

daily GOOD

Whatever you do with your running, you only cheat yourself by pushing, pressing, competing. There are no standards and no possible victories except the joy you are living while dancing your run. --Fred Rohe

Marathon Monks

No Nikes, no Air Jordans, no medical aid stations along the route. They run it on straw sandals. On route they make about 250 stops to pray and to chant. The "marathon monks" of Mount Hiei run a full marathon every day for more than six months, culminating with 100 days of 2 back-to-back Olympic marathons daily. Practically all known long distance running records are shattered by these Japenese Buddhist monks but they run for no other reward than spiritual enlightenment.

Be The Change:

Watch the one-hour documentary of the marathon monks of Mount Hiei.