

C1 An American Dream

Runner's Tip John Wooden used to begin each basketball season at UCLA by teaching his players how to put on socks. I'll start with the reminder to tie your shoelaces securely. If you're going for a morning run, make sure you have everything ready the night before so you don't lose time trying to relocate the necessities

Overcomer's Tip Once you've committed yourself to something, pace yourself to the finish line.

C2 Out of Eritrea

Runner's Tip If you're eager to improve, be careful about making too many changes or changes that are too severe. Be careful about adding mileage and increasing speed. Too much too soon usually leads to injury. Think gradual, not drastic. Think long term, not immediate.

Overcomer's Tip Learn everything you can in the classroom. Then go out into the world and learn even more.

C3 Coming to America

Runner's Tip If you're serious about running, keep a journal, recording not only your workouts but other details of how you felt during practice. It's a great way to chart your progress. Reading through workouts before a big race can provide a psychological boost.

Overcomer's Tip Opportunities have a shelf life. Grab them before they lose their punch.

C4 UCLA Days: Student first, athlete second

Runner's Tip Most recreational runners could benefit by spicing up their workouts instead of doing the same old run every day. Once a week do a long run. On another day, make the run, or at least a portion of it, faster than usual.

Overcomer's Tip Before making a decision, step outside the situation to get the best perspective

C5 Turning Pro and Living Small

Runner's Tip You can do more than get a drink at aid stations in hot weather. Pour water on your head; putting your hat on afterward can prolong the cooling effect. Use a sponge, first wiping around your neck and then the underside of your forearms and inside your elbows.

Overcomer's Tip Enrich your life with family and friends who will be there for you in good times and bad

C6 Athens.... Another joyous moment

Runner's Tip When doing repeats or a regular run, try to run faster at the end of the workout. That stimulates what you're trying to do in races and should help your finishes.

Overcomer's Tip Accomplish something every day and give thanks for the ability to do it.

C7 Love Story

Runner's Tip I try to carry a snack bag, kind of a nutritional first-aid kit. I like to refuel throughout the day on healthy stuff. My bag usually contains a PowerBar plus apples, bananas, raisins, and dates. I always have water available.

Overcomer's tip Instead of rushing to make things happen, rely on God's perfect timing

C8 Life on the run: The Elite Game

Runner's Tip Remember, the 22 hours after your workout are important too. Seek active recovery methods such as icing your legs and stretching. Work on strengthening body parts such as feet and ankles to prevent injury. Get plenty of rest.

Overcomer's tip Start out with reasonable expectations. What you want to accomplish and where you are in the process may be far apart right now. Your assignment is to close the gap.

C9 Trials and tribulations: a test of faith

Runner's tip If you're injured and can't run, there are still ways to gain fitness. Hop on a bike or exercycle. Go to the pool and do deep-water kayaking. Such workouts can also help an injury-free runner stay healthy longer

Overcomer's tip When situations blindside you, count on God to see you through. You can't imagine the intricate details He will put into place.

C10 King of New York

Runner's Tip Visualize during runs. See yourself accomplishing goals. Put yourself in race situations during training. Throw in surges during a workout and visualize yourself breaking away from competitors or covering their moves.

Overcomer's Tip Recognize distractions before they detour you. Remain focused and you'll progress.

C11 The Bell Lap

Runner's Tip Set Gradual, realistic goals. Then go after them aggressively. Once you reach the goals., come up with a new set. Keep challenging yourself, and you'll get reinforcement by meeting the standards you set.

Overcomer's Tip Expect to succeed if you are committed and persevere.

Quotes/Ideas

Exodus 3:5 "Take off your sandals, for the place where you are standing is holy ground." Meb on learning early power and majesty of God. If God is holy we can not take our faith/Him for granted.

Pray not only at start/finish of day, but also in finishing/starting a task idea.

Individual nature of running appeals

- start at same place / finish at same place
- how you do is entirely up to you
- gauge results as feedback
- "It's on you. That's the beauty of the sport."

- went to San Diego for college early to take early classes in the summer upon graduation (early acclimation and preparation)
- coming off a high season of life and success is hard to repeat; you become the target
- a little becomes a lot, when you have come so far
- Amoy Letemichael Tewelde; ex-wife of his dad who had a daughter, but family all was tightly knit around this and considers having this second mom as a positive outlook
- "I had discovered what hitting the wall meant. I called it getting my PhD in the marathon."
- Eritrea as cultural icon in the book; used faith and culture to remedy issues (tsebel)
- Has passion for family and the priority of them in his life (was attractive to his wife when met, yordanos asgedom.
- As many as 12 training sessions a week. After finishing one workout right onto the next.
- "Although they are a painful step, ice baths are extremely effective at reducing inflammation, muscle strains, and soreness"
- EPO (erythropoietin) synthetic hormone that increases red blood cell (carrying oxygen and prolong a person's endurance)
- Dropout anecdote on the bus (meb saw a lot of people who were also great who just didn't have a good day)
- "Sometimes knowing God is in control and that He has His perfect plan is our only comfort."
- "He'll do it to a T and then try to do more." - Bob Larsen
- Seriousness of training while taking kid out of class to prevent getting sick for a race
- 6 sub 2:10 marathons and during these recognizes first is not so important, but the idea that God has given gift of running is important
- MEB foundation (maintaining excellent balance)