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Conference & Expo 2018

# LESSONS LEARNED FROM RUNNING WHICH ALSO APPLY TO A CAREER IN IT

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Does not represent the views  
of any past, present, or future  
employers.

I am not a certified coach.

I am not a physical health  
professional.

I am not a mental health  
professional.



Photo: RunDisney

Once upon  
a time



**Sprints**  
**100m-400m**

**Long**  
**5000m-42195m**

**Middle**  
**800m-3000m**

**Ultra**  
**Anything Longer**

# Julia

# Hawkins



**Ed**

**Whitlock**



Photo: Copyright K.C. ARMSTRONG

# Joost de Raeymaker



Photo: Courtesy Berlin Marathon

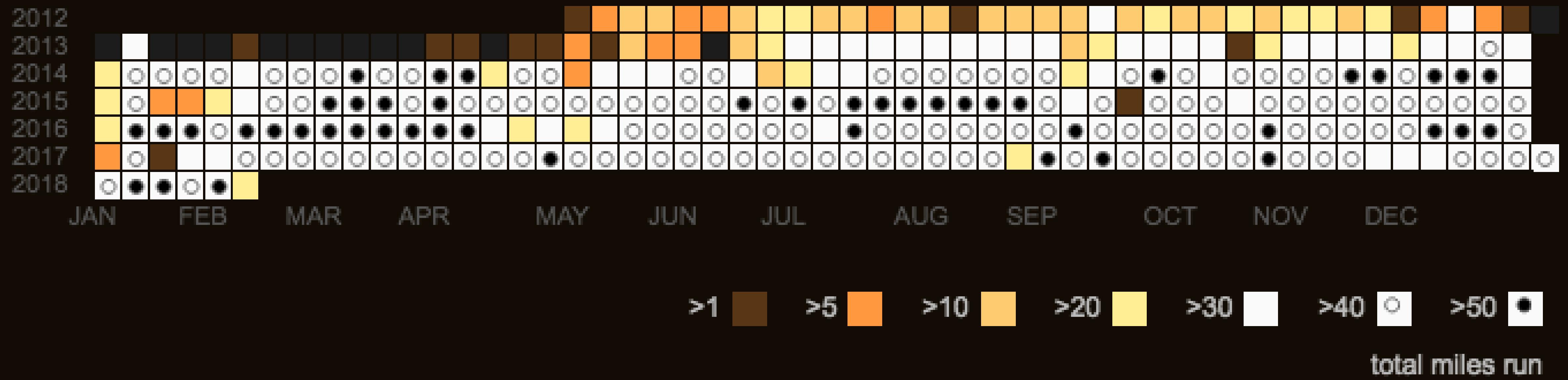
# Lessons Learned



5K  
½ Marathon  
Marathon



## Weekly stats for each year ⓘ





Take  
Away



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Photo: Reuters

# Lessons Learned



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Photo: By Ryser915 at English Wikipedia, CC BY-SA 3.0,  
<https://commons.wikimedia.org/w/index.php?curid=17997827>



Take  
Away

261



Photo: Boston Herald



Photo: Bettmann/Getty Images



Photo: Nike



Photo: 261fearless

# Lessons Learned



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# Shalane Flanagan



Photo: Michael Scott



**Take  
Away**

**Abbebe  
Bikila**



Video: IOC

# Emil Zátopek



Video: IOC

# Talent + Hard Work



## Hard Work



## Talent



Photo:Juergen Lehle - Own work (See also AlbSpotter Flugzeugbilder Aircraft Photos), CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=979288>





Photo: RunDisney

How do we  
measure  
success?



Photo: Elsa/Getty Images



Photo: Run Smart Project



Photo: Tenable



Photo: Jack Daniels



**Where  
The  
Magic  
Happens**



**Your  
Comfort  
Zone**

**Strive for Excellence  
Not Perfection**

# Lauren Fleshman



**Sprints**  
**100m-400m**

**Long**  
**5000m-42195m**

**Middle**  
**800m-3000m**

**Ultra**  
**Anything Longer**

**Consultant**

**Sales**

**CEO**

**Malware**

**AntiVirus**

**Help Desk**

**Vulnerability  
Management**

**CIO**

**Manager**

**CISO  
Security  
Analyst**

**Pen Tester**

**SIEM**

**Auditor**



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# Inspiration



5K



1/2 Marathon



Marathon



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Photo: RunDisney



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**THANK YOU  
PLEASE FILL OUT YOUR EVALUATIONS!**

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