

2% Community Misogi Stories

Welcome to the ultimate list of Misogi stories!

In my book *The Comfort Crisis*, I write that a Misogi is when you go out in nature once a year and do something really hard to mimic the ancient challenges that humans used to face. Over the course of human evolution, it was essential for our survival to do hard things. These challenges could come from big hunts, moving from summering to wintering grounds, or a tiger lurking in the bushes.

Each time we would take on one of these challenges, we'd go beyond the edges of what we thought we were capable of. And by surfing those edges, we'd find that we're capable of more than we realized.

These challenges were a vital part of growing as a human—of building confidence, competence, and character. But we've engineered them out of our lives.

By not undertaking challenges that test our physical, psychological, and spiritual resolve all at once, we often don't experience of what we're capable of. This limits us. Enter Misogi.

There are two rules of Misogi.

Rule 1: Make it really hard. You should have a 50/50 shot at finishing whatever task you take on.

A true 50/50 shot. This is important because when we take on challenges today, we usually know we're going to complete them. For example, no one runs a marathon wondering whether they'll finish. They wonder whether they'll finish under some arbitrary time goal. E.g., four hours.

Rule 2: Don't die. This one is self-explanatory ... and a joke. It's a reminder to be safe. Bring water. Bring a phone. Don't be dumb.

Misogis also have two guidelines. And it's not a Misogi if you don't follow these guidelines.

Guideline 1: The Misogi should be quirky, creative, and far out. Something uncommon. When you remove superficial metrics, you can accomplish far more.

Guideline 2: Don't advertise your Misogi. It's okay to talk about Misogi with friends and family. But you don't Tweet, Instagram, Facebook, or boast about your Misogi. The point is to do it for yourself and not the people watching.

I've written extensively about the importance of Guideline #2: "Don't advertise your Misogi." So why have I published these stories?

The slight problem with Guideline #2 and the private, personal nature of a Misogi is that it makes it harder for people to get ideas of their own. I've received hundreds of requests for Misogi examples, and I realized that some people need more direction. I love the self-examination of figuring out what weird task I think I may or may not be able to complete. But I'd rather someone do a Misogi with a little guidance than never try because they need help determining what to do.

So, I asked you, the 2% community, to share your own Misogi stories to serve as a guidebook for Misogi seekers.

All submissions are anonymous with first names and ages (if provided).

The List

Misogi #1 - Set a 6 week window to pass the Secret Service Snatch Test: 200 kettlebell snatches with 24kg in 10 minutes). Passed on an attempt a few years ago; failed to reach 200 reps but didn't quit on my last attempt. As a result of this, I've taken on some quirky fitness challenges over the last few years where I've intentionally not trained specifically for the event but just gutted it out: 1) ruck a sub 3-hour 12 miler with 3 days notice (success) 2) a 6 hour AMRAP: 40 cal on Assault Bike and 400m on foot (slower than expected pace = 'fail') 3) finish a Kettlebell Mile with 24kg in under 15 minutes. (Pass - next is to time it while only nasal breathing).

Misogi #2 - passed a scored CCW shooting assessment (requirements unknown prior to paid event) on an unfamiliar pistol. (This was the GORUCK L2 Counter Active Shooter - Pistol course).

- Jack, 33

My Misogi this year will be the David Goggins challenge of 4X4X48. Just in case you do not know, it's 4 miles every 4 hours for 48 hours. I plan to hike it/walk it. Running just does not work in my life anymore. I am 41 years old. This will happen sometime in the spring potentially in March.

- Anthony, 41

My Misogi for this year is to walk from 8pm to 8am over Memorial Day weekend - both trails and sidewalks. It's my first one.

- Stephen

2017-Spartan Ultra in Vermont, one of the hardest things I've ever done, mentally and physically. 36 miles back then, up and down Mt Killington. Tried it the year before and DNF, 2017 was redemption.

2018-Ironman 70.3, I for real thought there was no way I was going to swim 1.2 miles. Drug myself through it.

