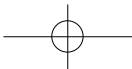


# THE CYBERNETICS OF KENYAN RUNNING



**THE CYBERNETICS OF KENYAN RUNNING**  
*Hurry, Hurry Has No Blessing*

Randall E. Mayes

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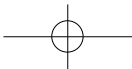
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*Dedicated to Syed Shariq, Valentin Mudimbe, and George Brooks*



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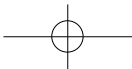
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## FOREWORD

After graduating from the University of Southern Indiana in 1998, my life changed: I decided to become a full-time runner. Initially, things did not go as expected, as I was going from one city to another in search of paid road races. That led me to Washington DC for a race. There I met Randy Mayes who later became interested in writing a book about Kenyan runners. Since then he has been a friend to me.

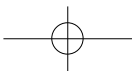
In running, focusing is the most important ingredient; most people like to refer to this as the sports psychology. My self motivation has enabled me to accomplish what I have. My running ability may have also come naturally because running is such a big part of the Kenyan culture. Compared to other sports, however, runners do make that much money—so, it is more of an interest in running that has kept me devoted.

For now, my goal is to run faster times. I'm hoping that everything will be good on my side. I have realized that running sub 2:10 is not an easy thing to do, but with speed work, long runs, hill work, tempo runs, and planning, this will be an easy goal.

Randy has been a very helpful person to me several times during my running career. More than one time I stayed in his house in Washington D.C. waiting for a race. We drove to different cities together—Baltimore, twice to Pennsylvania, and a number of road races in the Washington area. For all these activities, Randy was a huge help to me and other Kenyan runners. For someone to be doing all this without any pay in the U.S., I know he has to be great friend who loves running.

We have had many discussions about sport psychology and the mental preparation that runners need to succeed. I personally find it to be the most effective part of my success in running marathons. I have made all kinds of changes in training from when I started pro running. When I was making a critical decision to adopt new training methods, Randy was one of the people who helped me.

Elly Rono, professional runner from Nandi





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