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Races of eberon

The current edition of The Amazing Race, its seventh, began in Long Beach, California with 11 teams, including engaged Survivor: All Stars winner and runner-up, Amber Brkich and Rob Mariano. Keoghan greets the teams as they arrive for a pit stop on each leg of the Race for a 12-hour rest period. And they always want to hug me, laughs new Zealanders who take a rocky demeanour for a second or two before he tells them they are still in the Race. I want to put pressure on the mat, he explains. The feedback that I've received from the audience is that they love not knowing, and they love that I do with them a little. He interviews contestants after they arrive, and these sound bites are used throughout the show. When they come, they are excited and pumped up and want to share their experiences. I get a front-row seat for this amazing game, says Keoghan, for whom the hardest part of the job is telling the last team they have to go home. If eliminated, crews will have to board the next plane to the U.S. Keoghan, who manufactures and hosts No Opportunity wasted by TLC and wrote a book of the same name last year in addition to his Race assignments, had two days off in 2004. I was so fried when I got home. But on a day when I had nothing to do, I didn't know what to do with myself. I couldn't believe I had a day off. I added it up, and I think I did something 450,000 miles last year. I talked to the pilot who flies to Virgin about it, and he said, Dude, you flew more than I did. I fly four times a month. It was crazy. I'd wake up and go, OK, where am I? What country am I in? He's not confused, however, about the appeal of this show and what distinguishes it from his reality brothers. A big part is that we're always in unique places and I can show you something you've never seen before, says Keoghan. One of the things that makes race stand out is that we have constantly had a show that has emphasized positive, always gone for something uplifting, which is a celebration of the human spirit, not a train-wreck show. The show is not about going to extremes to create television. However, manufacturers want to change things from time to time by adding new elements to the game. Season eight will feature teams of four players instead of two, all with some family connection. Here at Greatisti, we believe to take the day off. Instead of our regular programming on Saturdays, our writers get the chance to write about living a greatist lifestyle and basically whatever they want. This is one of those awesome articles. Enjoy! Every competitive athlete knows the hassles and frustrations of having one bad thing happen right after another on game day. Forgetting his shoes. I can't keep the food down. I can't get enough sleep. Anyone who has ever been in a race knows that race is a rare day. But last Sunday, I was graced by such a race. I'm an amateur triathlete. Emphasis amateur. Triathlon is a competition consisting of three different sports that have been completed in that order: swimming, cycling and running. They come from different distances, ranging from 10 miles to 140.00.00. I'm going to fall into the lower middle class, just over 24 miles. For the last three years I had terrible luck in my races. The first time doing the triathlon, well, it was my first time doing a triathlon, so I'm pretty sure I was confused to watch the whole race. In the second year, I couldn't go to bed until 1:.m because the police took me out of my hotel room to catch the gunman. Last year I was late and started the race 5 minutes after all the others. Needless to say, happiness has never been with me. But this year was my year. I got to bed at 10.m.m. The day before that, I'll make sure to practice my race routine for 30 minutes. Before we left our hotel, I told my friend to ring the watch 15 minutes before our launch. I was pretty nervous this year because I only ran a few times a week, swam a handful of times and didn't even have access to my bike. But the fare had already been paid and there were no refunds. More importantly, I've never stopped competing. When the results came out, I found out I put another last in my age division. For any other racer, it would have been a blow to the ego. But it was my perfect race. For all my weakness as a swimmer, I ended up with my best swimming time. Although I didn't have my bike all year, my legs didn't cramp up during the bike part. And when everyone passed me on the last leg, I never stopped moving. It was my perfect race. More than two decades ago, HBR invited 10 leaders of color to a roundtable discussion about race in the workplace and published an edited transcript of their conversation. I recently pulled out this article, thinking that it would give me an idea of how the landscape has changed since 1997. But when I read it, I was startled. The discussion didn't seem dated at all. In fact, the issues that these leaders dealt with are completely from the moment. African Americans are still severely underrepresented in senior ranks of organizations. Hiring and promotion processes still benefit people from the same racial, gender and class background as decision-makers. People