2019-4x4x24, modified Goggins event but I did do all runs and in the dead of summer.

2022-quit my job of 15 years and left an executive level position to relocate my family back home and start over someplace healthier and more suited for me.

2023-I've deleted all my social media apps and am staying off until July, checking in and then ghosting again until 2024, I may not go back.

I'm also contemplating doing a 5K a day for a month or doing murph everyday for a month.

I really want to do something unique and my own, not just take on a hard race/event. I want to live in the streets for 48 hours and see if I can survive, or drag a couch to the top of a mountain and watch the sunset.

- Joel

I did my first Misogi last year. I ran a two mile loop on our duck hunting farm on the eastern shore of Maryland every hour for 24 hours. Two of my friends that hunt on that farm hung out to be sure I did not die. The last three laps were pretty tough, it was harder than I expected and stretched me physically, mentally and spiritually - just as intended. It was cold, and the wind howled all night. My strategy was to start late in the day so i'd be fresh overnight. My mantra - run to the light, get to daylight.

- Christopher, 55

This year's Misogi is to stand up paddle from Point Lookout to Mt. Vernon Virginia on the Potomac river. It's about an 80 mile paddle, and might be a little chilly in March. This one feels like 75/25. If you never fail a Misogi, have you missed the point?

- Christopher, 55

Last fall a friend and I did the entire Appalachian Trail in Connecticut in 24 hours. It was 52 miles but ended up being at least 58 once all said and done. Did this with 20lb packs and had only about 8 hours of daylight the whole time. I know we broke Misogi rules by telling people what we were going to do, but I was able to raise \$1400 for charity doing it (Michael's note: If you raise enough money for charity for your Misogi, I'm good with sharing it).

- Mark

I did an 18 mile mountain bike ride I did in Ochoco National Forest in Oregon in May. The ride is Lookout Mountain Trail. I mountain bike fairly regularly but most of my rides are about half this

amount. Also most rides are when conditions are good or at least decent. I did this ride early in the season. It was howling wind and snow at the top of the trail, I had to cross a few snow drifts. Once I got out of the snow it was incredibly muddy and cold. I set out wanting a challenge but it was more than I expected. I kept going knowing the riding would be less than optimal. Honestly it was some of the worst mountain biking I did all year, but the experience was very memorable and I look at it as one of the better rides I did in 2022. Also if you mountain bike and do this later in the season I think it would be a pretty standard long ride.

The next one was a ski tour I did last weekend. It was much longer than ones I've done in the past. I had to dig deep to keep going. It was brutally difficult. The great thing about this was there really was no bailing out. Once you hit a certain point unless you break a bone the only option is to keep going despite how much it hurts. And it hurt. My feet had huge blisters, my legs were worked, I was exhausted. It was the hardest thing I had done physically in a long time. I went with three other guys, all more experienced than I am. I don't think it was a Misogi for them. Just a fun but long tour. I didn't really set out with it intentionally being a Misogi. I knew it would be hard. But I think it qualifies.

- Jake

My Misogi: From Sunday at 6pm to Thursday at 6pm I only consumed water and coffee. Probably doesn't fit your criteria but it was really hard (I have tried and failed before I succeeded and since), it was internal as I didn't advertise it, and those few that did know thought I was "certifiably crazy." But doing a fast is not original in any way. And it could be harmful for some. It did feel like a huge deal that I did it - at least to myself.

- Joseph

We have a path through town that's little over 9 miles. I ran the 9 miles then my girlfriend met me at the end with my hunting pack and a GORUCK sandbag w/ 35ish lbs in it. And I carried the weight back to the start.

- Troy

Four of us departed from the south rim of the Grand Canyon at exactly midnight. Our goal was to hike roughly 23 miles across to the north rim and then back to the south rim in 20 hours. One of us (F3 Yodel) had to bail out at the north rim because of a foot injury and ride a shuttle back to the south rim. The other three of us made it back to the south rim having covered 46.3 miles in 21 hours and 30 minutes. We had a good shot at the 20 hour mark, but I REALLY struggled the last 6-8 miles and had to lean hard on F3 Beans and F3 Ronda to help me make it to the finish. So, 2 strong finishers, 1 limping to the finish and 1 requiring a shuttle feels pretty darn close to the 50-50 target. We are all 40-something weekend warrior types – definitely in shape and work

hard through F3, but no ex-Navy Seals or anything in our group. But we were all inspired by your book to do a Misogi together. It was a great experience that we'll never forget.

