



After the Last PR: The virtues of living a runner's life

Dave Griffin

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After the Last PR is a book about the virtues of running. It's about the disciplines a runner develops and how those disciplines positively impact the runner's life. On these pages you'll find thought provoking stories and inspiration. "Life can seem pretty complicated, but it doesn't have to be that way. It can be as simple as taking a step in the right direction, finding a path to run on, and then paying attention to the truth and the wisdom that comes along." "Faith helps us believe what our simple minds can't comprehend. Without it, greatness can fade to ordinary or worse. But with it, a disjointed journey can become spectacular, just like mine." "We all have a comfort zone, a safe room we usually avoid leaving, afraid of what might happen if we do. With preparation, we can expand its walls, but even then, our greatest potential never resides there." "Running challenges me. A thousand times, it's confronted me with obstacles I didn't think I'd overcome. It's brought fatigue and weariness, and yet even in the throes of exhaustion, it leaves a small burning ember of strength, always just enough. After so many trials, I've learned that hope is always present if you look hard enough, and hope is a precious thing." "I'll keep reflecting on the races of my past. I'll keep remembering the victories and the disappointments. And, sometimes, new light will be shed on something that used to be unclear, and new hope will grow from the sweat that still stains the old gravel."

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