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Preface

Searching for Meaning

I like *running*—the word and all that it means. It’s a word that has action. Using your body to go somewhere faster. *Running* also means it is working, functioning as it should. This is opposed to *broken*. *Running* helped fix some of the broken parts of my life. That is why I am so passionate about it. In a very grateful way, physical running was the mentor, guide, excuse, and reason for other parts of my life to start running better.

In this book *FINDING FIT*, you will traverse through a childhood that somehow left me sad and serious. I had a dad bent on being bent. Yet, read how my mom was able to teach me things money could not buy. Discover how I found stability in *running* and the *outdoors*. How I raised my own two children and inner-city youth to all become college graduates. Enjoy stories that come from living an active life. But feel deeply with me when I stumble and life tumbles. It crashed often and even burned to the ground. Love was lost, love was gained, sometimes so misunderstood. I took the punches and got up and kept going...somehow. Determined.

Live with me in the pursuit of some lofty goals, like standing on a podium as a World Class Track & Field athlete. Adventure with me in the incredible experience of running a marathon on every continent, including Antarctica. I am a scrappy, under loved kid who developed a passion for the outdoors, people of all cultures, and the chance to race. Let my

journey inspire yours and let us all be a story of experiences, relationships, overcoming, tenacity, and growth. This is what makes life interesting!

In the book, *Trapped in the Mirror* by Elan Golombjz, Ph.D. she advocates travel and states, “Travel is outstanding, because it teaches about how people can live.” She explains how we do not really know ourselves as much as we do when we get to see life led in different ways. “Although initially fearful, I go without an accompanying group to feel myself ‘there’ as much as possible. I learn something of the language and make local friends.”

This is exactly what I did. I ran the 7 continent marathons by traveling solo to discover what would make my life healthy and to help others live their healthiest lives.

FINDING FIT is the act of discovering. A conclusion reached as the result of inquiry, investigation, and trial. It also alludes to a sense of surprise. Like the joy in discovering hidden Easter Eggs. Even the hard stuff in life is worth discovering, because *finding* it means it is no longer *lost*, buried in a lack of understanding that muddies life. *Lost* means unable to find one’s way, not knowing one’s whereabouts. You will *find* me lost in many ways in this book. But you will also discover that I *find* a path that goes somewhere. It comes from within. We can rescue our own lives.

FINDING FIT is the meaning of sculpting new narratives that provide a sense of coherence around everything sad and wonderful in our lives. *finding* means *looking* and *searching* and finally reclaiming what once was lost in us. *Finding we fit* by *finding* how to be *fit* is a formula for an energized and rewarding direction. Purposing our lives to be *up* and *running* is the healthiest way to live. Not *down* but *up*. Not *lost* but *found*. Not *broken* but *running*. *Working* properly and in *shape*—putting all those puzzle pieces together to know you *fit* perfectly. This is when we are at our healthiest best and the journey is quite worth it. *FINDING FIT* is that kind of journey.