

An inspirational quote to keep you going each month of the year



A RUNNER'S MIND CHRISTINE BLANCHETTE

With the imminent arrival of New Year's comes a sense of personal renewal and hope. I hope to improve all aspects of my life to better convey all the good that will come should you embrace a healthy lifestyle. Above all I wish you a safe, happy and prosperous 2012.

One of the fun things about New Year's, despite it being your 'final' day of decadent 'food and drink' before resolution number one kicks in, is hearing the declarations of friends, convinced that they will soon morph into a young Schwarzenegger or Jennifer Aniston. Soon, those plans will turn sideways because memories fade along with resolve... It's just a hard thing to do, changing a lifestyle permanently.

So without further ado, I give you twelve inspirational quotes - one for each calendar month - from a list of esteemed contributors whom I've interviewed for many columns of the past year. I hope that you will be inspired as I am.

January

"On Dec 14, 2011 I had prostate surgery. The only thing that kept me sane, that gave me faith in my body, was my running. Strangely, I was beating all my 20 year 10 mile records right up to the surgery - as if my body was reminding me that despite the prostate cancer it was super strong and as long as I ran and celebrated my health, my life, I'd pull through."

- Dan Hill

He is an international award winning singer/songwriter and author.

Read his book, I am my Father's Son.

February

"Believe in yourself. Success in running is from consistency. Develop the right program for you with tempo work and speed. Support with strength and flexibility and use time trials to gauge your progress and race pace. Finally, rest is critical - double your taper for the big one and you will reach the finish line."

- Dr. Jack Taunton
Chief Medical Officer,
2010 Winter Olympic Games



March

"Be kind to yourself: Take time to be active, especially out in the fresh air. I know that when I start my day with a nice jog or stride (after a good strong cuppa java!) I'm able to keep those daily demands in perspective and the day will be a great one!" www.lynnkanuka.com



- Lynn Kanuka
Bronze medalist, women's 1500 meters, 1984 Olympic Games

April

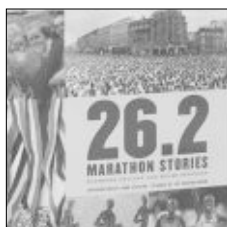
"Never give up on something you can't go a day without thinking about. This is meant for my golf but it carries over into anything really."



- Nathan Leonhardt
Canadian Professional Golfer who will be competing full time next year on the Canadian Tour, having obtained his tour playing privileges at qualifying school in 2011.

May

"To finish a marathon is to attain a small piece of immortality."



- Kathrine Switzer and Roger Robinson
Celebrity running couple (read their book, 26.2 Marathon Stories)

June

"Your age is just a number - anyone who takes up a demanding sport once they have hit the mid-century mark clearly is not troubled by the ageing process."



- Betty Jean McHugh (83 years young) - She is currently the world leading long distance runner for women 80-plus.
Read her book, My Road to Rome / The Running Times of BJ McHugh

July

"It is only now, post-sport, that I really truly realize what running gave me. Whether it was a terrible performance or a great one, it gave me a sense of accomplishment and skills that will benefit me for the rest of my life. Running for

me was more than a way to get fit and have strong performances, it was a way for me to learn, grow and most importantly find out what really makes me happy."



- Gary Reed - Two time Olympian, Canadian record holder, fourth place finish - men's 800 meters, 2008 Beijing Olympics.

August

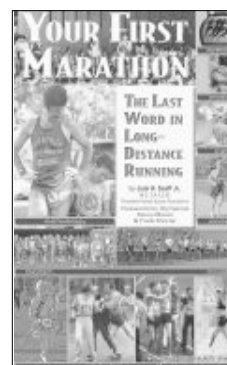
"Each runner should strive to find his own best response to training with the guidance of a coach and his own comprehensive training log. The use of technical tools like pulse rate monitoring and GPS are likely to become standard practice for every serious runner."



- Dr. Doug and Diane Clement
Former Olympians, authors, coaches, sport ambassadors

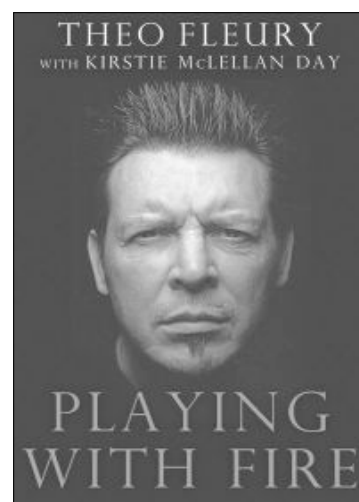
September

"You don't need to run a marathon to be in good health but rather, live as if you could!"



- Dr. Jack Scaff
He is a renowned cardiologist, founder of the Honolulu Marathon and author.
Read his book, Your First Marathon - the last word in long distance running.

October



"A man may conquer a million men in a battle but one who conquers himself is, indeed, the greatest of conquerors."
- Theo Fleury - former NHL star player, Olympian, Stanley Cup winner and author. Read his book, Playing with Fire

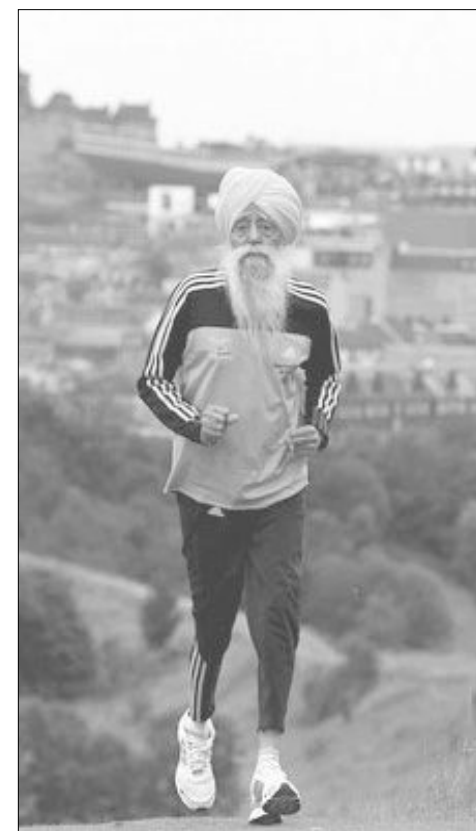
November

"My father ran in his youth, so running provides me with a connection to him and in some inexplicable way, running has enabled me to integrate both of my late parents' teachings." (Quote taken from my column, November 4, 2011 issue)



Terri-Lynn Williams-Davidson
Award winning Canadian aboriginal singer, songwriter, lawyer and avid runner

December



"The greatest running moment for me was crossing the finishing line at the Scotiabank Toronto Waterfront Marathon (fall, 2011) and being presented with the medal. As this was a lifetime ambition of mine in becoming the first 100 year old marathon finisher in the world, I hope it inspires everyone younger than me to believe they can do it - nothing is impossible."

- Fauja Singh, 100 years old (One-year-old when 'The Titanic' sank on April 14, 1912) He is the oldest man ever to run the 42.195km distance.

Fauja was born on April 1, 1911.

I humbly give many thanks to each contributor for such thoughtful, insightful and profound quotes. A special thanks to John Moe for his guidance and support.

May this inspire you to 'stay with the program' and enjoy your new, healthy lifestyle for ALL of 2012 and many more to come.

Happy New Year!
See you on the trails!