- Michael

"...our mission for tomorrow is finding a way to the peak of a nearby ski mountain by skis ... we'll go through the backcountry from my friend's cabin and in some parts may have to bushwack a path with a hand saw. We have no idea if there's a clear/safe path in the forest, no idea how long this will take, and we might have to head back if some obstacles cannot be passed. We'll be carrying some heavy gear as well."

- Francis

"My Misogi is 'move 1 tonne of weight 1 kilometer.' No wheelbarrows or mechanicals aids. Just moving the weight."

- Darren

Task: Complete 1 mile walk while farmers walking my two 53lb kettlebells. Complete in under 40 minutes. I missed the 40 minutes mark but was too close to home to not finish. Walked it in closer to 43 minutes.

- Charley

I'm treating it as a Misogi because it sucks, but it's also popular. I'm currently in the midst of doing 75 Hard and thought that might be an idea. It's kind of popular, but I'm not really telling anyone that I'm going through it. I think it fits the guidelines, but thought I'd share as another idea too.

- Nick

Every year I go on a solo backcountry hunting/fishing trip. I specifically pick areas that are difficult to access in remote locations, usually some sort of designated wilderness area.

I only bring what I can fit in my pack for food, water, and gear. Even when packing relatively light my pack ends up right around 45lbs.

For example: "I hunted in the Hells Canyon Wilderness (deepest canyon in North America and very rugged country). My secondary goal was to simply endure the conditions for the duration of the trip regardless of how uncomfortable they may be. I had little to no contact with anyone once I left the nearest town. In accordance with rule #2 I carried a [Garmin InReach](#) in case of emergencies and to periodically check in with my wife to let her know that I was still alive. Other than that it was just me and the mountains for 10 days."

- Matt, 33

“Me and a partner competed in the Mammoth Sniper Challenge last month. Historically half of the contestants don't make it. It involves rucking at speed, long range shooting, backpacking, and problem solving and teamwork. The challenge is a 3 day long range shooting event, where all of your gear including sleep system is carried with you for the duration of the event. 16 minutes per mile is the standard with around 10-12 miles per day. If you fall short of that on a movement you are dropped from the competition.”

- Bryant

I did the Imogene Pass Run...17 miles from Ouray to Telluride Colorado with 5,305 ft of climbing. The kicker for me was the timed cut offs along the way to the top. I was not going to do it, but my husband said, better to try and know than not and always wonder. He encouraged me to at least start the run and do recon so I could go prepared the following year to complete it. If you don't make the cut offs, you turn around. Once I started, the fear of not making those time cut offs kept me going. Head down at times and grind it out. Do not stop. Run when you can and walk when you have to. I pushed it and dug deep. I reached the top within the time limits. Then it was a fun 7 mile run back down to Telluride. That grind to the top of Imogene Pass was hard and I was definitely fearful of missing the time cut offs. I pushed and dug deeper than I have in other long endurance events. I loved knowing that my body was able to get me from point a to point b over a mountain pass without proper training.

- Lisa

My Misogi for 2022 was: Complete the 30 mile/15k of elevation, Spartan Ultra race. I did it!

- John

My Misogi was to climb the equivalent height of Mount Everest on the Jacob's Ladder Machine in three separate sessions. It was brutal!!!!

P.s. I know it's supposed to be outdoors. But I couldn't travel so I got creative

- James

My Misogi last year was that I ran a backyard ultra which is the last man standing type race. You literally run until you can't run anymore. My goal was to get to at least 100 miles, but fell short at 75 miles (still the farthest I've ever run, but short of my goal). Around mile 35 I literally shit my pants, so I felt like making it 40 more miles after that was pretty good til my body literally quit on me ha!

