

Learn the Pace

For distance runners in college, the coach does all within his power to impress them with the importance of recognizing one's pace. Sometimes, they run with a stopwatch; sometimes, they are asked to guess the pace of a teammate.

After months of training and experience, it is amazing how each one learns his or her own pace. Good runners do not worry about the last lap; they concentrate on the challenge of the moment.

Life is like a foot race. It requires stamina and a sense of timing. The rhythm of joy and sorrow, thrust and retardation, working and waiting, eating and sleeping, must be carefully calibrated or we lose the delicate balance so necessary in developing patience, courage and strength.

No one can run your race for you. It is yours alone. Others may coach or mentor you. They may assist you through the adversities that you encounter. But determination and perseverance take you past each milestone, and you become wiser and better for the journey.

--Beecher Hunter