

To be a Runner by Martin Dugard (2011)

When someone you love believes in you, you feel like you can do anything. Excuses are based on fear: face the fear. Raid Gauloises is the toughest race on earth. Your shoulders back, hips forward & chin up for good running form. Running uphill, you want to lean into the slope, get on the balls of your feet & take shorter strides. Cross one leg over the other and pull them both toward the chest stretches the glutes, hamstrings & hip flexors. Success builds upon itself (but so does regret & defeat).

Tempo is just below the body's lactate threshold level. Run intervals with two minutes at tempo then two minutes float (jog). It should give a 3% increase in lactate threshold & 6% increase in economy over 9-week span. Running on public golf courses, while golfers (before dawn or on raining days) are not around can be great. An ice bath immediately after a hard workout reduces inflammation. Muscles are torn down during exercise & built-up during recovery. Every struggle comes to an end if you just keep pushing forward.

Like all the best things in life, a great run becomes even more wondrous when shared with someone you love. The mind has faltered long before the body gives up: push on. Be the best I can be in all things. Stop looking back & let it go so I could move forward. I would be unhappy if I settled for anything less than my best. Success is not achieved in the comfort zone. Have an easy day after a hard day. Mt. Sac Invitational is the largest cross-country race in the world. First you must believe you can do others thought was impossible; then do it. Cross the finish line with nothing left.

Quotes:

"If you could run without getting tired, I don't think one would often want to do anything else."

"You are never too old to set another goal or dream a new dream." (CS Lewis)

"Adventure is where you find it." (Amelia Earhart)

"Success is not final. Failure is not final. It is the courage to continue that counts." (Churchill)

"To give anything less than your best is to sacrifice the gift." (Steve Prefontaine)

"Keep pushing...always" "Courage is not the absence of fear, but the ability to press forward despite your fears." "To know quiet is to know time without self-deception." (Martin Dugard)

"Those who bring sunshine into the lives of others, cannot keep it from themselves." (James Barrie, author of Peter Pan)

"Either the pain of suffering or the pain of regret. One lasts minutes. The other lasts a lifetime. You pick." (Tom Messina)

Other books: Into Africa & Chasing Lance (Martin Dugard)

The Jim Ryan Story