This year I'm doing a "Ridge Run". I live in Colorado and there's a mountain ridge I've stared at my whole life driving the interstate so I'm going to hike up the mountain and run the ridge. No clue about the terrain or distance so guideline number 2 may come into play on completion since I'm not a mountain climber. We'll see how it goes!

- Nick

Based on the impetus I felt from reading this, I did a 16 mile hike on a trail in CT. Mohawk mountain blue blaze trail to be exact. The weather shifted and became -12F the morning of and I nearly canceled it. But I had the gear and safety equipment. It was uncomfortable and was unable to stop due to getting cold too quickly. I had a hiking buddy with me as to attempt this alone would have been foolhardy.

- Michael

“I hand paddled on a standup paddleboard from Catalina Island to Redondo Beach pier in California. I just kneeled on the board and paddled using my arms. It was approximately 25 miles across the open ocean.”

- Jon, 49

2022 Misogi: NYC 50 mile ruck w/ GORUCK. 80 people started and I was one of 48 to finish. Very close to the 50/50 number :)

2023 Misogi: GORUCK Heavy/Tough/Basic @ Ft. Bragg NC in March.

- Denny

I went to the mountains and camped in sub-0F weather on top of about a foot of snow for a night. Prepared by buying an additional thermal blanket to wrap up in inside my 20 degree bag, and that's about it. My goal was just to make it until morning; I knew a hostel nearby that I could bail to, and I made a friend at the site with a heated van that I could jump into if I got too cold in the middle of the night, but I really wanted to make it until morning on my own. Ended up spending 12+ hours with only my nose and mouth exposed, since any more skin would start uncontrollable shivering. I originally expected the temperature to be around 5F, but when I woke up the next morning at sunrise it was -7F. Felt like I had been through a meditation retreat; the amount of peace and accomplishment I felt that next morning was second to none, especially since I had tried and failed to do something similar a few years back. I did really enjoy my hot shower the next evening though!

- Alex, 31

I can't take credit for inventing these, but looking at trying to do them both this year...

1. The 12 Hour Walk - Inspired by the book of the same name (which I haven't read yet, but have listened to a couple podcasts with the author). It's the "no technology" that gets me. 12 hours of walking, no podcasts, no music, etc. Just your own thoughts. (Obviously, take a cell phone for

emergencies.) I love toward the edge of my town, so plan on just heading out into the countryside. Shooting for Spring completion.

2. GORUCK's Cloverleaf - They posted a hard one a while back. 1 workout every 4 hours for 24 hours. Ends up being 6 workouts, including over 35 miles of rucking. Shooting for an attempt this Fall.

- Joshua

Last year I walked 100,000 steps in one day. You get 24 hours to do it. Took me 18 hours. Came out to about 43 miles

- Andrew

One idea that I will be doing later this year is quite simple but not something I've ever done or trained for. I'll be rucking a half marathon. A friend signed up for this race and wanted me to. I told her I would but decided I wanted to make it harder for myself than just my typical fairly comfortable slow jog pace. There is also a local 50k that I am considering signing up for and trying to ruck in the allowable time frame the race gives (I've never been one to care about finish times/PRs anyway). I've told my husband my plan but that's really it. I plan to use a 20lb ruck plate carrier. I am a 38 year old female, 130lbs and while I exercise regularly I don't ruck in volume like this. Maybe this counts maybe not, but it will be a challenge for me for sure. I guess I just like doing difficult things.

- CT, 38

As far as mine - In October, I biked across NY state alone. I didn't train - very high likelihood of failing. Also I don't even know how to change a tire lol. I finished though! 365 miles in 6 days - also added one day that was 100 miles in a day which I had never previously done.

