



1
00:00:09,110 --> 00:00:06,950
you are a marathon runner

2
00:00:11,030 --> 00:00:09,120
and i think you love running so what i

3
00:00:13,430 --> 00:00:11,040
mean what is it about running that you

4
00:00:14,950 --> 00:00:13,440
love so much what do you get out of it

5
00:00:17,029 --> 00:00:14,960
that's a good question is it time to

6
00:00:18,870 --> 00:00:17,039
think it's it is time to think i'm

7
00:00:21,109 --> 00:00:18,880
somebody who's never

8
00:00:22,630 --> 00:00:21,119
wore headphones while i run

9
00:00:24,630 --> 00:00:22,640
a lot of people

10
00:00:25,670 --> 00:00:24,640
i guess needed that ex the motivation

11
00:00:28,550 --> 00:00:25,680
the

12
00:00:29,589 --> 00:00:28,560
to get out and run to me i never wore

13
00:00:32,310 --> 00:00:29,599

them

14

00:00:34,310 --> 00:00:32,320

i would go on 20 mile runs and

15

00:00:36,790 --> 00:00:34,320

it was a good thinking time

16

00:00:39,350 --> 00:00:36,800

and i enjoyed running

17

00:00:41,590 --> 00:00:39,360

with others but almost as much or more

18

00:00:42,869 --> 00:00:41,600

enjoyed running by myself

19

00:00:45,830 --> 00:00:42,879

not that i didn't enjoy the company of

20

00:00:46,630 --> 00:00:45,840

others but it was a time to be on myself

21

00:00:47,990 --> 00:00:46,640

and

22

00:00:50,229 --> 00:00:48,000

it also

23

00:00:51,590 --> 00:00:50,239

i think running shows i'm at a point i

24

00:00:53,750 --> 00:00:51,600

haven't been running as much right now

25

00:00:55,270 --> 00:00:53,760

since i've had my son and been busy i'm

26
00:00:56,790 --> 00:00:55,280
not at the point running where i was six

27
00:00:59,670 --> 00:00:56,800
years ago and i wish i was and hopefully

28
00:01:01,189 --> 00:00:59,680
i'll be there again but but

29
00:01:03,110 --> 00:01:01,199
a lot of people say that they're not

30
00:01:04,950 --> 00:01:03,120
runners and they can't run

31
00:01:06,710 --> 00:01:04,960
and i don't always believe that because

32
00:01:08,310 --> 00:01:06,720
there's a there's a hump to get over and

33
00:01:09,830 --> 00:01:08,320
i'm i'm below that hump right now i'm

34
00:01:12,070 --> 00:01:09,840
having a hard time getting out and

35
00:01:13,750 --> 00:01:12,080
getting myself to run the way i know i

36
00:01:15,030 --> 00:01:13,760
used to be able to run so i know that

37
00:01:16,630 --> 00:01:15,040
you can get over that home because i've

38
00:01:19,429 --> 00:01:16,640

done it and i've been there

39

00:01:20,469 --> 00:01:19,439

and so i think others who say they can't

40

00:01:22,149 --> 00:01:20,479

run

41

00:01:23,990 --> 00:01:22,159

just push a little bit harder and i

42

00:01:25,749 --> 00:01:24,000

think you can i bet you'll be able to do

43

00:01:32,310 --> 00:01:25,759

it

44

00:01:33,830 --> 00:01:32,320

see people out there running now and i

45

00:01:35,510 --> 00:01:33,840

get jealous because i'm not out there

46

00:01:37,670 --> 00:01:35,520

running and

47

00:01:38,789 --> 00:01:37,680

that's some people think that's crazy

48

00:01:40,310 --> 00:01:38,799

but

49

00:01:42,069 --> 00:01:40,320

and i was at a point where it weather

50

00:01:45,350 --> 00:01:42,079

conditions it did not matter it could be

51
00:01:46,789 --> 00:01:45,360
raining snowing windy dry hot cold

52
00:01:47,830 --> 00:01:46,799
i would go on run

53
00:01:50,230 --> 00:01:47,840
and

54
00:01:52,069 --> 00:01:50,240
you i always felt good when i got done

55
00:01:53,990 --> 00:01:52,079
if it was a short run or a long run you

56
00:01:55,590 --> 00:01:54,000
just always feel good about the run

57
00:01:57,109 --> 00:01:55,600
about yourself

58
00:01:58,469 --> 00:01:57,119
and you know after you run a couple

59
00:01:59,590 --> 00:01:58,479
marathons

60
00:02:01,670 --> 00:01:59,600
it's it's

61
00:02:03,590 --> 00:02:01,680
a huge accomplishment and especially for

62
00:02:04,550 --> 00:02:03,600
people i think that didn't think they

63
00:02:06,310 --> 00:02:04,560

could run

64

00:02:08,790 --> 00:02:06,320

and then you go out there and by that

65

00:02:11,589 --> 00:02:08,800

when you finish a marathon like wow

66

00:02:13,030 --> 00:02:11,599

guess what you can do that

67

00:02:14,710 --> 00:02:13,040

you know but finding the time and making

68

00:02:17,589 --> 00:02:14,720

the discipline and having the discipline

69

00:02:19,670 --> 00:02:17,599

to do it how was that i do yeah i ran a

70

00:02:20,949 --> 00:02:19,680

little bit as an undergraduate student

71

00:02:22,869 --> 00:02:20,959

but not

72

00:02:24,470 --> 00:02:22,879

not very much i did a couple i think 5k

73

00:02:26,070 --> 00:02:24,480

aces maybe

74

00:02:28,070 --> 00:02:26,080

but when i was a graduate student living

75

00:02:29,830 --> 00:02:28,080

