

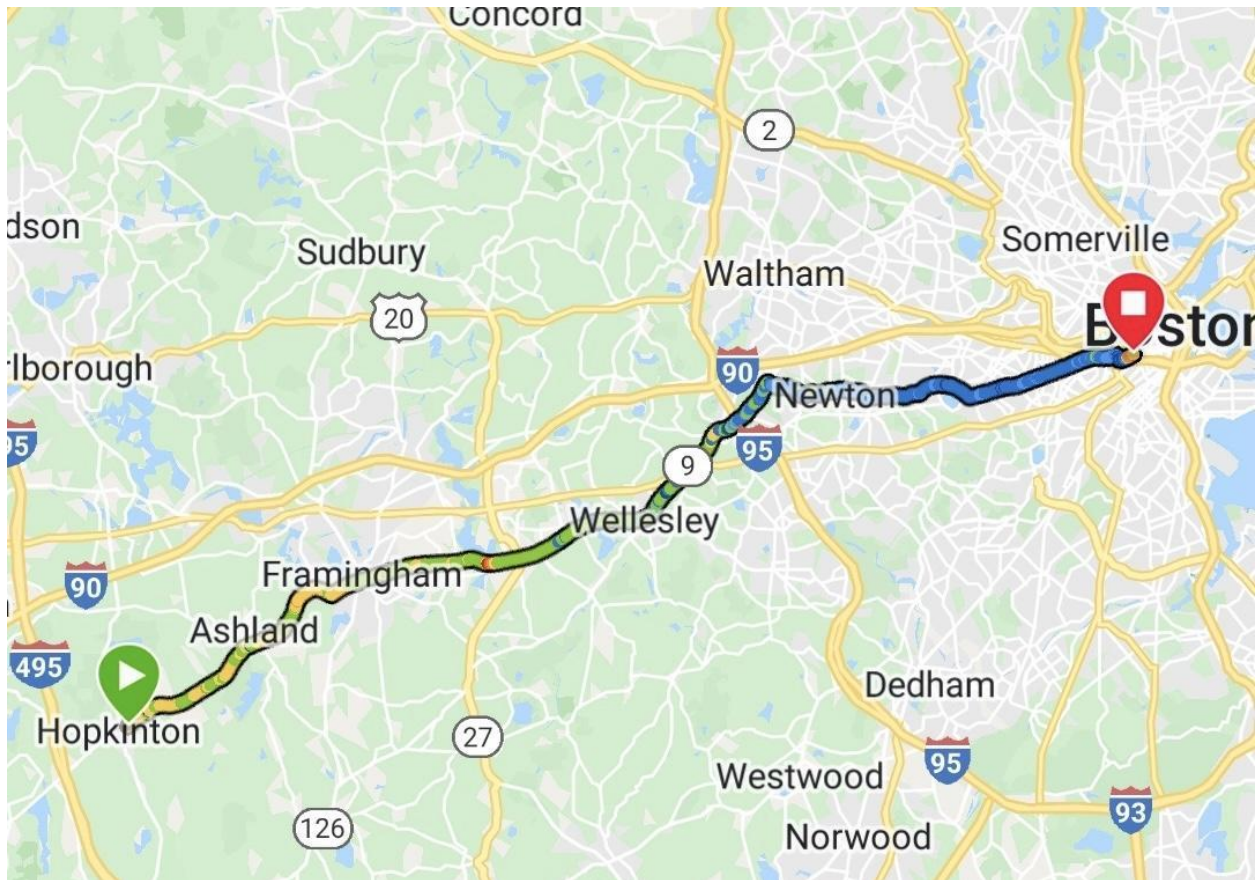
Captains In Action — Alumni of Christopher Newport University, Vince Eure Runs Boston Marathon

Vince Eure made a promise to himself when he turned 50, that he would not go any further into his 50s unhealthy and he had goals to be prosperous. In an attempt to start this major health journey, Mr. Eure began focusing on his physical health by going to the gym and exercising, just like he promised. He was 53 when he ran his very first marathon. The process leading up running the marathon required lots of physical and mental preparation, and impacted him spiritually as well.

Before running the Boston Marathon, Mr. Eure had only run local marathons that may have just required him to take a quick trip via the nearby subway train in order to attend. But the Boston Marathon was several states away from his home in Virginia, and the travel time was significant.



The race is 26.2 miles. Being prepared to run that distance meant that Mr. Eure had to train really hard. His physical training schedule was organized and planned to meet his specific needs. Mondays are for weight lifting and strength training. Tuesdays and Wednesdays are days off for rest. Fridays and Saturdays are for training and some running. But long runs are on Sundays.



(Distance of the Boston Marathon)

When training for a marathon, Mr. Eure says that diet and nutrition are important! During this interview with representatives of 757 Sports Connection, he said that he did a lot of carb-loading days before running the marathon. This means that he ate lots of foods like pasta and oatmeal, to ensure he didn't run out of energy while running.

When moving your body so much during marathon training, you would tend to get sore and achy. In order to ease those pains, Mr. Eure says that he will sometimes treat himself to a massage to help relieve pain and relax some of his muscles.



When getting stressed or in need of relaxation, Mr. Eure practices meditation and mindfulness. Studies have shown that meditation, or the practice of breathing exercises, is good for controlling heart rate and lowering blood pressure.

When training for a marathon, it is important to be disciplined. Imagine days when it is cold and raining but there is a 6 mile run you have to do. You have to train if you want to receive better results in your performance. Mr. Eure suggests that on days like that, have a friend or family member who would be available to pick you up if the weather gets really bad.



Friends and family can play an important role in helping to get prepared for running a marathon. Mr. Eure says that his family was always understanding about his training schedule and that helped him to stay mentally strong. A lot of the success is about having the right motivation to keep pushing.



Mr. Eure tries to spend as much time with friends and family as he can. His schedule can be quite full with his training schedule and running in marathon races, but he says he tries to complete his workouts in the morning, so he can spend time with family in the evenings. His family has been very supportive of him running his marathons. Staying positive and calm when running the marathon helps him to navigate the route he has to run.

Doing his training early in the morning is part of a spiritual process as well. Living a healthy lifestyle became so important to Mr. Eure. Now, there's something spiritually fulfilling about starting his day working towards his goal, while watching the sun rise.

So, to prepare for marathons, and more importantly, to maintain a healthy lifestyle, Mr. Eure's mind, body, and spirit had to be coordinated.