- Michelle, 41

Group of 6 did the following:

50 for 50: 50k walk along the beach as much as possible. We started in Long Beach and finished in Laguna Beach (roughly 32 miles). We carried one 50lb rucksack amongst the group. Rotate who carries at each mile interval. Start at 5am Finish before dinner time that night. Stop along the way at various bars for lunch and rehydration. We started at 5am and finished around 7:30pm. Best birthday I've ever had and something I will never forget! We are already planning our next Misogi.

- Matt

On a warm but rainy/cloudy summer day, I decided to walk a marathon. All I could take with me had to fit in a backpack. I picked a place that was ~13 miles from my house and walked there and back. No phone, no umbrella, no music. Just my thoughts, my steps, and the weather (there ended up being a torrential downpour that day and it was awesome).

- Yves

My Misogi was inspired by hiking the Colorado trail from my front door to Durango. The official trail starts in Waterton Canyon but I live 29 miles away. I thought how cool would it be if I can say I walked out my front door and all the way to Durango. My goal wasn't to walk the whole distance at once. It was just to walk to the trailhead from my front door, and then eventually walk the Colorado trail at different points in my life (I have already walked segment 1). By the end, I could say I walked from my front door to Durango in a cheeky way. I hiked it with a 40 lbs backpack. I also wanted to be unsupported by music or podcasts. I wanted to be completely present in my thoughts.

I did not complete the 29 mile walk but I did make it 20 miles. Although not finishing it was an incredible experience and one that I will never forget.

- Zach, 38

I do a week-long, solo backpack hunt each year. Being in the woods solo for a week is mind cleansing. Very few people have ever truly been alone for more than a few hours, not to mention in the wilderness

- Anonymous

In response to your email, I haven't completed my Misogi, but I'm currently training for it. On the surface, it may not seem that challenging, but for me, it is quite the big deal. My Misogi is to complete a fall 2023 cyclocross race. Yes, there's the physical challenge for a 67 year old woman, but primarily it's the mental challenge. I have to overcome my fear of looking stupid in a new sport, failing to finish, and even just learning how to jump on a bike in motion and navigate tight turns. Part of my mind doesn't want to participate in any of these ego or body threatening tasks, so it's my Misogi. I'm in Week 7 of my training, which includes cycling, running, strength, cyclocross skills, yoga, and REST! Race date is mid-October.

- KK, 67

"I'd just turned 40, and in my mid 30s had surgery to remove a carcinoid tumor and 25% of my left lung. Two years after that, I had open heart surgery to replace my aortic valve and repair an aortic aneurysm. But last July, I did a solo overnight to Cirque of the Towers in the Wind River Range in Wyoming. I hadn't done any backcountry camping in 20 years and had never camped

alone or in bear country. Over two days I hiked ~25 miles, with 3,000ft of vertical climbing, all carrying about 65lbs.”

- Andrew, 40

A group of my friends set out to hike the Hadrian's Wall route in the UK, which is approx 90 miles. They planned to do this over 3 days. I decided to attempt to run the same route in 24 hours. The 24 hours was a guide time, but the main goal was to complete the full route in one go, no lay overs, no stopping to sleep, etc. I managed to complete the full route in a time of 27 hours. It was by far the hardest thing I've ever done...I felt like quitting so many times, especially during the night - pitch black darkness, super tired, mind starting to play tricks on me, etc. I am planning to attempt the same route again this year and hit that 24 hour goal!

- Chris, 40

My Misogi: birthing 7 humans 😊

And homeschooling them

And homesteading/milking a cow twice a day

- Cathy, 40

My last Misogi was a Go Ruck 50m star course in April of 2022. 50 miles in under 20 hours. Did 52.8 in 18:23. Trained for a few months but that 50 mile distance was the longest I've done. 3/4 of my team tapped out so not finishing is a real possibility. I'm on the lookout for my next challenge.

- Joe, 34

May 2022, solo hiked Barr trail to Pikes Peak summit. 13 miles, 8.45 time (pushing to catch last tram down the mountain) Last two miles I had severe leg cramps, in the snow, it was hard to breathe, remember thinking, was it 50/50 or 80 fail/20 ? LOL. I knew it was going to be mental fortitude over physical.

