

Hairdresser's sheer adventure



ON TRACK: Matt Nischler, left, competes in an extreme triathlon in Austria. Below, Mr Nischler at the more familiar confines of his salon. Picture: URS GERGER

ZARA GUDNASON

HOBART hairdresser Matt Nischler does not do things by halves, so when he decided he wanted to inspire his three young girls, he set his sights on one of the most extreme triathlons in the world.

"I am doing things like this to inspire my children and be a good role model as a dad and as a business owner," Mr Nischler said.

The 45-year-old pushed his mind and body to the limit to complete a gruelling triathlon in Austria, which consisted of a 3.8km swim, 186.6km bike ride and 43.6km run with steep inclines.

For six months in the lead-

up to the race, he juggled running his successful salon with training seven days a week and being a dad to his three young daughters.

"I was working six days a week on the floor of the salon, so I was getting up at four and training every day of the week," Mr Nischler said.

"On Sundays I would train for up to nine hours and that would be a combination of swimming, biking and running to break it up."

He took 16 hours and 32 minutes of continuous running, swimming and cycling to complete the extreme triathlon, touted as one of the most challenging in the world.

Mr Nischler said he found it best not to think about the event as one long race but to keep breaking it down and setting goals along the way.

"I think endurance events are similar to a business like Nischler because they never end," he said.

"It just begins to push you in everything that you do and to go longer and work harder."

Among a field of 120 competitors, he was the only Australian and one of 70 to complete the race.

While Mr Nischler said that he would love to do another one, he has been told by his wife, Sarah, to chill out — at least for a little while.

