

Lessons from Running

By Sara Debbie Gutfreund

Because every mile is a gift.

1. There is no such thing as bad weather. All weather is perfect if you dress for it. With enough layers we can handle the cold. We can get through the heat if we hydrate properly and wear the right clothing. Life doesn't hand us "bad" weather; it's not our circumstances that determine how happy we are. It's how we respond to those circumstances – how we dress, how we prepare, how we face the day.

2. Don't start running too fast. In every race, going out too fast from the start line is a big mistake. Don't rush your growth or make too many changes at one time. Winning and growing requires consistency. Pace yourself and make sure you finish what you started.

3. Make time for recovery. The gains we make in training and in life happen on our rest days. That's when our muscles repair themselves and our souls have a chance to look at the big picture. Shabbat replenishes our physical and spiritual tanks, giving us the energy to keep on running.

4. There is no "I can't." God can make anything possible in our lives. We need to wake up every day and look at the road ahead saying: With God's help, I can do this. There is a pain threshold we think we can't get past, a level of discomfort we think we can't bear. But when we push past it, we often realize that limit was really just a false line we drew in our own minds.

5. Every finish line is a start line. When we reach the finish line, it's time to find a new start line. Keep running forward, keep growing.