- Steven, 61

I haven't run since college (11 years now) and one day put on my shoes and ran a private 5k. SUCKED, at least for me but got it done.

- Adam

For me, it was a 6 day long distance unsupported bike ride, on a level of distance never done before. getting home on day 6 was both a triumph of endurance and pushing through pain, as well as mixed with the urge to go back around again

- Kristof

My Misogi is to deadlift 300# by July 6. I will turn 70 on July 6. In my late 50's I spent a year dealing with cancer. When turned 60 realized I had to catch my breath walking up one flight of stairs. I'm up to 265# deadlift so it's possible but it will be a big challenge.

- Carolyn

My Misogi: each year I do a reporting trip (I'm a journalist) into the Amazon rainforest with different Indigenous peoples. It's more mentally and emotionally demanding than physically for me-though physically in a different sense (not testing my strength/endurance so much as physical discomfort and disconnection from creature comforts). These have been life changing for me in so many ways. Amazing. I did a similar trip a couple years ago. I can definitely understand the mental and emotional part.

- Katie

"I hunted alone for 10 days in true backcountry with no support or friends to help. I shot a buck on my 9th day. I was 10 miles and 3,600ft of elevation change from the trailhead. It took me 3 days and 3 trips to pack out all meat and gear. When you're all alone with your thoughts, no other input of any kind, you go somewhere you can't go any other way. I'm sure you had some degree of that in Alaska."

- Benjamin

For my Misogi I woke up early New Years morning after about 3 hours of sleep and ran 20 miles. The most consecutive miles I've ever ran was a half marathon.

- Rognee

While my Misogi may seem very vanilla to most, as a stay at home mom with social anxiety, it was extremely out of my comfort zone and a catalyst for a lot of growth in all areas of my life. Every year, I sign up for a guided women's backpacking adventure in a place I've never traveled to. I always travel alone and show up without knowing anyone else in the group. I did a High Sierra Mountain trip, and last year, I hiked the Grand Canyon Rim to Rim (while terrified of heights). My next trip will be Half Dome.

- Amanda

I did a Misogi last year in New Orleans (hometown). I paddle boarded, solo, across Lake Pontchartrain next to the longest continuous bridge in the world (the causeway). 24 miles. It was an amazing experience. Love the book!

- Brandon

I walked a 3 peak marathon. 14 hours my longest walk plus the inclines and distance was a personal Misogi. This year planning a 50 mile 2 day walk along one of the well known English paths stopping at a pub half way. I have never stopped over with just one bag before so the distance and stop over is Misogi for me! Another is camping. I haven't camped and walked before. I know I'll love it but find it challenging as you state in your book. The area is well known to me. I have chosen a national trust campsite but I plan walks and to get through the days camping is going to be a huge Misogi for me.. I can then work my way to other forms from there! I love planning these Misogis after reading your book. I did 3 peaks without knowing it was my own Misogi and then had a revelation that I felt so good after it as I Challenged myself.

- Dayna

I was doing this for a few years (and still trying). On a purpose made hole, I hit 100 golf balls an hour for 12 hours, chasing a hole in one. One ball every 36 secs for 12 hours. Ball number 724 was the lucky one.

- Tom

I did a 20km single arm farmer's walk, 12km carrying 4.5 kg mace, 8km carrying 8kg kettlebell, swapping arms as required. Looking forward to being inspired by what others have attempted/achieved.

- Melissa

I try and do one at least annually, though some of them might not strictly qualify in that they were organized events. Most quirky one I'd want to share, though, was flipping a tire for a 5K in 2018.

- Lou

"My son and I chose to spend 6 days hiking between Hausach Germany and Basel Switzerland - over 120 miles on a trail through the Black Forest. We took only food that we could carry on our backs as well as minimal clothing and sleeping gear. We had to make it to the end in a finite amount of time to catch a train in Basel. We hiked up and down steep mountain trails, through pouring rain, cold windy weather. In the end we could barely move. We survived and look on this

experience as type II fun! I will continue to do these kinds of things - the experiences build character.”

