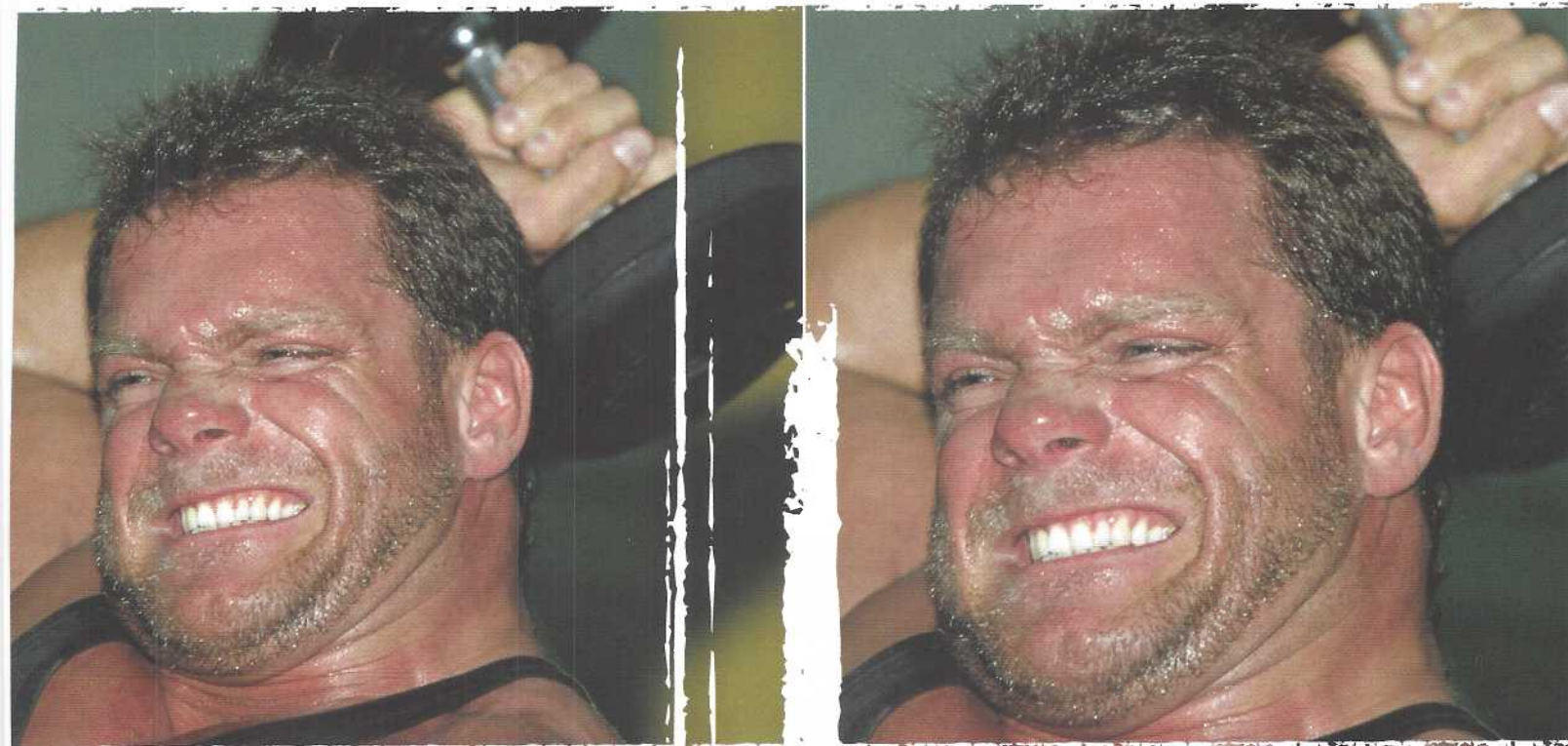


I'M SURE I'M GOING TO HAVE SOME PHYSICAL PROBLEMS DOWN THE LINE

— BUT SOMETIMES YOU SEE REGULAR PEOPLE, TOO, ALL BROKEN DOWN WHEN THEY'RE 50 OR 60. I DO THE BEST THAT I CAN TO TAKE CARE OF MY BODY, BUT IT'S BROKEN DOWN. I'VE HAD NECK SURGERY, ELBOW SURGERY. BUT FOR THE MOST PART, I FEEL PRETTY GOOD, CONSIDERING THAT I'VE BEEN DOING THIS FOR 18 YEARS.



I THINK A LOT OF IT IS STATE OF MIND. I REALLY BELIEVE THAT IN THIS INDUSTRY YOUR BODY DEVELOPS A HIGH PAIN TOLERANCE. TAKE MY NECK, FOR INSTANCE. RIGHT AFTER THE SURGERY — THEY FUSED C6 AND C7 — IT FELT SO GOOD, I THOUGHT, "OH MY GOD! I CAN'T BELIEVE I WAS ABLE TO FUNCTION WITH THAT MUCH PAIN." FOR A LONG TIME BEFORE I HAD THE SURGERY, I WENT THROUGH A PERIOD OF DENIAL. NOT TO SAY I'M BIGGER OR BADDER THAN ANYONE ELSE — ALL THE GUYS HAVE NAGGING INJURIES AND CHRONIC PAIN; YOU JUST LEARN TO LIVE WITH IT AND YOU WORK THROUGH IT. NOT TO SAY THAT THE PEOPLE DON'T APPRECIATE WHAT WE GO THROUGH, BUT I REALLY DON'T BELIEVE THAT ANYONE OUTSIDE THE BUSINESS CAN GRASP JUST HOW DEMANDING IT IS PHYSICALLY WHAT WE DO TO OURSELVES ON A NIGHTLY BASIS. AND WE HAVE NO OFF-SEASON TO RECOVER.

Chris Benoit