

They Ask Me ,Why Do I Run ? I Ask **Why Don't They?**

Mankind is a mean machine that nature carved to run. We are only the species that is upright [Only in context of mobility ;-)], has very less body hair and sweat pores all over. We can cover vast expanse of land on foot without tiring.

I have been running Half Marathons for last 10 years now. Despite the fact that I had multiple knee injuries (I was an armed forces cadet in prime age) and the surgeries that followed, **I BASHED on REGARDLESS!**

A rather embarrassing moment arrived at the door step on 21st Oct 2018. For some reason (stupidity actually), I reported at 0540 hours to start line where as the Annual Run Fest – ADHM X 21km open was already flagged off at 0500 hours. Flabbergasted , disappointed and cursing my own self for such a miss,

I said to myself, “Well it is another run. Get started now! Damn It! Late Show Up is better than a NO SHOW UP”. It took me a while to get into a rhythm but then the RUNNING took over. I ran the first 7 km absolutely alone and finally caught up with the tail. I was amongst the runners. I finished pretty neat despite the JERK start.

The Corporate & The Long Distance Running

Today the corporate largely suffers from lack of long distance runners (read perseverance). Most of us look to make it big in a short time and some do as well; but the mass fails miserably. When you see someone ahead of you in life; at times you may have that uneasiness in your gut.

This is exactly what I felt when I was 40 minutes behind. But sense prevailed, I did not retreat albeit started to run. The result was 2:13:51 for 21km and I cut through 50% of the group.

Our corporate lives are exactly like long distance runs. The success is a function of our intrinsic capabilities, ability to train, hunger to strive, devotion to practice and perseverance to bear the pain of the distance.

Some start fast but have not a so good finish. Some start slow and have an excellent closure. Eventually everyone crosses the finish line.

Treat yourself as a LONG DISTANCE RUNNER. Remember it is not only about how fast but also about how long?

Benefits of long distance running:

- Develop Attitude to Toil.
- Focus gets Razor Sharp.
- Realise Your True Potential.
- Enabled to Self Appreciate Success.
- Lean Body, Fit Body, Sound Mind.
- Exhibit Confidence & Exuberance.
- Long Distance Runners become Good Corporate Leaders.

“My First False Start came at an age where Boys become Men and dream to end up as a high ranking officer in the armed forces. Due to recurring injuries in NDA, I had to leave the training after 04 years of prime age in that coveted institution.”

“Siva” [that does not exist] manifests because he wanted to experience “RUN”!



Harmeet @ ADHM X, 2:13:51