

Almost every child can run. Almost every adult forgets how. Almost.

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Running is flying.*

*When you walk, one foot is always on the ground. When you run, most of the time you are actually airborne. For example: a 6-foot-tall runner with feet about 1 foot long was found to take 1,250 steps while running 8-minute miles. Thus, while covering 1 mile—5,280 feet—he was in touch with the ground for 1,250 feet and airborne for 4,030 feet. Put another way, he was in the air 76 percent of the time. So don't think of it as a 10-mile run. Think of it as 7 miles of flying.

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You don't need shoes to run any more than you need a hat to think.

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If you want to be faster, measure your runs in minutes and seconds. If you want to be thinner, measure your runs in cheeseburgers and doughnuts.*

*The average man burns 124 calories each mile run; the average woman burns 105 calories. One McDonald's Big Mac = 540 calories = 4.35 miles (men), 5.14 miles (women). One Dunkin' Donuts plain glazed donut = 220 calories = 1.77 miles (men), 2.09 miles (women).

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Running is weightlifting.*

*Every stride is a takeoff. The less you weigh, the easier you will fly. In a marathon, an average runner takes about 35,000 steps, so an extra pound means lifting an extra 17½ tons over the course of 26.2 miles. For most runners, dropping 5 pounds can drop their 5-K time by a minute.

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It is possible to sleep while running. It is not possible to run while sleeping.

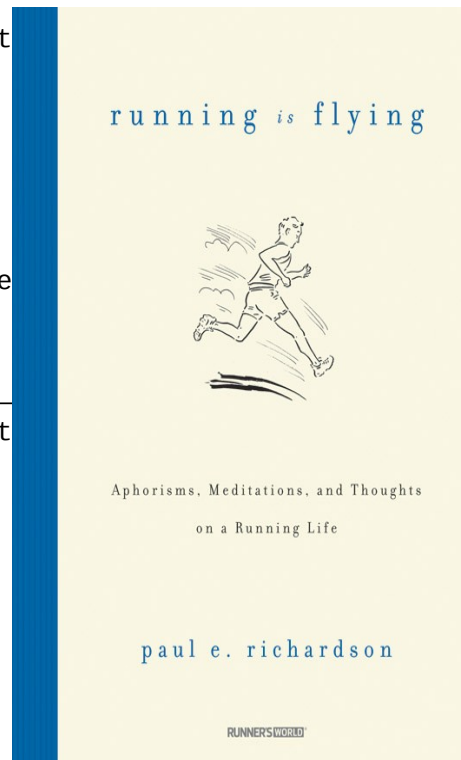
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Embrace the incline. It is not the downhill that make you stronger.

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If running is just mechanics, then eating is just chemistry, and life is just days on a calendar.

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Never trust a runner with clean shoes.

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When your second wind comes, do not use all of it.*

*With apologies to Confucius.

("When prosperity comes, do not use all of it.")

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If a runner falls in a forest and no one is around, she picks herself up and never mentions it to anyone.

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If you want to clear your head, run alone. If you want to be stronger, run in a pack.

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A nonrunner will never understand the joy that running gives you. Or the pain.

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You can never make up on the downhill what you lose on the climb. But you can always make up a good story on the uphill for why you aren't trying harder.

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Whenever you can't get going, consider the dog: He dashes for the leash no matter the weather.

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Always thank race volunteers. They could do anything they want to the Gatorade.

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A runner can always spot another in a crowd.

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Runners are not superstitious. Just careful. It's a natural reaction when the Forces of Darkness are aligned against you.

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Four of the sweetest words in the English language: Are you a runner?

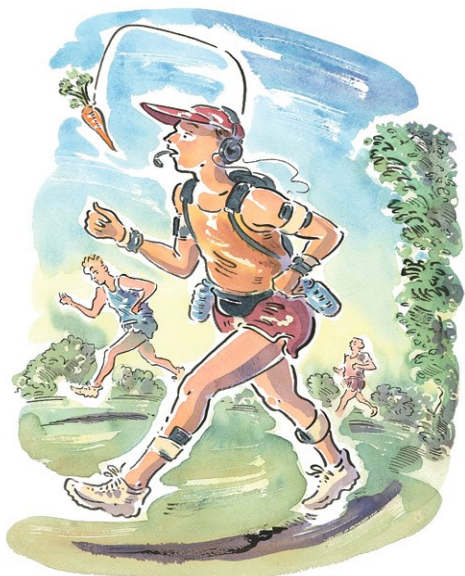
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The number of gadgets worn while running should never exceed the number of brains in your head.

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Go ahead, stay in bed. No one ever got hurt not running.

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Some of the sweetest words come in pairs. Second wind. Home stretch. Personal record.

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The treadmill is to the road what tea is to coffee: a lot less impact, and far less interesting.

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Of course there's a difference between a treadmill runner and a squirrel on a wheel. A squirrel has four legs.

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Fatigue is like an unwelcome in-law: If you keep quiet, smile, and hang tough, eventually it will leave.

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Shut up and run.

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