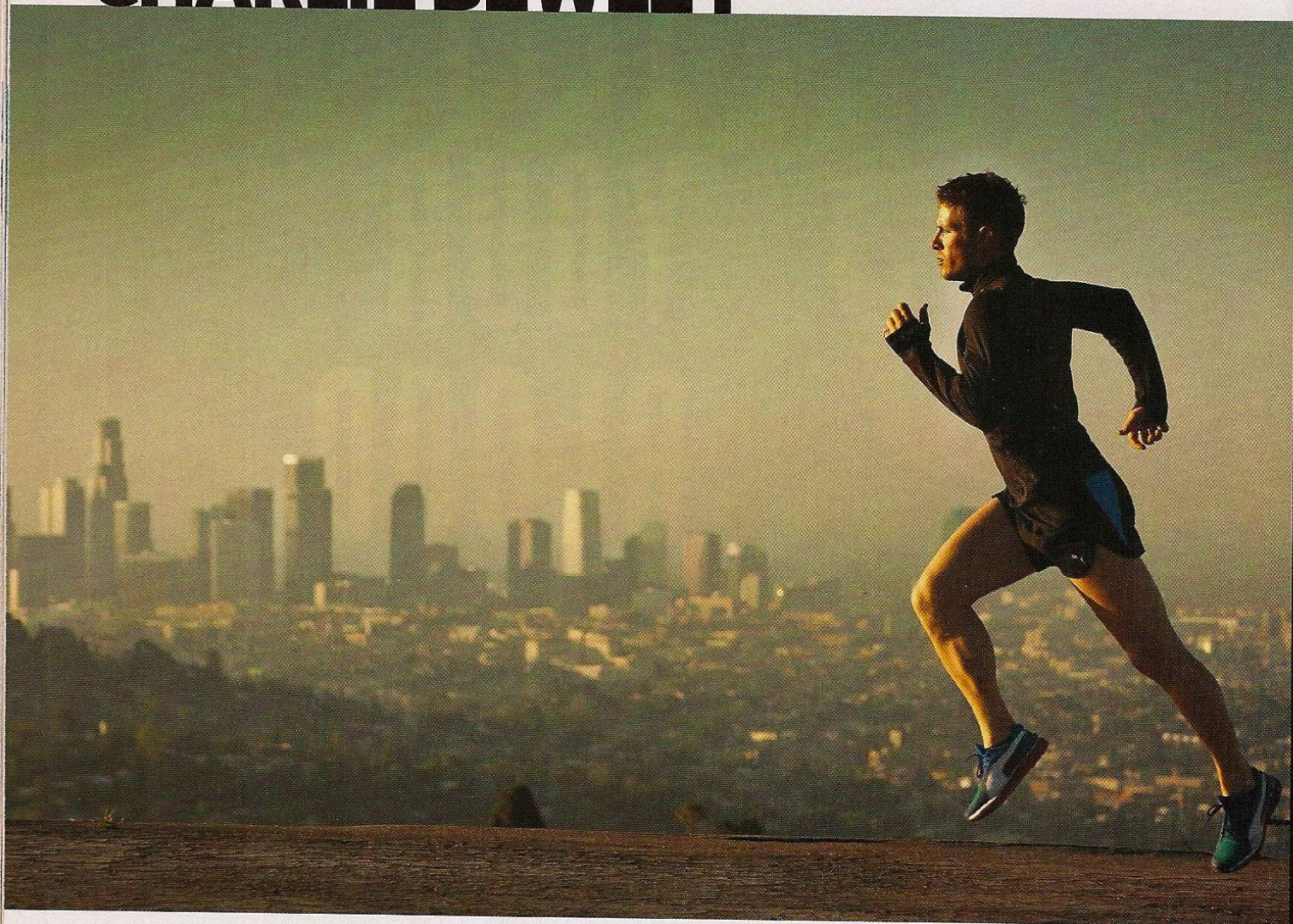


CHARLIE BEWLEY

BY STEPHEN CAMELIO



CHARLIE BEWLEY IS A MAN of extremes. He grew up on a small farm in England, but has also lived in Paris and Los Angeles. His acting career is thriving, but he's also been a cab driver and a waiter. He's studied business and law yet he also snowboards and has played rugby. Given his penchant for eschewing the middle ground, it's no surprise that he's also a triathlete.

After years of moving from job to job and place to place, Bewley has found his home in Hollywood. Since being cast as the vampire Demetri in "Twilight" film sequels "New Moon" and "Eclipse," the 30-year-old has become a sex symbol

and a hot name in the entertainment industry. This year he's branching out with roles in the indie film "Like Crazy" and adventure flick "Soldiers of Fortune" with Ving Rhames and Christian Slater. But despite his recent success, there was a time when Bewley didn't feel much like a heartthrob or an action hero.

