

The Toilet Roll

That's not to sat this article is full of c***!

Why, Why, Why?

Written by Trent Harlow

Much as one does during post training ablutions, it is now time to reflect upon the main course that was the first ever edition of R4YL. And what a tasty morsel it was too (Lets hope it doesn't pass through like a meal from the local curry house).

On reading through the new magazine, some questions came racing to me. Why does the Australian public need another running magazine? Why do people read running magazines? And of course, the underlying and most basic of questions, why do any of us run in the first place? So, as is my want, probably stemming from starting with the sports pages in the local paper, let us begin by attempting to answer the last question first!

Well, I'll throw one out there. I reckon there are a few basic types of runner. Maybe identifying these will help answer our question, which I have now summarized to 'why are smart people stupid?' Read on:

The Control Freak: There are all those controlling type individuals who like to have some power in our crazy, chaotic world. You can't control whether you get hit by a bus, or win the lottery, but you can control your completion of a 10miler – like the Nike ad says, "you either ran today or you didn't!"

I'm a Runner: Try describing yourself to someone and not use 'runner' as a label. Darwin categorized things for good reason. The human brain can only cope with complex systems when things are



TV and you will note the waif look is definitely in. So for all those runners, who probably simultaneously fall into the 'control freak group', body image is certainly a driving factor. I'm sure there are about 101 other reasons why we do that left, right, left, right, left, right, every day. But whatever the reason, we keep on going. I once heard Australian

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Is it just my being bias, or does the average distance runner seem to come from a generally high intellectual group. The many runners I have traveled mile upon mile with over the years have included lawyers, medical practitioners and soft tissue therapist, high school teachers, phd candidates, scientists accountants.....the list goes on. All in all, people with many sandwiches in the picnic basket. Smart people, but following a stupid past-time – lets face it, we basically start and finish at the same point and expend heaps of energy in between, with a time on our watch as the only tangible thing to show for our efforts!! Nice one!

In the words of Rohan Robinson, Olympic and Australian Record Holder for the 400m Hurdles, 'What is it with you skinny blokes? I'm not interested in going more than 1 lap of the track – it just means you didn't pay attention the first time around!'. Is that it, are we absent minded professors who have bigger picture things to think about?

categorized. 'Ahhh, you're one of those people.....'

Homo Erectus: As top of our food chain, humans like to assert their primal drives in various ways. From eating whole spatch cocks, to keeping pets. Like an adventurer who scales Mt Everest, there is some intrinsic drive to conquer. Running fulfills this need through overcoming the environment: completing the course, defeating the hill, beating the time, and all on only two feet: pretty funny, as the course never lays down!!!

Tathakata Buddha: hands up who jogs and thinks, processes, recharges, prays, becomes enlighten.....and sometimes can't even remember running the course they just completed. Was it too many wines the night before, or was it that plane of meditative thought you reached which cleansed your sole and provided you with a cathartic moment, 'Yes, I will cook lasagna for dinner'

Vortex booty: Has anyone heard the saying, 'Gaunt is beautiful'? Watch fashion

Marathon representative Scott Westcott ask rhetorically, 'why do we do this? All we seem to ever be doing is running, running, running.....' Guess what, Mr Westcott is still running, running, running! A quote from Morry Plant sums up my personal feelings on the matter '.....as Koech hits the front straight and bares his molars to the breeze.....' Is there anything better than letting it all hang out and just simply running as fast as you can!! In summary, there are probably many reasons why smart people do this stupid thing called running. And to answer the other questions posed at the beginning of this discussion, most smart people can read, hence there is a definite place for reading material that covers stupid pursuits like running.