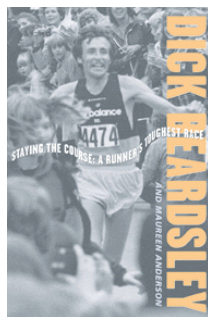


## DICK BEARDSLEY ON A RUNNER'S LIFE

### Dick Beardsley Talks with the Bounce About Running and Life

*Dick Beardsley, 4th fastest US marathoner of all time and stride-for-stride competitor with Alberto Salazar in the 1982 "Duel in the Sun" Boston Marathon sat down with **The Bounce** recently to talk about running and life.*

*The most famous race that Dick ever ran was the 1982 Boston Marathon. That's nearly 25 years in the past. From that pinnacle of sporting fame, Dick suffered a series of reversals that included a nearly fatal farm accident, multiple car wrecks and an addiction to the pain killers he used during his hospitalizations. Yet, Dick has done more than survive these travails; he is flourishing. Dick turned 50 this spring and is actively competing in his new age group. Dick ran Grandma's Marathon in June, the St Georges Marathon in October and plans to finish the year with the Dallas White Rock Marathon in December.*



*Staying the Course tells the story of this Minnesota farm boy who rose from obscurity to take center stage in the running world for a brief time. His subsequent tale of misfortunes and redemption holds valuable lessons for all, both athletes and the general public. This is a lesson in character that highlights the value of perseverance in life. This book would make a meaningful gift for anyone on your list this year!*

**nb Why do you run now when you can't be first?**

**db** That's a great question. I retired in 1988 from high level competition, but I've always continued to love running. There's a great new generation of top level competitors out there doing amazing things. Many top athletes as they age take the view that they "don't want to lose" and back out of continued competition. For myself, I continue to love the challenge of training and improving—I'm working on a whole new set of 50+ personal bests. I certainly don't do it to relive old glories. It's not that I have something to prove. I do it because it's just a hoot!

**nb Where does your resilience and perseverance come from?**

**db** God just gave it to me. I've always felt that feeling sorry never did anyone any good and that whatever happened I had to move forward. The good thing about being down is that you know things will improve soon—they have no where else to go. I sometimes get accused of being a Pollyanna, but that certainly doesn't discourage me.

**nb How about your philosophical attitude? You've had great successes (winning the London Marathon, still standing course records in Grandma's and the Napa Valley Marathons) and great disappointments.**

**db** When I ran the '82 Boston Marathon in 2:08 and finished second I couldn't believe it. But, I also knew that I had given it my very best. And that's the attitude I try to carry into any race. Some days you finish first, and that's great; but some days you finish 41<sup>st</sup>, and if you've given it your all, you can't feel bad. Disappointments, sure they happen; but if you gave what you had, then you hold your head up and move on.

**nb What are your racing plans now?**

**db** I've already run two marathons this year, Grandma's in June and St Georges in October. They were both great fun, but each had its own challenge. The weather in Duluth was hot and humid. While in Utah, the course which had looked mostly downhill on the map, turned out to run uphill from mile 7 to 12. I'm well recovered now, so I'm adding in a third marathon this season, the White Rock Dallas Marathon on December 10<sup>th</sup>. After that, I'll rest and concentrate on base mileage over the winter. I've already got the Fargo Marathon on my calendar for next May.

**nb Do you have any advice to age group runners?**

**db** I would say, enjoy yourself. Run your own race and find your own goals. I will say one thing, the very best guys in my age group now are folks who've taken some time off from competition, maybe come back to serious running after time off to raise families. Those guys have fresher legs that haven't been beaten up over the years. There's a real advantage in that. I love running as much now, or better, than I ever did. Enjoy yourselves!

**nb You've been taking nuBound since this year's Boston Marathon. What do you think about it?**

**db** I was skeptical at first. People always want me to try this or that new supplement. After taking nuBound for a month, I could tell there was a difference and that I was recovering faster than before. I've kept a running log book for the past 30 years so I know how long it takes me to recover and nuBound has truly speeded up my recovery process. Another thing is that I've not had a cold since I started, despite having family members with colds. As I said before, this stuff really works!