In 2008, when Bewley moved to Vancouver to start acting, he was fresh off two years of taxi driving in Whistler, Canada. "It's not the best job to keep your shape and I didn't feel good," Bewley says. "Then one morning I did a beautiful run and suddenly I was a runner." Run-

ning became Bewley's daily exercise and, after dropping some weight, he started competing in races.

"I did an 8K and placed high," Bewley says. "Then came my first half-marathon and I got a pretty good time [1:24]." After completing another half, Bewley decided to push things to the next level and, without so much as knowing another racer or ever having tried a sprint, signed up for Ironman 70.3 Cancún with only two months to train.

This wasn't the first time Bewley had jumped into a race out of the blue. In Vancouver, he had rolled out of bed to

FAVORITE TRAINING MUSIC

"I am a huge trance addict. The best running album ever is Tiesto's *Nyana Disc 1*. It makes you feel like you are going on an adventure. Close your eyes and it's a wonderful thing; you get this euphoria."

TRAINING TECHNIQUE

"In Vancouver, I invented this thing called rave running. You put on some trance music, get your trainers on and just go running in the middle of the night. I have my own page on Facebook called Rave Runner."

NEW TRAINING GEAR

"When I'm on set I bring my running shoes. I've got Puma endorsing me now and they sent me the new Faas 500 BioRides."

NEW DRINK

"I like these new drinks called Sumo, one of those 100 percent natural 'burn more calories than you drink' drinks. Probably long-term better than downing Red Bull as was the ploy to keep lean back in the day!"

MUST-HAVE GEAR

"In the States, no one wears those really short shorts. I wear these Asics Til split shorts all the time and everyone looks at me like I've got three heads."

MUST-HAVE NUTRITION

"Gu Roctanes give me that much-needed kick when the lactate begins to seep in."

CAUSE CELEB

"I am running an ultra-marathon—39 miles—for Jocelyn Clarke, a stuntwoman I knew who recently passed away from a rare form of lung cancer. I am running in her memory and to raise money for the cancer agency [The Lions Gate Hospital Foundation] that helped with her chemo."

SCREAMING GIRLS VS. CHEERING CROWDS

"When people are watching and cheering for you, you get this rush from somewhere. It is amazing what people watching you can do for the psyche. *I have to perform.* "Twilight" is sort of the same thing but you don't have the running to get that nervous energy out of you. You have to stand there and hold a pose for a camera on the red carpet, which is a completely different thing altogether."

join his roommate for the Underwear Affair 10K. He solved the problem of being overdressed by going shirtless, but he still didn't have the cash for the registration fee so he ran bandit. "Sure enough I went ahead and won," Bewley says. "But they disqualified me and got pretty angry as well."

However, a half-Ironman is no road race, and this time Bewley's problem began before the starting line because he couldn't get his bike to Mexico. "Mexi-

stamina to do 2K of freestyle so I invented my own stroke called the breast-fly," he says. "By the end of it I was doing pretty good."

Though he was a confident cyclist, the rigors of the bike leg took Bewley by surprise. Part of the problem was that he wasn't used to the shape and heft of his new bike. "To be bent over that frame for 90K was hell," he says.

When it finally came time to run, Bewley knew it would be his strongest leg,

but he started slowly because of the oppressive heat. "My feet were melting," he says. "It was hot enough that it destroyed some elite guys." But halfway through the 13 miles, Bewley found his stride. "I must have gone up 50 or 60 places," he says. "I was pretty proud of the run."

Crossing the finish line at 5:36:56, Bewley took in his surroundings before walking right past the volunteers handing out medals. The true measure of his achievement

didn't hit him until a young girl presented him with his finisher's medal. "She put it around my neck and then I just lost it," Bewley says. Being alone for the whole trip, "it was the first contact I'd had with anyone in three days."

Looking to recapture the "humbling" feeling he felt after completing Cancún, Bewley hopes to reignite his triathlon career by taking part in September's Nautica Malibu Triathlon on Sept. 18. Though he says he has already started training for Malibu, don't expect him to totally forgo his push-the-envelope ways.

"This is the story of my life," Bewley says. "I put myself in very uncomfortable, awkward situations and I try to use instinct to get myself out of it." **1**



cana Airlines told that me my bike would be fine without a box and then I showed up and they said you have to have a box," he says. In danger of missing his flight, he left the bike and headed south just as he started to have doubts about what he had gotten himself into.

"I didn't know if I was going to do this thing up until the last minute," he says. Finally, once he got a chance to swim a practice lap to get over his two biggest fears (deep water and sharks), he knew he could pull it off. A return trip to the expo and \$600 produced a triathlon bike, and Bewley was good to go.

Because he had focused very little on swim training, Bewley's goal was just to survive the swim. "I didn't have the