in austin is when i really started to

76

00:02:32,150 --> 00:02:29,840

run a lot and

77

00:02:34,150 --> 00:02:32,160

i would actually use that time to think

78

00:02:36,470 --> 00:02:34,160

about my project

79

00:02:38,229 --> 00:02:36,480

and it's i would solve a lot a lot of

80

00:02:39,509 --> 00:02:38,239

times i would go for a long run at

81

00:02:41,030 --> 00:02:39,519

lunchtime

82

00:02:43,430 --> 00:02:41,040

and i remember i'd start at the ut

83

00:02:45,190 --> 00:02:43,440

campus and go down south to the river

84

00:02:47,750 --> 00:02:45,200

run around the river run back up to

85

00:02:50,470 --> 00:02:47,760

campus and uh

86

00:02:53,030 --> 00:02:50,480

and that's really i used that time like

87

00:02:54,710 --> 00:02:53,040

i said mentally a lot thinking about

88

00:02:56,710 --> 00:02:54,720

thinking about what i was working on and

89

00:02:58,150 --> 00:02:56,720

i actually solved some of the issues

90

00:02:59,990 --> 00:02:58,160

that i was having and equipment i was

91

00:03:02,149 --> 00:03:00,000

building and that type of thing for my

92

00:03:04,869 --> 00:03:02,159

project

93

00:03:07,750 --> 00:03:04,879

my first marathon i remember thinking

94

00:03:10,550 --> 00:03:07,760

if i can run 11 miles by

95

00:03:12,229 --> 00:03:10,560

this date and if i can run 18 miles by

96

00:03:14,710 --> 00:03:12,239

this date then i should be able to run

97

00:03:16,949 --> 00:03:14,720

the 26 miles by this date and i i just i

98

00:03:18,790 --> 00:03:16,959

put that on a calendar and i did it and

99

00:03:20,390 --> 00:03:18,800

i i got to the point where i was running

100

00:03:22,550 --> 00:03:20,400

that and i don't remember what my long

101
00:03:24,710 --> 00:03:22,560
run was before the marathon but i may

102
00:03:26,229 --> 00:03:24,720
have only gone to 18 miles but i figured

103
00:03:27,589 --> 00:03:26,239
at 18 i should be able to do another

104
00:03:28,869 --> 00:03:27,599
eight

105
00:03:31,030 --> 00:03:28,879
and then after that after doing the

106
00:03:34,789 --> 00:03:31,040
first marathon you kind of get hooked on

107
00:03:39,990 --> 00:03:37,110
but i think the time

108
00:03:41,270 --> 00:03:40,000
i used it as my time of thinking a lot

109
00:03:43,589 --> 00:03:41,280
when i would run

110
00:03:45,350 --> 00:03:43,599
i'm always just thinking about how bad i

111
00:03:46,710 --> 00:03:45,360
feel you know

112
00:03:49,110 --> 00:03:46,720
well i mean seriously i actually like to

113
00:03:51,509 --> 00:03:49,120

run too but i have to yeah there are

114

00:03:53,270 --> 00:03:51,519

runs there are runs where i have not

115

00:03:54,149 --> 00:03:53,280

been happy and

116

00:03:55,750 --> 00:03:54,159

and

117

00:03:57,350 --> 00:03:55,760

i just want to quit

118

00:04:00,390 --> 00:03:57,360

and especially marathons

119

00:04:02,470 --> 00:04:00,400

we're around mile 21 so you just you you

120

00:04:05,350 --> 00:04:02,480

just want to stop

121

00:04:07,589 --> 00:04:05,360

but then when you finish it's very

122

00:04:09,830 --> 00:04:07,599

it just feels really good and within an

123

00:04:11,750 --> 00:04:09,840

hour when should i do my next marathon

124

00:04:12,869 --> 00:04:11,760

you can have completely forgotten about

125

00:04:14,630 --> 00:04:12,879

that

126

00:04:16,069 --> 00:04:14,640

one hour period of time

127

00:04:18,069 --> 00:04:16,079

or half hour period of time whatever it

128

00:04:19,749 --> 00:04:18,079

was where i you know you just want to

129

00:04:20,949 --> 00:04:19,759

stop and sit down and do nothing else

130

00:04:22,550 --> 00:04:20,959

but

131

00:04:25,830 --> 00:04:22,560

then you realize well i guess i was able

132

00:04:28,790 --> 00:04:25,840

to push through it because i finished

133

00:04:29,830 --> 00:04:28,800

how do you get through it

134

00:04:32,469 --> 00:04:29,840

you just

135

00:04:35,270 --> 00:04:32,479

a lot of it for me i think is

136

00:04:36,950 --> 00:04:35,280

i just don't want to be a quitter

137

00:04:38,550 --> 00:04:36,960

you know and and i

138

00:04:40,550 --> 00:04:38,560

i know i could do it and there were

139

00:04:42,629 --> 00:04:40,560

times there were i think i've done nine

140

00:04:45,030 --> 00:04:42,639

marathons and only two where i didn't

141

00:04:46,790 --> 00:04:45,040

walk at least some portion of it

142

00:04:49,030 --> 00:04:46,800

and you know you come to the water

143

00:04:53,270 --> 00:04:49,040

stations and you walk for a little while

144

00:04:54,950 --> 00:04:53,280

and then you start shuffling along again

145

00:04:56,790 --> 00:04:54,960

you just find a way to push through it

146

00:04:58,550 --> 00:04:56,800

and i think that happens in a lot of a