

101 REASONS TO LOVE RUNNING

1. MORNING, NOON, OR NIGHT, THERE'S ALWAYS A GOOD TIME TO RUN
2. YOU WELCOME THE ENERGY, ENTHUSIASM, ANTICIPATION, AND ANXIOUSNESS YOU FEEL AT THE START OF A RACE
3. SOMETIMES THE START AND FINISH LINE IS YOUR PORCH
4. ENJOYING A PRE-RACE PASTA DINNER
5. NAME SOMETHING ELSE THAT WILL CONSTANTLY GET YOU UP AT 6 A.M?
6. RUNNING IS TRULY HEAVEN ON EARTH!
7. RUNNING ON A SCENIC PATH, TRAIL, FOREST, BOARDWALK, OR BEACH
8. HAVING A SECRET RUNNING PATH OR TRAIL THAT ONLY YOU KNOW ABOUT
9. TRAVELING TO A RACE IN ANOTHER CITY
10. RUNNING IS A GREAT WAY TO EXPLORE NEW PATHS, TRAILS, AND ROADS
11. RUNNING IS AN ART, YOU'RE THE ARTIST, YOUR RUNNING GEAR IS THE PAINT BRUSH, AND THE ROAD IS YOUR CANVAS
12. RUNNING INFLUENCES US IN WAYS WE NEVER IMAGINED. IT IS PART OF OUR PAST, PRESENT, AND FUTURE
13. CHARIOTS OF FIRE™

14. THERE'S A CERTAIN UNIQUENESS IN EACH RUNNER. EACH RUNNER RUNS IN HIS OR HER OWN WAY

15. RUNNING IS YOUR VOICE THAT WILL BE HEARD BY OTHERS

16. EVERY RACE TELLS A STORY, AND EVERY RUNNER HAS A STORY TO SHARE

17. RUNNING IS A WAY (EVEN JUST FOR A MOMENT) TO ESCAPE THE TRIALS AND TRIBULATIONS OF OUR LIVES

18. SOMETIMES ANSWERS, IDEAS, AND SOLUTIONS TO OUR PROBLEMS ARE SOLVED WHILE RUNNING

19. YOU APPRECIATE THE JOURNEY AND DESTINATION WHEN RUNNING

20. RUNNING WITH A GREAT MP3 PLAYLIST

21. THERE ARE NO DEADLINES, EMAILS, PHONE CALLS, HOME PROJECTS OR IN-BOXES WHEN WE'RE ON THE ROAD

22. IT'S SOMETHING YOU CAN DO FOR THE REST OF YOUR LIFE

23. THE FIRST BIG RUN IN THE SPRING OR THE LAST BIG RUN BEFORE WINTER

24. RUNNING ON A PERFECT SUNNY MORNING IN 65 DEGREE WEATHER

25. RUNNING ON A PERFECT SUNNY EVENING IN 65 DEGREE WEATHER

26. WHO CARES ABOUT THE WEATHER? ANY DAY AND EVERY DAY IS A GREAT DAY TO RUN

27. USING A 5K AS A STEPPING STONE FOR A LARGER RACE

28. GETTING THE LATEST EDITION OF OUR FAVORITE RUNNING PUBLICATION IN THE MAIL
29. RECEIVING A FLYER FOR THE NEXT RACE
30. PUTTING THE MILEAGE FOR THE NEXT RACE
31. RUNNING A PR IN A RACE
32. IN OUR LIVES RUNNING HAS BECOME SECOND NATURE
33. HAVING THE OPPORTUNITY TO RUN A 5K, A MARATHON, AND EVERY RACE IN BETWEEN
34. SOMEBODY INVENTED A HALF MARATHON (“ONLY” 13.1 MILES)!
35. DIGGING DEEP FROM WITHIN TO FINISH THAT LAST MILE
36. RUNNING BELONGS TO YOU, NO ONE CAN TAKE IT AWAY
37. RUNNING IS NOT WHAT WE DO, BUT PART OF WHO WE ARE
38. RUNNING IS A BLESSING AND A GIFT
39. PHILIPPIANS 4:13 – I CAN DO ALL THINGS THROUGH CHRIST WHO GIVES ME STRENGTH
40. HEBREWS 12:1 – LET US RUN WITH PERSEVERANCE THE RACE MARKED OUT FOR US
41. PSALM 118:24 – THIS IS THE DAY THE LORD HAS MADE
42. ISAIAH 40 – THOSE WHO WAIT UPON THE LORD WITH RENEW THEIR STRENGTH