of color still have less access to important social networks than white people, and still feel surprised by white colleagues showing that they are competent, intelligent and hard-working. Good-looking white people don't think they can be part of the problem. But rigorous research into implicit bias shows they're probably wrong. These do not simply create barriers; over time, they're going to be spending people on it. And they've done worse for the fact that people who have the right to improve things (most of them are white) tend to be deeply uncomfortable talking about the race for their jobs. So how can we start to change the dynamic? Over the years, HBR has published many articles on how to solve these problems and increase diversity in organizations. But if you're an individual white manager, like me, what can you do yourself? At least you can start to learn more about what it's like to live and work in the United States if you're not white. Some recent books and podcasts can help. The best-known of these is Michelle Obama's terrible memoir, becoming. There are two directions in the book. The first is a classic American success story. Born into a happy, close-knit working-class family, Obama relied on innate talent, fortune, community support, and his own drive to get a first-class education at a public magnet school and then Princeton and Harvard Law. He is a deeply regular person who fell in love and married an idealistic whirlwind man and has since raised two delightful children with him. He's done a job that's going to change the world. And she was the First Lady. The second course of action complicates the story. Michelle Obama has never had the luxury of forgetting race. Some of it is personal, like when a cousin asks him why he speaks white. Part of this is systemic, as when his public school is starved of resources after a white flight to his South Side neighborhood. He writes about the time when the police stopped his brother because he was riding a new bike. About the extra energy it takes to be the only person of color in the classroom or board. About the sometimes subtle, sometimes blatant attempts to make her and her husband into a transform-her Kenyan and secret Muslim, her angry black wife. Obama is factual about all this. He has no self-pity and in fact very little anger, but he does sugarcoat the reality that he and other African Americans live in. He can say it's just a tax he pays to be black in America. However, it is a very high tax - which is easy to forget if you don't have to pay it. Obama is a pragmatist; Casey Gerald, on the other hand, can be a true visionary. His beautifully written memoir, No Miracles Here, relies on his famous TED talk. Like Obama, he describes the rapid rise of a very modest living wage, but he also makes a powerful argument for societal change. I... I... reached the top of the mountain, he writes, ... And I came with urgent news: we must find another mountain, if not another world, to call our own. It is worth noting that this apocalyptic tone-applied not only to race, but to a myriad of ideas and echoes of other upcoming memoirs by millennial black writers that I looked through. Maybe it's a coincidence, or it signals some interesting changes that stem from a new generation of black intellectuals. But let's go back to pragmatism. For a broad insight into how people of color navigate the workplace, you can turn to let them see you, porter Braswell, co-founder of job search firm Jopwell. A self-help book that targets professionals from underrepresented groups, it's attention-grabbing headlines typical of the genre-like why you need a personal brand at work and your lift pitch for diversity. But behind zippy language is a complicated understanding of the challenges a racial minority faces at work as well as richly astute tips for flipping them to an advantage. I would recommend this not only to the target group, but also to white professionals who are interested in supporting a workforce that is more conveniently, more productively diverse. More knowledge can be gleaned from various podcasts. I particularly like the code switch and still processing; does not focus primarily on workplace issues, but both are accessible conversations on race-related topics. NPR's Code Switch looks at how race, gender, ethnicity and identity intersect with people's lives. (Episode Recommendation: Code Switch Guide for Handling Casual Racism.) Still processing, hosted by New York Times culture writers Jenna Wortham and Wesley Morris, looks at news and pop culture through the lens of race. (Episode recommendation: We sink our claws into the Black Panther with Ta-Nehisi Coates.) In addition to a great cultural commentary that offers a window into the non-white American experience, these podcasts offer a playbook talking about race honestly, even if you're worried about saying something stupid or stepping on a landmine. They're modeling the behavior we need more in the office. Of course, educating yourself about others' experience is just the first step. It's for all of us to make sure that in 20 years' time, HBR's 1997 roundtable sounds truly outdated. Obsolete.

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