiller ([01:58:12](#)):

Know, put yourself

Stevie Delahunt ([01:58:13](#)):

In those that's paradox situations, right? That's

Warwick Schiller ([01:58:15](#)):

The paradox we have all

Stevie Delahunt ([01:58:17](#)):

Paradoxes.

Warwick Schiller ([01:58:18](#)):

Yeah. We have all this stuff these days that we've got to make our lives easier. We've got electricity and we've got thermal clothing and we've got phones that Bing and make our Domine receptors go off and all that stuff that's most to make us feel better is what makes us feel worse. We've gotta rewind ourselves.

Stevie Delahunt ([01:58:39](#)):

You know, I, my husband and I were in a weird living situation where we were building a house, but it didn't pan out. So we ended up living in a travel trailer that wasn't connected to the grid in any way. So we had no running water, no electricity for about two and a half years in this travel trailer. And it was difficult, but I loved it. And it was actually type one fun for part of it. I think it was type two fun for my, my husband when we talk about it. But maybe even type three for him to be honest at times. But it was such a, such a practicing gratitude. I was so grateful when I would have running water. And I, I still remember that when I have running water in the house I'm in now. But yeah, like lived living in that space of of less is actually more. And it was such a wonderful experience and I totally totally agree with that. <Laugh>

Warwick Schiller ([01:59:35](#)):

Okay. So, you know, we're gonna wrap this up here in a minute, but there's something I want you Stevie to think about, but the big thing I want people at home to think about, because this as you've talked here today, like I knew you were gonna be amazing, but you were even more amazing When I thought you were gonna be so lucky.

Stevie Delahunt ([01:59:59](#)):

<Laugh>

Warwick Schiller ([02:00:00](#)):

And you were one of those people that when I contacted to ask you to be on the podcast, you could kinda like, oh me, like, like I think Emily Newman, when I contacted her about being on the podcast, I was like, oh, do you, do you think people wanna hear anything? I've got to say

Stevie Delahunt ([02:00:17](#)):

<Laugh> and she's so

Warwick Schiller ([02:00:19](#)):

There's been, there's been several other people. They like, you're amazing. And you're like, oh, would anybody want hear what I've got to say? And you, you were like that when I contacted you. So I just want people at home. I mean, I wanna tell you, I thought you were amazing, but people at home who think you're not special, or you, you know, you're not offering the world a lot. You, you, you were offering the world a whole lot more than you ever thought you could. And I did a podcast the other day,

actually with an Australian guy who by the time this one comes out, it will have come out. So I can say what his name, his name is Jeff Jo and Jeff was a big time. Fitness influencer in Australia was the biggest fitness influencer in Australia had infomercials on the TV with, you know, an age of 35 had a 40 million company and at the age of 40, he was broke, lost a lot. And so now he's on like round two of life, but he said a quote, the other day, I've gotta fix my pad here. He said, no, one's as good as they look from the outside. You know? No, one's, life's as good as they look from the outside, but everyone is much better than they think they are.

Stevie Delahunt ([02:01:30](#)):

Oh, that's so good. That's so true.

Warwick Schiller ([02:01:35](#)):

But you you've, your stories are amazing. I know I could talk to you for, I mean, I met when I met you, you and Dylan last year at the horse ex bar, I thought there's something about those kids. That there's a, there's a vibe about those kids. It's very, very cool. But after talking to you, it's like, oh, like we could talk for days, especially if you drug Adam in on the conversation, but

Stevie Delahunt ([02:01:57](#)):

Yeah. I'm sure, sure. He'd love to go philosophical <laugh>

Warwick Schiller ([02:02:03](#)):

I bet. So thank you so much for joining me. How so? How do people contact you? If anybody wants to do say a bootcamp or anything like that, how do they, how do they get a hold of you guys?

Stevie Delahunt ([02:02:12](#)):

Sure. So the wonderful world of social media I guess the best ways find me on Facebook, Stevie Del hunt will on Instagram is probably the best way as well. I'm at adventurous Barbie, so, and there's lots of pictures of horses. So it's

Warwick Schiller ([02:02:29](#)):

Clear to me, adventurous Barbie. I told you before <laugh>

Stevie Delahunt ([02:02:34](#)):

Yeah. So,

Warwick Schiller ([02:02:36](#)):

And before you go, you were just back from the Gaer.

Stevie Delahunt ([02:02:41](#)):

Yeah, just back and yeah, just back and moved as well, just from California to Oregon. So our horses have a home we're homeless currently. So also you can contact me if you have a place in bend, Oregon, you wanna rent <laugh>.

Warwick Schiller ([02:02:54](#)):



This transcript was exported on May 12, 2022 - view latest version [here](#).

Yeah. If anybody in bend Oregon is looking for some lovely people to rent, to get a hold of Stevie. Well, well, Steve, thank you so much. It has been an absolute pleasure talking to you. I'm so glad you had the, had the time to join us, cuz it was fascinating.

Stevie Delahunt ([02:03:08](#)):

Oh my gosh. Thank you so much. It's like a dream come true. You're definitely one of my idols because of the space you hold in the world for horses and people. So thank you.

Warwick Schiller ([02:03:18](#)):

Ah, thank you so much for saying that. So yeah, it's been awesome. You guys, I'm glad, I'm glad you joined us and I'm sure you enjoyed listening to Stevie as much as I did. Thanks so much for joining us and we'll catch you on the next episode of the journey on podcast.

Speaker 1 ([02:03:33](#)):

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