

Full Time Mission Message #22

Dear Elder/Sister xxxxx,

When I was at BYU we went to a football game one night. At the half time they announced that the 1/2 time show was going to be the finish of the 26 mile marathon race. The runners had started earlier that day and it was timed just right so that the first runners would arrive just as the ball game half time started. We all thought that was weird. As we sat waiting, after a few minutes they opened the gates at the end of the field and sure enough in came a runner. The race was arranged so that the last 2 miles of the 26 mile race would be run in the stadium. That is 8 times around the track.

The first runner to enter the stadium was a red headed kid. I don't remember his name now. No one else came in until he had gone all the way around the track twice so he was 1/2 mile ahead of them. Then a couple of others came in but he actually lapped them a couple of laps later. By then we were all pretty interested in watching this kid run. The announcer told us that he was an All American runner for BYU.

When he got to the 7th of the 8 laps (now remember he has just run 25 1/2 miles) he actually started to sprint. I could not believe it. And then the announcer told us that he just ran that 7th lap in 5 minutes. I assume you know what a 4 minute mile is..... When I was in the Army, I got one of the highest scores you can get on the PT test. As a part of that 10 event test I ran the mile in 6 minutes. One mile. One time. I was in top physical shape and out ran all the others. This kid did it in 5 minutes after 25 1/2 miles. We all stood and gave him a standing ovation as he ran that last lap and of course won the race. But he did more than win the race. He changed my life. As I stood there and watched this kid run like poetry in motion, I realized the hours and hours of effort he must have put into that accomplishment. The discipline and self-control he exerted to train and become more than just "A RUNNER FOR BYU". He showed me that if I had the will to do it, nothing was impossible. He changed my life. I am sure we watched the rest of the football game but all I remember now from that night is him running that 7th lap in 5 minutes.

Brother and Sister Vail

[Back To Index Page](#)