

# The ABCs of Running

by John Farrow

**A**void negative people, things and habits. *But see* Negative splits.

**B**elieve in yourself. If you don't, why should anyone else?

**C**ross-train. You meet the nicest people at the gym, in the pool or on a bike.

**D**on't give up and don't give in. Never, never, never.

**E**njoy life today. Yesterday is gone and tomorrow may never come.

**F**amily, friends & hidden treasures. Seek them and enjoy their riches.

**G**ive more than you planned to give. But not until it hurts.

**H**ang on to your dreams. You are never too old.

**I**mpossible - a word to lose. If you can dream it, it is not impossible.

**J**ust do it! 'Nuff said.

**K**eep on trying. *See* Quitters never win.

**L**ove yourself first and foremost. *See* Believe in yourself.

**M**ake it happen. *See* Just do it!

**N**egative splits. They are good for you.

**O**pen your eyes. See things as they really are and not as you wish they were.

**P**actice makes perfect. It will take you places, maybe even Carnegie Hall.

**Q**uitters never win. And winners never quit.

**R**est. Tomorrow is another day.

**S**top procrastinating. *See* Just do it!

**T**ake control of your destiny. *See* Impossible.

**U**nderstand yourself. Then you can understand others.

**V**isualize it. 90% of winning is half mental.

**W**ant it more than anything. *See* Make it happen.

**X**celerate your efforts. Try harder.

**Y**ou are unique. Nothing can replace you.

**Z**ero in on your target. Go for it!□

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