

AUDACIOUS GOAL? HOW A COACH CAN GET YOU THERE

RUNNING TIMES

AMP UP YOUR LONG RUNS

3 WAYS TO ADD
QUALITY TO YOUR
DISTANCE DAYS

Desiree Linden
Trains in Rochester
Hills, Michigan,
for the Olympic
Marathon Trials

STAGE A COMEBACK

(PLUS)

5 STEPS TO DEAL
WITH THE ANGUISH
OF INJURIES

Agility Ladders,
Battle Ropes, Pulleys:
MAKE THE MOST OF
YOUR GYM TIME

SMASH YOUR RECORDS IN 2016

6 TRAINING
OVERHAULS
THAT WILL
TRANSFORM
YOUR RUNNING



HOW TO MAKE
THEM *STICK*





Wesley Korir

MARATHONER, POLITICIAN, HUMANITARIAN

INTERVIEW BY CINDY KUZMA

» Wesley Korir left Kenya for college in 2003, not planning to return. After graduating from the University of Louisville, he won the Los Angeles Marathon in 2009 and 2010, clocked a personal-best 2:06:15 in Chicago in 2011, and ran strategically to claim the 2012 Boston Marathon title. As his career peaked in 2013, he was elected to the Kenyan parliament. Now 33, he balances governing, directing the Kenyan Kids Foundation, and running—he recently placed sixth in the 2015 Chicago Marathon in 2:10:39.

As a young kid I used to see all these rich kids come to school being dropped by their dads, wearing shoes, nice clothes. I knew I didn't have that, so I looked for something to beat them at. I realized I was good in school, so I worked really hard in school. And I was good at running.

When I came here, I was surprised that America really looks like Kenya. I used to imagine that maybe money grows on trees, that there is American honey flowing, all of those things.

When I won the Boston Marathon, I went to my room, turned the shower on, and cried for hours.

My faith is the number one motivation of what I do, but also my experience in life. We're in this world for a season and for a reason.

My training is very different now. I have so much work to do. Running is not my full-time job; it is not really my first priority as it used to be. It used to be—wake up, run, sleep, eat, run. But now it's just part of the puzzle.

As much as I try to get the mileage that I used to get, it's kind of impossible to get it, because I only do one run a day. You cannot survive a marathon without long runs. So I try to get at least one long run a

week. The rest of the week is just easy runs. If I get time to do one workout, good. If I don't, I have the treadmill.

The one thing I miss a lot is the rest. I love rest.

When I'm running on the treadmill, all these politicians come and watch me run. They are amazed; they've never seen a human being go that fast. Even though they come from Kenya, they're so separated from running.

Next year I'm launching a program called Computers for Schools. In Chicago, when I was getting out of my hotel to go for my morning run, I met a runner who is a sales rep for Dell. I told him, I don't have money to buy new computers, but I can use refurbished computers. If I wasn't a runner, I would have never had a connection with Dell.

When I was poor, I used to think when I make money I will be happy. But when I make money that's not bringing happiness. It brings more sorrow. What makes you happy is to see those kids you helped.

I tell my people at the foundation, go everywhere and take a picture of what we've done. When the world is negative, I go to those pictures every day and I look and I say, "Thank you, God." These people didn't have water, they have water. These people didn't have a road, they have a road. These people didn't have

a hospital, they have a hospital.

To see the joy of kids, for the first time pumping water and drinking clean water and going to a bathroom—it just makes me happy. And it makes me want to run fast, make more money.

Even if I am not competitive as an elite runner, I'll continue running to raise money for my foundation.

My wife [Tarah McKay Korir] is in that prime age of marathon; she's only 28. Eventually what I'll do is move from competitive running to supporting my wife, become mostly her pacemaker but also run with her and support her the way she has done for me. And then I think after my wife is done, my daughter [McKayla, 5] is ready. After my daughter is done, my son [Jaden, 2] comes in. So I see myself as a runner forever. **RT**

DAY IN THE LIFE

"I wake up at five in the morning, go for 22 miles, come back. I have over 20 missed calls from the office of the president: 'Where are you?' Before I can even say hi to my wife, I run into the shower, shower, get my suit on. While I'm doing that, my wife is getting my breakfast ready. Then when you get there you are moving, moving, moving, so everything is just right. It's so mentally stressful and physically you're tired, but I've come to love it."

Natahn Perkel