43. PROVERBS 4:11 – WHEN THOU GOEST, THY STEPS SHALL NOT BE STRAIGHTENED, AND WHEN THOU RUNNETH, THOU SHALT NOT STUMBLE

44. 2 CORINTHIANS 12:10 – FOR WHEN I AM WEAK, THEN I AM STRONG

45. 2 TIMOTHY 4:7 – I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH

46. KNOWING THERE'S A WATER STATION EVERY TWO MILES

47. KNOWING YOU WILL GET OVER THAT HILL

48. RUNNING ON A DOWNHILL COURSE

49. BELIEVE IT: RUNNING IS ONE OF YOUR BEST FRIENDS

50. WHETHER YOU'RE A FIRST TIME OR A LIFELONG RUNNER, YOU'RE ALWAYS WELCOME IN A RACE

51. RUNNING IS SOMETHING YOUR KIDS WILL GET UP EARLY AND DO WITH YOU

52. WHEN YOU SEE OTHERS RUNNING, YOU WANT TO GET OUT THERE AND JOIN THEM

53. AS A RUNNER, YOU BELONG TO A FRATERNITY OR SORORITY, ON THE ROAD OR IN A RACE; YOU'RE PART OF THE FAMILY

54. THROUGH RUNNING, STRANGERS, ASSOCIATES AND RACE PARTICIPANTS BECOME LIVELONG PARTNERS AND FRIENDS

55. RUNNERS ARE EVERYWHERE, REGARDLESS OF AGE, INCOME, LOCATION, GENDER, OR ENVIRONMENT

56. THERE'S JOY IN RUNNING ALONE OR WITH OTHERS

57. YOU CAN FIND A PACE RUNNER IN EVERY RACE
58. THE CAMARADERIE WITH FELLOW RUNNERS BEFORE, DURING, OR AFTER A RACE
59. RUNNING TRANSCENDS ALL NATIONS, LANGUAGES, RELIGIONS, RACES, AND CULTURES
60. SOMETIMES WE RUN IN REMEMBRANCE OF OTHERS
61. RUNNING IS A TRADITION THAT WAS BEQUEATHED TO US AND WE HAVE AN OPPORTUNITY TO PASS IT ON TO THE NEXT GENERATION
62. RUNNING REDUCES THE RISKS OF DISEASES, STRESS, AND TENSION, HELP US SLEEP BETTER, AND HELP MAINTAIN OUR WEIGHT
63. WHEN YOU'RE NOT RUNNING, YOU REALLY MISS BEING OUT ON THE ROAD
64. RUNNING IS AN ADDICTION THAT'S HEALTHY FOR YOU
65. GETTING THAT RUNNER'S HIGH
66. A SECRET EVERYONE KNOWS: RUNNING IS THE FOUNTAIN OF YOUTH
67. THE SIZE OF YOUR CLOTHES KEEP GETTING SMALLER
68. YOU'RE NEVER AFRAID TO GET ON THE SCALE
69. IS THERE A FASTER WAY TO LOSE WEIGHT OR BURN CALORIES THAN RUNNING?
70. RUNNERS ALWAYS LOOK GREAT IN THE MIRROR
71. ASK ANY MAN: FEMALE RUNNERS ARE SEXY
72. ASK ANY WOMAN: MALE RUNNERS ARE SEXY

73. YOU'RE NEVER TOO YOUNG OR TOO OLD TO RUN
74. YOU FEEL SO ALIVE AFTER RUNNING A GREAT RUN
75. RUNNING TURNS BACK THE HANDS OF TIME: YOU FEEL LIKE A KID AGAIN
76. WINNING A MEDAL IN YOUR AGE GROUP
77. EVERY RUNNER HAS A COLLECTION OF RUNNING BIBS
78. HAVING PRIZED MEDALLIONS OR TROPHIES FROM YOUR FAVORITE RACE
79. HAVING A COLLECTION OF NEWSPAPER CLIPPINGS OF OUR RACE RESULTS
80. FREE T-SHIRTS FOR EARLY REGISTRATIONS!
81. GETTING A BAG FULL OF GOODIES AT A RACE
82. WITH EVERY RACE BIG AND SMALL, THERE IS ALWAYS A DEDICATED CORE OF ORGANIZERS AND VOLUNTEERS
83. IT'S SOMETHING YOU CAN DO FOR FREE
84. TO LOOK BACK ON ALL THE RACES AND RUNNING WE'VE DONE, AND TO BE PROUD
85. JUST LIKE RIDING A BICYCLE: ONE YOU LEARN, YOU NEVER FORGET
86. OWNING AN OLD PAIR OF RUNNING SHOES AND APPAREL WE'LL NEVER OUTGROW (NOR GET RID OF)
87. TAKING A NEW PAIR OF SHOES ON THAT FIRST RUN
88. THE ARMY TEN-MILER™: NOT TOO LONG, NOT TOO SHORT, JUST RIGHT
89. SOMETIMES YOU DON'T NEED A BABYSITTER

90. NEW INVENTIONS THAT MAKE RUNNING MORE ENJOYABLE AND SAFE

91. “YOU DON’T HAVE 365 DAYS, YOU HAVE ONE DAY— BETTER MAKE IT YOUR LIFE!”—JANIS JOPLIN

92. THE MOST IMPORTANT RUN/RACE IS THE ONE YOU’RE RUNNING TODAY

93. ONE DAY YOU WILL NO LONGER BE ABLE TO RUN. TODAY IS NOT THAT DAY

94. YOU ARE NEVER TOO BUSY TO RUN

95. TAKING A LONG HOT SHOWER (OR BATH) AFTER A RUN

96. THE SMORGASBORD WAITING FOR YOU AFTER A RACE

97. THE AVAILABLE BEVERAGES AFTER A RACE

98. CROSSING THAT FINISH LINE, NO MATTER WHAT PLACE YOU’RE IN

99. CROSSING THE FINISH LINE, AND SEEING PEOPLE CHEERING FOR YOU

100. THE PRIDE AND SATISFACTION AFTER FINISHING A RACE

101. BECAUSE WE CAN!