

Philosophizing
by Koach Karl

Greetings, Endurance Planet Users!

I address you specifically, but what I share applies to everyone; not just endurance athletes or athletes in general, but to every one of GOD'S children. Yes, I am going to preach a little, but not to or down to you. I am just going to give you something to think about.

In reference to a couple of the last podcasts, *Ordinary and Extraordinary* and the Audio Blog, *Should an Athlete be Humble, Confident or Cocky*, there has apparently been some chatter about these on Endurance Planet Facebook. Specifically, the question has been whether or not these athletes who run 100 miles or more are extraordinary or not. First, let me tell you that I fall into this category, and I am by no means extraordinary! But let me clarify.

Look at the human being logically and applying a little faith. Not that faith isn't logical sometimes, but by definition faith is believing without all of the facts. We all have faith in different things; I personally have faith in GOD and that alone helps me with everything I do. If you look at the human body just based on scientific facts available, it is EXTRAORDINARY. We were made to endure, and by some research made to be endurance athletes. Being a product of public school, my science knowledge is lacking, but I do know we were endurance hunters and designed to be successful at it. Any idiot could figure that out; you don't even have to go back to early man for that skill. For example, consider the early settlers of the West. They traveled across this country on foot, in wagons and on horseback. They did not have Hammer products www.hammernutrition.com (you didn't think I would pass up an opportunity for a plug) or coaches www.koachkarl.com (FUNNY!) or specially designed shoes. They survived on what was available at the time, living off the land provided by GOD. A great testament to the settlers was that they crossed Death Valley! There are a few of us that do that for FUN today. Again, they did not have gels, electrolyte drinks or a crew. So if you do not think we were designed to be endurance athletes you are just kidding yourself.

This brings me to our Sunday School lesson. If you think our design was an accident or some cosmic Big Bang, you, again, are kidding yourself. GOD made us perfect and then of course we corrupted it with our sins. Too simple? Well, life is simple. Deal with it.

As Kevin, <http://www.enduranceplanet.com/public/296.cfm> and Ryan, <http://www.enduranceplanet.com/public/292.cfm>, attest to their faith in GOD and Christianity so do I. I take it a step further and tell you I am a Christian but am constantly battling my personal demons. I have led a life of sin and degradation, and I continue to struggle. But with GOD and Paula (my wife sent by GOD) in my life, I know I am a better man everyday. The journey is hard, as we are all weak and with sin. My Christian journey reminds me of one of my favorite quotes from a comedy classic, *Hot Shots*, (insight into my lack of maturity, while closing in on 50 years old), the female lead tells Charlie Sheen's character "I'm a virgin; I'm just not very good at it." I am a Christian, and I am just not very good at it, but I am a work in progress! No one is perfect; we all fall short but the key is to ask for forgiveness and move on. I believe if you are sincere, GOD will forgive. Remember these are my views, NOT every Christian

believes that. We are all responsible to GOD and how we deal with that is a personal choice. Enough preaching!

These beliefs are what shape my opinion that we are all Extraordinary and capable of anything, so if we are all extraordinary then that would be by definition Ordinary. Think about that for a minute. We all have gifts and talents, and I believe we are by design (again) endurance athletes! I believe we all can run 100 miles, if we want to do that. We are all capable.

But the X Factor comes in to play at this point: FREE WILL. GOD gave it to us, and we choose to reach our potential or we choose not to reach our potential. It is that simple! I know some of you are saying "I cannot run 100 miles." Well, NO you cannot. Why? Because you have already convinced yourself you cannot. If you tell yourself something often enough, then it will come to pass. So with a negative attitude towards anything you will get negative results. You must believe in your abilities and you can accomplish anything. I believe that GOD created us to endure and overcome obstacles, whether in our daily life or training for an ultra. We can adapt and overcome! It is a choice! Many people choose to take the easy way out or "the path of least resistance." I get really irritated when people take the path of least resistance, but we do have free will, and it is, as of now, a free country. I do not judge people for taking the easy way out; I am disappointed because they will never know their potential. That is sad and unfortunate. Lately, as a nation, we have embraced mediocrity, because we are getting lazy and just getting by is OK. Our founders are rolling in their graves, since they and millions of others fought and died so that we could embrace freedom and excel at what ever we choose to do.

We are all EXTRAORDINARY by GOD's design. In essence, that is Ordinary. It is EXTRAORDINARY to make that choice, step out of your comfort zone and accomplish what we were designed to do. Instead of settling for mediocrity, get off the couch, QUIT playing video games, stop whining about life, and be EXTRAORDINARY.

That's all for now.

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