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## Larry's Legends: Will politics be next for Chris Lytle after UFC?

**Indianapolis native and veteran fighter-who announced his retirement Saturday-mulls a run for the Indiana statehouse in 2012.**

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Calling him old wouldn't be the thing to do as he stands there, sweat dripping following another high-energy drill.

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Its treadmill, then ground sensors, then medicine ball, then climbing machine. Repeat, repeat, repeat.

After that, its the rowing machine, a unique device for hand-eye coordinator, then some push-ups with dumbbells.

Such is Chris Lytle's routine in Indianapolis at Pit Fit training, a program designed to enhance speed and quickness that has been embraced by a number of driver in the Izod IndyCar series.

"A lot of agility, a lot of speedwork, a lot of combat training is part of that with the drivers," said PitFit CEO Jim Leo of his program, which helped attract Lytle to the program.

At 37, the Indianapolis native was looking for new and efficient ways to stay in shape as his mixed martial arts career comes to a close.

"When I started fighting, I was probably 23-24, I didn't have to do much, just go train a few times. Train maybe three times a week, four times a week, that was it," said Lytle. "As I've gotten older and the sports developed, I have to change a lot of things up, especially when I have a fight coming up."

According to Lytle, that was added technology in working out for his UFC Live headline match against Dan Hardy, working with Leo in the various drills in hopes of keeping his skills high.

"Before I would have been like Rocky in like Rocky IV, but now I'm more like the Soviet, the Russian guy who has the technology behind him," said Lytle-whose workouts at PitFit this past week will be his last as a competitive fighter.

Unsure when asked about retirement last Tuesday, Lytle confirmed to media in Milwaukee on Saturday that his match with Hardy will indeed be his last.

Its not like Lytle will be short of things to do-if he has his way.

Along with continuing his duties at the Indianapolis Fire Department-to which he's a 10-year veteran-Lytle has been mulling a possible foray into politics in 2012.

His intention is to run as a republican for a Hancock County seat in the Indiana State Senate, and has already formed an exploratory committee to get an idea of what it might entail.

"I feel right now we've got too many politicians and not enough people out there who just represent the voice of the people and I think that I can do that," said Lytle of his reason for considering a run for office.

He says that he's talked to people around politics to gauge what he might need to do to put together a run, though he put the efforts on hold to prepare for the Hardy fight. Starting on Monday, Lytle says he'll begin full efforts to make a run for the statehouse in 2012.

"I'm not the guy whose going to complain about something and not do anything about it," said Lytle of his philosophy in going for an office. "If I have the ability to change it, I'm going to."

Well known athletes have made their way into politics in the last decade whether at the state or national level, so the precedent is there for the move. Lytle acknowledges that his combination of blue collar worker-big stage fighter gives him a unique combination that could lend to a new career path.

"I'm just a normal guy, I'm a fire fighter. I'm fortunate to have been on TV a lot with UFC and what not so I've got a little bit of name recognition," said Lytle. "Going into politics isn't going to benefit me financially like fighting would, I already have that aspect.

"I'm looking to help people."

In the meantime, however, Lytle has found a bit of a sidejob outside the UFC and firefighting at PitFit, as he's used his mixed martial arts skills to give some speed training lessons to a few drivers in the Izod IndyCar Series.

Working with drivers like Scott Dixon, James Hinchcliffe, JR Hildebrand and Wade Cunningham was the idea of Leo, who hoped Lytle's knowledge in the ring would give

them an edge in the car.

"I think they learn there is a whole other aspect of fitness they're not aware of," said Leo of what the drivers get from Lytle. "I think it gives them the ability to calm down in a very, very interesting situation."

Lytle had a few of those in the ring-and may have even more outside of it too.

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