



# Running

I've been running since I was in 8th grade, so in some ways I'm more qualified to talk to you about running than I am about software development.

So let's talk about running.



# (Almost) Anyone Can Do It!



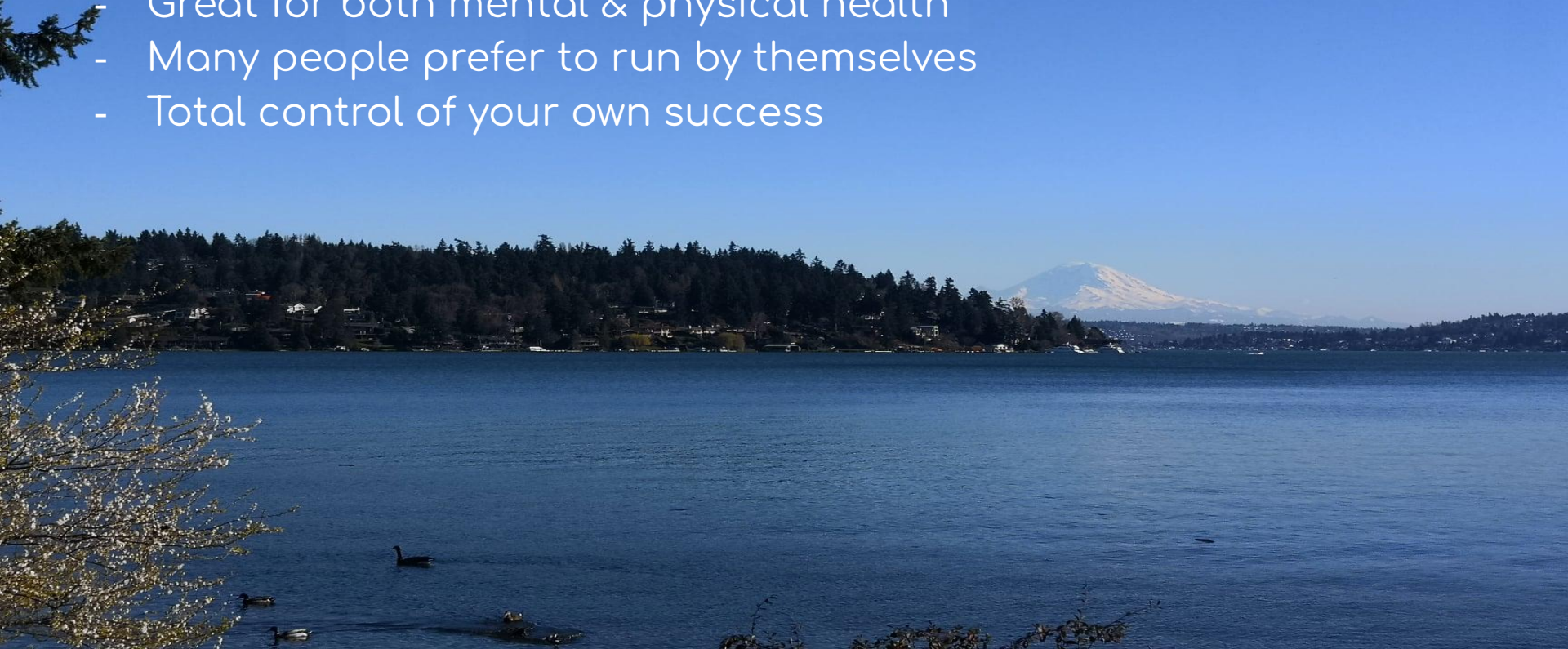
- How far doesn't matter
- How fast doesn't matter
- You don't even need to run (many walkers & hikers participate in races)
  - In trail running, even the pros walk up hills

It's all about proper goals, planning, and training



# Running Alone

- Great for both mental & physical health
- Many people prefer to run by themselves
- Total control of your own success



# Running With Others



- Friends
- Running clubs
- Other racers/strangers
- Can help you become better, faster as a group
  - Group sets the pace
- Social!

# Running With A Team

A runner's team could be:

- A coach
- A physical therapist
- Their family, friends, & other supporters
- Other runners
- Their “crew”
  - For longer races, runners need help & support along the way



# Running Starts With a Goal or Purpose



"My friends are doing it and it's fun"

"I want to get faster"

"I want to stay fit"

"It clears my mind. It's good stress relief"

"I want to push my body and find my limits"

"I want to run X distance"

"I want to summit the mountain"

"I want to win a race"



# Then, You Plan

- How many miles/minutes per week?
- Building strength & endurance is gradual
  - Incremental improvements
  - “Off” weeks or rest weeks
- Plans not set in stone; adjust as needed
- Remember your goal
  - But enjoy the training, too





# Sometimes You Adjust

This could be for many reasons:

- You overtrain/get injured
- Your race gets rescheduled
- Other priorities come up
- A pandemic



# Sometimes, You Win

## Winning:

- Personal record
- Achieving your goal
- Enjoying a gorgeous view
- It does not actually mean getting 1st
  - (unless you're really, really good)



# Sometimes... You Fail?

But as long as you learn something from it, and you enjoyed the journey, is it really “failing”?

I've failed:

- Two weeks ago - finished, but injured my achilles
- Two years ago - did not finish
- Many other times



# Speaking Of Failure...

## The Barkley Marathons

- ~100 mile trail/navigation race in Tennessee
  - 5 laps total is a finish
  - 20 miles in under 12 hours is considered great
  - Most folks don't finish the first lap
- 18 *finishers* since 1986
- Yet... people still try to do it
- 2 movie recommendations:
  - The Barkley Marathons (Netflix)
  - Where Dreams Go To Die (YouTube)



# THE BARKLEY MARATHONS

THE RACE THAT EATS ITS YOUNG



# So, why did I decide to talk about this?

- For me, running is like software development (or, most jobs, really)
  - This is about to get really cheesy, I'm sorry...
- Software development can be done:
  - Alone
  - With others :-)
- Software development requires:
  - A goal
  - A flexible plan
  - A team (**not** just developers)
  - **The ability and flexibility to adjust to unknown changes**
  - **Continuous improvement, continuous learning**
  - **Scheduled rest & “off” days**
  - Success & failure



