

The Diary Of Slow Old Runner In His Attempt To Complete His 25th Consecutive Marathon

Marathons are considered one of the ultimate endurance tests, and for one slow old runner, completing his 25th consecutive marathon is a dream that he refuses to give up on. This diary follows his journey, filled with determination, perseverance, and the will to push his limits.

Meet John, a retiree in his late sixties, who took up running late in life. Initially, he struggled to jog even a mile, but he fell in love with the sense of accomplishment he felt after each run. With time, he started participating in local races, fueling his passion for long-distance running.

John's passion for running soon turned into a desire to complete a marathon. Despite his slower pace compared to other seasoned runners, he decided to take on the challenge and train relentlessly for his first marathon. The exhilaration of crossing the finish line was a moment he would never forget.



Go for 25: The diary of a Slow Old Runner in his attempt to complete his 25th Consecutive JFK 50

Mile foot race by Quick Start Guides (Kindle Edition)

★★★★☆ 4 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 247 pages
Lending	: Enabled



After completing his first marathon, John set a goal to participate in one marathon every year. As the years went by, his passion for running and his desire to challenge himself grew stronger. He realized that he could use running as a means to maintain his physical fitness and mental well-being.

As John's 25th consecutive marathon approached, he knew that it would be a significant milestone in his running journey. He decided to keep a diary documenting his thoughts, experiences, and emotions throughout this immense undertaking.

Training for the marathon was no easy task for John. Being an older runner, he had to take extra care of his body and undertake a well-balanced training program. John consulted with a professional running coach who specialized in training older athletes and created a customized training schedule tailored to his needs.

His training diary is filled with early morning runs, stretches, strength training, and rest days. John followed his training schedule religiously, ensuring he was ready both physically and mentally to face the challenge that lay ahead.

Throughout his training, John encountered various obstacles. He experienced muscle strains, fatigue, and moments of doubt. However, he learned to listen to his body, adjust his training when needed, and persevere through the pain. His diary acts as a reminder of his determination and resilience.

The day of the marathon finally arrived, and John was filled with a mixture of excitement and nerves. Surrounded by athletes of all ages and abilities, he took

his place at the starting line. The countdown began, and the adrenaline kicked in.

As John embarked on the marathon, he felt a surge of emotions. The cheers from the crowd, the camaraderie among fellow runners, and the sheer joy of participating in such a historic event fueled his determination to cross the finish line.

Throughout the race, John encountered moments of exhaustion and pain. But his willpower pushed him through each mile. He relied on the support of his running community, drawing strength from their encouragement and pushing himself beyond his limits.

The moment John crossed the finish line of his 25th consecutive marathon was overwhelming. Tears of joy streamed down his face as he reflected on the journey he had embarked upon and completed.

Completing 25 consecutive marathons is a remarkable achievement for any runner, but for a slow old runner like John, it is a testament to his willpower, dedication, and love for the sport. His diary serves not just as a record of his physical feat but also as an inspiration for others who may feel limited by age or perceived limitations.

John's story is a reminder that age should never be a barrier to pursuing one's dreams. By staying true to his passion and pushing his boundaries, he has proven that anything is possible with determination and a never-give-up attitude.

As John continues his running journey, he hopes to inspire others to pursue their goals and dreams, no matter their age. His diary will serve as a legacy, a testament to the power of perseverance and the joy of accomplishing what seemed impossible.



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“I’m not the fastest runner. I haven’t run the most miles. I don’t have the greatest number of JFK 50 Mile finishes. In my younger days, I was always average in my athletic endeavors. I’ve received a lot of participation trophies.”

I see many how-to books written by great ultrarunners and elite athletes on ultra running and what they overcame to be great. But, there are more of us ordinary people than the elites.

I’ve been running marathons and ultras since the early 90s and have completed over 100 races of at least marathon distance. I’ve never been at the front, and I brought up the rear a couple of times.

In 2020, I was preparing to complete my 25th consecutive JFK 50 Mile race. A 25th JFK finish is special. It puts you on the first page of the race rankings for the number of finishes.

