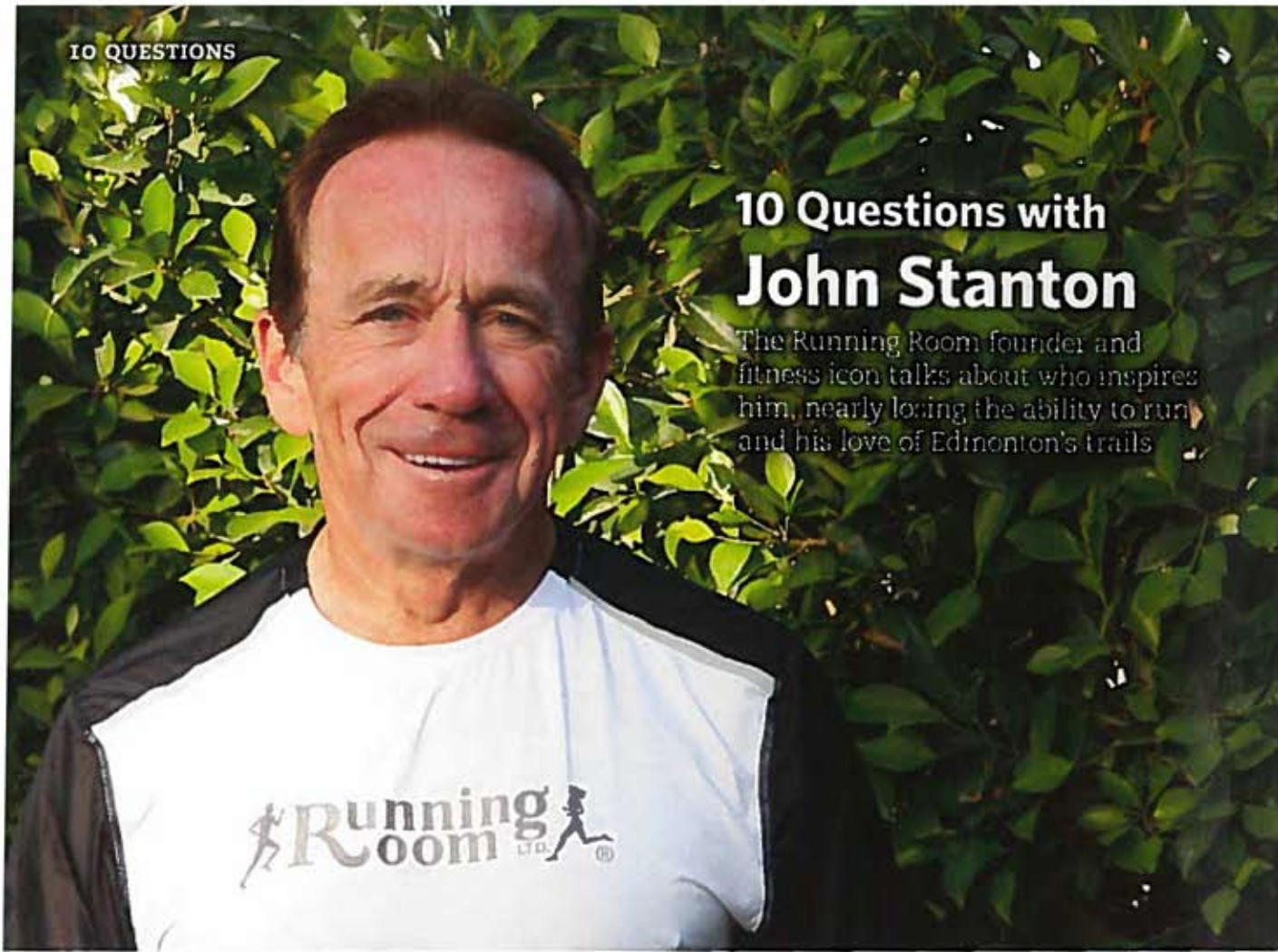


10 Questions with John Stanton

The Running Room founder and fitness icon talks about who inspires him, nearly losing the ability to run, and his love of Edmonton's trails



What would you say are the defining characteristics of a runner?

Most runners care about themselves, and because they do, they also care about others which explains why nearly all of the races in Canada have a charitable component to them. Runners get fit, make new friends and make a difference in their communities. Running is a great equalizer: the slower runners are amazed how fast the elites can run, the elites are amazed that the slower runners can run for such a long time.

What do you admire most in another runner?

That they share the values of setting goals, staying focused, working hard and celebrating success with others. We all respect each other as athletes. Running brings a commonality to our communities and builds a sense of community during times of need.

What is your idea of happiness?

Never knowing if I am working or playing.

Who are your athletic heroes?

My hands-down first favourite is Terry Fox. Second, Joan Benoit Samuelson. She won the first women's marathon at the L.A. Olympics. We first met in 1984 and we have since become good friends. She's a gold medallist in life as well as in sport. She's a winner – in her family, in the community and in all she does for our sport. When I am struggling on a run I reflect on her focused tenacity in the L.A. race, where she led the field from start to finish. Her performance was the inspiration for the title of my first book, *Start to Finish*.

Where would you like to live?

I love living in Edmonton. We have over 1200 km of park trails, and I wish I travelled less and ran more on these great trails. There's something special about running on a park trail that takes me right back to the basics of life.

What is your greatest running related regret?

Not starting sooner, rather than waiting until I was in my mid-30s. I missed a lot of great personal and interpersonal time by not running sooner. Running has brought so many special people and experiences to my life.

What is your greatest fear?

Not being able to run. I suffered a bad injury in an accident last year and for a while was not sure I would run again. After a year of physiotherapy, I'm back running. I'm terribly slow and I don't care because I am running. Now I cherish every run as being a special gift to be thankful for.

If you could change one thing about yourself, what would it be?

I'd be faster! Name a runner who doesn't want to be faster, better and stronger.

What's one thing you can't live without?

Family and friends. The fact is, it's all any of us really have of true value.

What is your motto?

Each day, be and do the best you can. And tomorrow try to be better. –CR