A 26.2-Mile Journey of Pain and Joy

- On What It Takes to Run A Marathon

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What Is A Marathon?

A Marathon =

- 26.2 miles' struggle, pain, and suffering;
- the most miserable way to kill 3 - 7 hours;
- a lot of sweat and even some blood;
- the ultimate challenge of the human body endurance!

Some History

- One hero: Pheidippides
- Two cities: Marathon and Athens

Questions to A Marathon Runner

The negative opinions:

- What is the point?
- How could it be possible?
- What a terrible idea to torture one's body!
- Why are you so crazy?

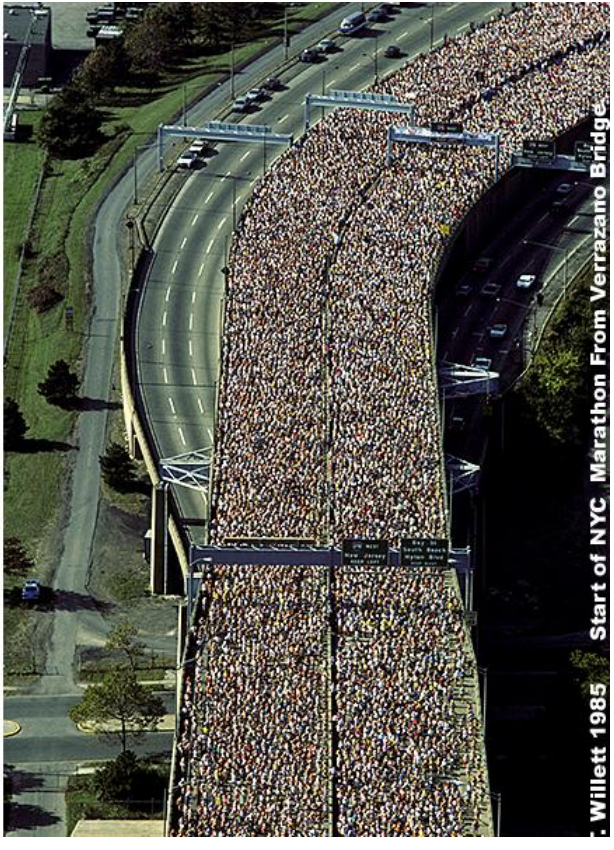
It Is Worthwhile

To suffer is to enjoy

- Increased energy
- Improved health
- A sense of accomplishment
- Increased discipline
- Quality time outdoors
- To show off to the opposite sex that you can do it
- Of course, great-looking legs

It Is Worthwhile

Haile Gebrselassie (2:03:59) 2008



NYC marathon 2009

Hard But Possible

To combat the triple terrors:

- Lactic acid accumulation
- Dehydration
- glycogen depletion

It demands respect: **physiological** and **psychological**!

Hard But Possible

As a runner:

- I used to run no more than 2 miles last year
- I have finished 3 marathons this year

  (Orlando Jan 10, Long Island May 2, and Philadelphia Nov 21)

Do the math:

- walk at 3 mph $\Rightarrow$ finish in 9 hours
- walk at 4 mph $\Rightarrow$ finish in 6:30

Runners I know: ***My wife, my colleagues, my Ph.D. advisor and his son, my neighbors, many of my friends..... and maybe some of you?***

Proper Training Will NOT Harm Your Body

Be intelligent and thorough

- sufficient training
- be patient, not too aggressive
- balance training and recovery
- wear suitable shoes
- run in good form
- eat properly
- follow a schedule that fits you the best

Why Are We So Crazy about It?

Just go out and join the crowd, you will understand!

Some Useful References

Books

- *Born to Run* by Christopher McDougall
- *Marathon: The Ultimate Guide* by Hal Higdon
- *Advanced Marathoning* by Pfitzinger and Douglas

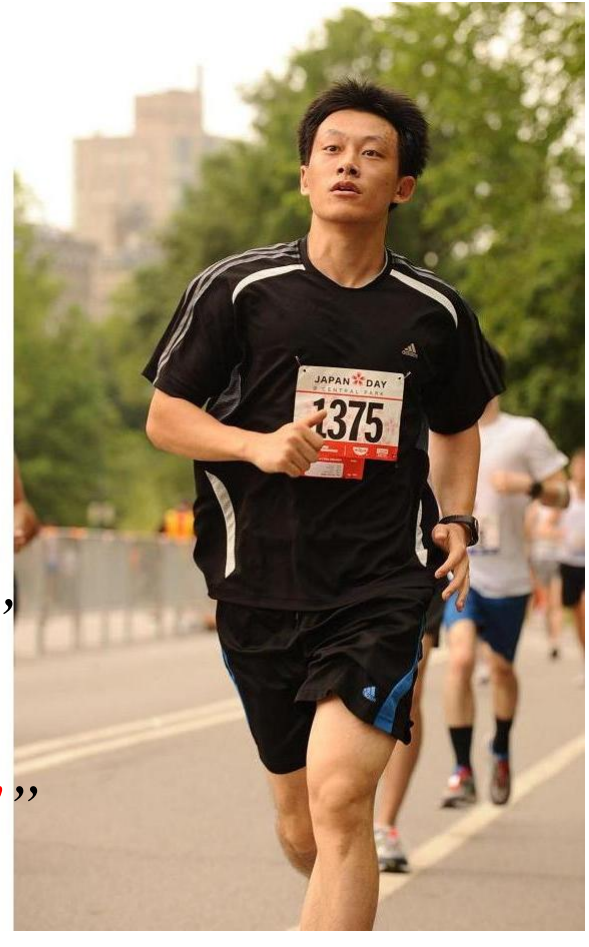
Links

- New York Road Runner (*http://www.nyrr.org*)
- Runner's World (*http://www.runnersworld.com*)

THANK YOU!

”At mile 20,
I think I am going to die...”

”At mile 22,
I know I am dying...”

”At mile 24,
I feel like I am already dead...”

”At mile 26.2,
I realize I am too tough to die!”