

Why do I run?

WHEN PASSION IS ENTWINED WITH DESIRE,
IT COMES ALIVE TO SOMETHING BEAUTIFUL,
THROUGH MY ARMS, LEGS, AND HEART.
EVEN WHEN THE RAIN FALLS,
EVEN WHEN THE PATH STARTS RISING,
EVEN WHEN THE STORM COMES,
I AM WASHED BY THE WATER.
RUNNING IS MY SANTUARY.

Marc Johnson

Through my journey with God, I began running in pursuit of living in the unknown and having faith in any circumstance that came my way. My mind is focused and calm when I run because I feel that I'm walking with Him. I can feel this lessening of the "me" that I have come to think of myself. The stress of the day just melts away and I can work through my issues better with a clear mind. Every time I run, I push myself a little further and that accomplishment builds my self-confidence. I feel stronger and improved physically after each run because I know that I just finished something that has made me better.

Running challenges you to do more than you ever thought you could do and the strength you gain from meeting that challenge carries over to help you cross other hurdles in life.

Excellence is not something attained and put in a trophy case. It is not sought after, achieved and, thereafter, a steady state. It is a momentary phenomenon, a rare conjunction of body, mind, and spirituality at one's peak. Should I come to that peak I cannot stay there, I must start each day at the bottom and climb to the top. **Don't just be...Become!**

Marc Johnson

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