- KC

I completed a 25K race last year. It was a trail race known as race the north face. It is the longest run I have done to date with my previous record being 12 km. My other Misogi was hiking mount Marcy in upstate New York 8 years ago. I didn't know about Misogi back then but looking back now it was totally one.

- Mark, 40

A couple years ago I went on a 5 day journey into the Northern Guatemalan Forest 1 where we had to walk 9 hours the first two days, 2 hours the third day (plus some climbing on top of Mayan ruins) and then 9 hours again for two days to go back. I can almost teleport to this place in my head because the experience was so amazing that I can still feel what it was like to be inside this green ocean of trees.

- Javi

My Misogi in 2012 was a GORUCK Challenge, which wasn't very well known then, and my family thought I was nuts.

- Matt

I entered a Scottish Highland Games competition. No idea what I'm doing, or what to expect (other than what I've read). I've seen them, but first time ever participating.

- Mike

“I carried a 47-pound stone up South Sister mountain in Oregon last October. The only rule was no assistance in carrying the stone (backpack, straps, etc); I had to use my hands to carry it. The trek up South Sister is about 6 miles long with 5,000 feet of elevation gain. It was a grueling 6 hour struggle of short spurts of movement and long breaks. It was one of the most physically exhausting experiences of my life.”

- Morgan, 29

30km on an ergo having never been a rower, small but was definitely a challenge.

- John

Didn't know what a Misogi was at the time...but planned to stay up the mountain 4 miles from main elk camp one night a few years back...alone. First time I ever did nighttime in the mountains solo. Managed the fear and did it. Side note; The mountains bestowed a handsome reward on me the following day. It has been one of a handful of the most powerful and transforming experiences of my adult life.

- Michael

Iran for 42 hours straight until I couldn't go any farther.

- Mike

My Misogi was a 10k...more than 3x longer than I've ever run in a single effort. I aimed for 10k and made it to 10.5k. I was shocked that physically and mentally I could push through. Reading your book gave me the Misogi idea and also the mindset that I could power through.

- Dan

Last year I took three of my company ambassadors (badassadors as they call themselves) on a surprise weekend trip to the mountains on the PCT. We had two challenges:

Day one: row a boat all day

Day two: stay in complete silence till noon, without using a cellphone. We had absolutely zero experience in rowing, we had to learn when we rented the boats. The goal was to row all day without a distance goal. Had some issues with blisters but rowed till the end of the day. For the silent challenge, I didn't realize they had their smart watches on so they could see how much time we had left. The idea was to NOT know time at all. I don't wear a watch so I didn't think of that. I don't know if this would be considered a Misogi, but the way I look at it, it has to be challenging to the people doing it. For us it was. The rule was to not share any pictures from the weekend and not talk about what we did. It was fun!

- Vera

In the past we did 4,000 burpees in 24 hours - and were invited to Joe Desena to do them at his farm in Vermont. That's where we learned the benefit of training in the heat and humidity of Florida. Not only did everyone (including me) complete 4,000 but 3 of our guys did 10,000. One of our guys learned the world record was 10,111 so he did 10,112. And he was a high school junior!!! One of our guys also accepted a challenge thrown down by Emily in 2021. To raise awareness / funds, GORUCK challenged the community to ruck 54 miles in March. That represents the distance between Selma and Montgomery when MLK led thousands on a march for voting rights in 1965. That wasn't the "Misogi." That came from Smit. When I told the guys we'd be doing 54 miles over March and why, Smit said "We should do that." I told him we would - over the month.

He said, "No. We should go from Selma to Montgomery." I told him, "But we aren't trained for it." He responded, "Those marchers weren't trained."

- The Give Team

My Misogi 2023. Run from east coast to west coast of New Zealand running through the towns I grew up in. 107km. I didn't make it. I only got to 97km. But learnt some shit.