A week before registration for the 58th edition opened, I started having severe digestive issues where I could not run more than four miles without searching out facilities. I became concerned that I would have to stop every five miles during the race to find a porta pot. I've been pushing the time limits for the past five years and didn't have the time to spare.

I consulted my GP and Gastroenterologist and, after eliminating many possible reasons, we determined a change in diet may help me get through the race. The recommendation was to use a low FODMAP diet.

On May 20, 2020, I had my initial appointment with a registered dietician to start a low FODMAP diet, and that day I started this daily journal documenting the process that got me to the JFK finish line six months later.

Along the way, I write about the details of a low FODMAP diet, what you need to do to complete your first ultramarathon, my views of the events 2020, and quirky ideas I concoct while running.

All low FODMAP diets are not equal. What worked for me may not work for you. However, the process I used is consistent to determine food allergies. You will be able to follow the process day by day.

You do not need to be an endurance athlete to benefit from a low FODMAP diet.

I give you the information on what is needed to complete an ultramarathon, especially when you may not be the perfect elite physical specimen where mental tenacity and logistical preparedness are enough. Running, walking, or jogging, you can do it, whatever your motivation. This book and website are my running motivation.

2020 was quite a year, COVID, George Floyd, riots, unrest, low interest, elections, and misperceptions.

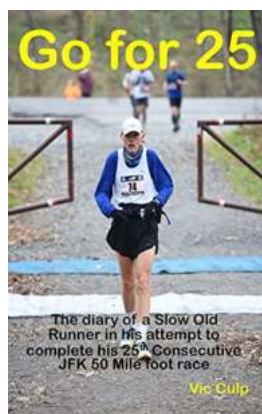
And those quirky ideas include how to reorganize Major League Baseball and the College Football Playoff process and a better way to pick a presidential nominee the next time we have over 15 potential candidates.

About the author – Vic Culp has:

- Completed over 70 marathons
- Completed a marathon in 36 states
- Never run a Boston Qualifier, though he came 3 minutes too slow in 1996
- Finished a race of least marathon distance each year from 1993 to 2020
- Finished the JFK 50 Mile each year from 1996 to 2020
- Broke 20 minutes in a 5km only once. 1996, he must have been younger.

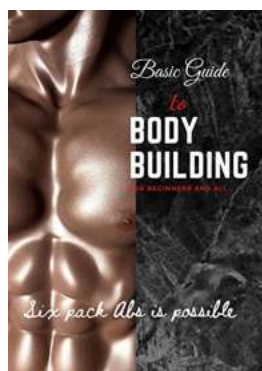
- Worked in IT for 30 years
- Founded and operated a non-profit race timing company for 13 years
- Founding race director of the Dahlgren Heritage Rail Trail 50km
- Co-founder of the Fredericksburg Area Running Club in 1994
- You can follow his blog at <https://slowoldrunner.com>

Ordinary people can achieve above-average results.



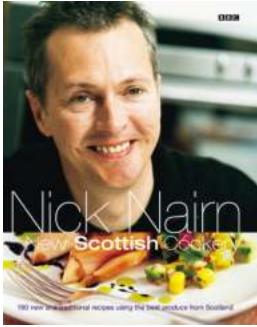
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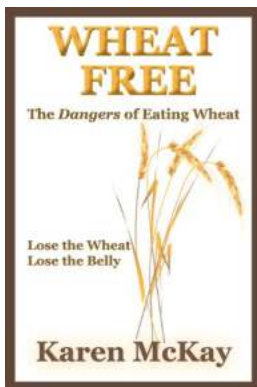
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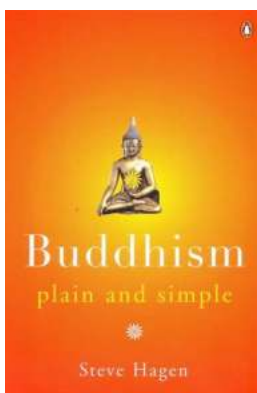
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