

A new Life

I was quite unfit in the summer 2002, but the quest for the NovoNordisk DHL in September 2002 started my running career which is now legendary in the Danish running community, and Sunday 02-Nov-2008 I completed my marathon nr. 100. This achievement took less than 4 1/2 years from the first in May 2004, a clear record in Denmark for the first 100 marathons.



Yes, it is amazing what a small goal in the realms of a Novo Nordisk DHL race participation can lead to, but this is nevertheless a true story, which started with and was propelled by joining my Novo Nordisk colleagues at a weekly run from our office building. At first we had the DHL race as our target but this was soon reached and the focus shifted to the social aspects of our runs and, not to forget, the beneficial health effects both mentally and physically. Thus, I felt my body was strengthened, I gained more energy and running wise I got an appetite for more. First I ran a lot of 5 and 10 K races, including the beautiful 'Novo Nordisk Bagsværd Sø-løbet', and later half marathons.



After two years of training I entered my first marathon in Copenhagen 2004 and it was an extremely exhausting experience ... but I wanted more! More came in September 2004 at Berlin marathon which totally overwhelmed me. 35.000 participants, helicopters in the air, live television and one million people on the streets cheering their lungs out. Wow! This is the kind of experiences in life that you have to feel yourself really to understand, but take my words for it: it is HUGE!

Well, later again one race took the next one and suddenly I was running +25 marathons a year and was amongst the most active marathon runners in Scandinavia, quite unbelievable even to myself. The races took me to different countries in Europe and I visited both capitals and small towns in the quest for all these unique running experiences.

Surely, some races make bigger impressions than others, of course, and should I highlight just a few I would mention the five so-called World Majors, namely Berlin, London, Boston, Chicago and New York marathon, which I am one of the very few Danes that have collected. Other races make lasting imprints on your soul due to their beautiful nature.

On top of that list I personally write "Swiss Alpine 42K" as my favorite, an extremely tough but also incredibly breathtaking mountain marathon at Davos, Switzerland. I even ran Swiss Alpine in my Spiderman suit and was interviewed to Swiss television as you can see in my race report on www.temperance.dk, where I by the way have thousands of readers worldwide each month on my very popular race reports.



At last, the unavoidable question... why? Why run so many marathons? Well, there is not a single, easy answer, but rather a web of intermingled dimensions on this running business. Let me mention a few: the physical and mental challenges, the many trips and travels and thus related cultural experiences and, perhaps most importantly, the social aspects. On the latter I think both of my many, many new friends in the running communities in Denmark, Scandinavia and Germany but also on the insights of other countries and habits that the many races have learned me and enriched my life with.



Lastly, I will mention the pure bliss of flow, popularly "runner's high"... a mental state that sometimes arises during the running. This is an exotic driver. Actually, the biggest driver is the daily training that we all can do, the daily experience of fresh air and nature impressions, and also the daily focus on healthy food, good sleeping routines and well-being in general. For sure it is never too late to start, and once you do, a whole new life may emerge. It did for me at age 37. Yes, my new marathon life started with a small goal in the context of NovoHealth, and if this story can inspire you in a positive way, it was worth telling. Thanks for reading, anyways.

Dr. Tor Rønnow, Denmark (NNIT)