- Bruce

At 29 years old, I went on a 10 day road bike trip on various routes used in the Tour De France. I've never ridden more than a few miles on a road bike before this trip so it was super intimidating and some of the routes seemed impossible for me at the time. Learned so much about pushing your limits on this trip. A month later, at 29 years old, I went on a 7 day, backcountry mule deer hunt. Camp at 11,000 ft elevation, and hunted up to 13,000 ft. Long hikes with heavy packs, elevation sickness, stalking deer, being alone, etc. all showed me how much I was capable of. Didn't kill anything and got my butt kicked, but I learned what I was capable of.

- Ry

My Misogi, before I knew it was one, was 5 half marathons in 5 different cities across 5 days. It was 2010, so I was 33, and had never run a half when I created the concept 9 months earlier. I lived in the UK... ran Edinburgh, Belfast, Cardiff, London and Manchester, Wednesday to Sunday. It was a bitch. And f'ing awesome.

- The Not Doc

My Misogi was the Watzmann traverse. I did it in 17 hours with my brother last year. The Watzmann is the most iconic and highest mountain range in Germany at almost 3,000 m. But it's the distance that gets you: 24 Km. Once you're in it there's no return - either you complete the climb or a helicopter has to save you. It was the most magical experience in my life and I don't even know how I completed it in one go (most people split it in 2 or 3 days by section).

- Jessica

Misogi 2022! Nothing too fancy but I found myself out of town for work without my wife and 2 kids. Probably the only day of the year I had to myself, and by fluke the local 50k race was the same day. With very very minimal training, and grueling terrain, I slogged my way through and finished in 8 hours. I thought for sure I wasn't going to be able to finish but got it done

- Steven

My Misogi was hiking the John Muir Trail. Not very creative but it was a big stretch for me and I obeyed all the Misogi rules. I haven't decided on my Misogi for 2023.

- My simple healthstyle

40 mike backpack through Glacier national park, in cold, constant rain and saw a grizzly bear.

- Julie

I've done a Misogi in 2019 and 2022 2019: Ran a 100 mile ultra race in the sand dunes on the Florida coast at Jonathan Dickinson State Park. Prior to starting training for this the furthest I had run was 8 miles. Age was 42 2022: Signed up for Georgia Smoke Diver Program (it's a firefighter survival and search and rescue 6 day program). It has a very high attrition rate and many try several times to be successful. I was successful at age 45. Did just do a winter summit of a 14'er here in CO just a month after moving here from FL. Not sure it's a Misogi but was definitely challenging. Mt Bierstadt

- Marcos

"I went on a group river rafting trip at 48. It was terrifying! But I'm glad I did it. This year I'm going on a three-day women's retreat and hike in Moab Utah with strangers. (The social element) is more terrifying than the river rafting for me."

- Kristina, 50

Buddy and I flew to Tanzania to summit Kilimanjaro with zero training. We used to be professional athletes, so we knew we 'could'... but wanted to test ourselves against the 7th tallest mountain in the world with our 'everyday' selves

- Zachary

About me that will give some context. I'm 56 and weigh 115lbs. I'm a marathoner. The reason this is my Misogi is that I was running a marathon the following weekend. I risked severe injury and possible illness that would have prevented me from running my marathon. I NEVER do anything that stupid or reckless before a race. But I read your damn book and knew this would be my challenge. The trip took place in October 2021 and was organized through REI. We had to carry 40lb packs. (I don't carry more than my 15lb purse full of crap haha) We were hiking up steep, rocky hills at a good pace. Here are the fun risks and why I truly wasn't sure I would make it: I hadn't done any serious hiking because of marathon training. There was a High risk of rolling my ankle because of the terrain, or falling and rolling down a mountain

because of the weight of the pack. (And yes, that nearly happened if someone hadn't grabbed my arm as I started tipping over. I slept with tarantulas literally crawling on the ground everywhere because of mating season. I risked having "tummy issues" by volunteering to drink water that was filtered through different filtering systems. There was bear activity that we had to accommodate. There was no cell service. We hiked and slept in a thunderstorm, the temperature dropped to below 30 and woke up covered in light snow. It was truly one of the scariest and best experiences of my life.

- Deanna