

# FED

" Give me your heavy footed, your less than nimble.  
Your couch potatoes yearning to be in shape.  
The woefully inactive in their reclining chairs.  
Send these, the apprehensive and uncertain among us.  
We'll guide you joyfully into your comfortable running groove!"

Way back when I became a runner, I not only learned a lot of new and potentially funny running-related things, but also soaked in as much as I could about the sport of running.

I began at the basics, like learning that aerobics are not just classes at the gym, or that "The Wall" is something other than an album by Pink Floyd.

We all have embarked on a true adventure—The Marathon Training Program. Some of you may think "Is he trying to kill us?" or "Are we Nuts?" No, not really.

Our goal here is to set up a running program that is safe and structured. The Feet for FED program helps establish a regular exercise routine, promote setting of goals and aiding each of the participants to achieve their goals, as safely and injury free as possible. The first goals should always be to continue and finish the program by completing the Marine Corps Marathon.

The primary key to the success of the Strides program is the participant himself or herself. It promotes the "Power of the Group." It is the result of the fun and the bonding that occurs in each pace group as individuals become a team. As a team, you can share the challenges, the laughs, the struggles and the exhilaration. As you give support, you will receive much more in return.

I look forward to being part of this great big group, and watching each of you set and reach your marathon goals. You will discover strengths that you didn't even know were there. To stick to a marathon-training program for six months is to become a winner!

- To finish a marathon will leave you feeling like a champion!
- You can do it!