

Marathon man was written by Bill Rodgers and Matthew Shepatin.

The marathon will humble you. But the truth is, sometimes it will do more than humble you. Sometimes it will break your heart.

What the mind can conceive, the body can achieve.

A lot of runners make this mistake. They run too fast at the start. They forget the first step: building up the muscles in the heart so it can pump blood further with less exertion. You can't take on the world with a weak heart. You need to cultivate its strength first. Did you know the heart can grow twenty percent larger in size?

There's something about being overtaken by a physically superior runner that can only be understood by experiencing it-the sense of inexorable doom, the overwhelming helplessness, the dreamlike state where you can't move any faster, you're doing your best, but it's not enough.

Marathoning is like cutting yourself unexpectedly. You dip into the pain so gradually that the damage is done before you are aware of it. - Olympic Marathoner John Farrington

I knew that she wanted to quit smoking, and I had experienced it firsthand that the best way to kick a bad habit was to replace it with a positive habit, like running.

\* See story about Bob Sevens who Bill Rodgers trained with on google for a lesson on toughness. Also neat idea that Bob was military and Bill Rodgers was a conscientious objector. Bob served 5 years as an army captain, during which he survived a three hundred-foot fall from a maimed helicopter into a dry rice paddy. After a young surgeon was able to pop all of Sev's broken ribs back into place, he spent six days in a coma and another nine weeks in a full body cast. Five months later Sev was back jogging. That tells you something about his toughness. It says even more about his love for running.

It's like the Rolling Stones said: You can't always get what you want, but if you try sometime, you just might find you get what you need. That's really true in marathoning. Even if you bomb out, you learn from things and you can improve the next time.

Because marathon racing is so brutally competitive, so physically intense, so mentally challenging, it's imperative to keep your head. You need to maintain a clear picture of what's happening in the here and now.

You can always decide here is where I need to take in the scenery, here is where I need to take a deep breath, here is where I need a cool sip of water, here is where I need to tie my shoes. And secondly, you know better what you need than all the people in the world combined. Let them call you crazy. They will anyway. Run your own race. I'll repeat that: Run your own race. Trust me, you will find much more success in life if you do. And you'll have a lot more fun on the way.

The truth is, I lost the race the moment I lost hold of my emotions, and that was probably the first or second mile. I got too excited, and that opened the door for my opponents to throw me off my game.

The marathon loves nothing more than teaching the fittest among us lessons in humility.

On the road, people get real. They get to know one another. All the barriers fall.

### **Journey-esque nature of running**

I thought back to the long road I had traveled to get here. After not running for three years, after being in such poor shape I could only run a mile around the dinky YMCA track, after losing my job, losing my bike, going on food stamps, after all the days and nights spent running alone around Jamaica Pond, after sneaking out on my lunch break to get in an eight-mile run, coming home and running ten more miles, after all the pavement I had covered on foot, all the training, all the early marathon failures and heat-related collapses, I was on my way to Montreal. Unbelievable.

As running guru Hal Higdon once said, "The difference between the mile and the marathon is the difference between burning your fingers with a match and being slowly roasted over hot coals."

Dick Traum finishing sub 8 hours running on a prosthetic leg.

Most of what we learned from our parents came through osmosis. Never sit back on your laurels. If you persist and keep plugging away, you're going to do alright in life. And that's a marathoner's message, too. There's no way to excel as a distance runner without getting in the nitty-gritty, day-in, day-out effort.

I really loved this book. I also think it is important to note that Bill had phenomenal community (Amby, 2 wives, and other characters in his life) and that Bill did not have an easy life. He overcame a lot of adversity and was an oddball in many instances this was seen.