

**World Religious Beliefs Condensed for Runners**  
*by John Farrow*

*Agnosticism* - I do not know a good run.

*Atheism* - I don't believe in a good run.

*Buddhism* - A good run is not really a good run.

*Calvinism* - A good run is a hard run.

*Catholicism* - A good run is bad for you and you must go to confession.

*Christian Science* - A good run is all in your mind.

*Confucianism* - Confucius say run.

*Existentialism* - What is a good run anyway?

*Hare Krishna* - Run run rama rama.

*Hedonism* - There is nothing like a good run.

*Hinduism* - This run has happened before.

*Islam* - If you have a good run, it is the will of Allah.

*Judaism* - Why can't we have any good runs?

*Protestantism* - Only the righteous will have a good run.

*Rastafarianism* - Good running, good weed. No problem!

*Seventh Day Adventist* - Never on Saturday.

*Stoicism* - A hard run is the only way to run.

*Taoism* - Running happens.

*Zen* - What is the sound of a good run?

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