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## **“One Mile Runner” At It Again: SmoothToe New England Marathon...One Mile at a Time**

Sarasota, Florida, June 8, 2009 – David O'Meara, the One Mile Runner, is taking to the streets of New England this summer (July 1 – August 30) as he competes against the clock in the SmoothToe® New England Marathon. O'Meara, now 46 years old, is planning to run 26.2 one mile races with a goal of finishing in less than 2 hours and 11 minutes – an average of less than 5 minutes per mile.

One year after he completed his 20/20/20<5@45 challenge at the 5th Avenue Mile in New York City, O'Meara is at it again. Last year's event had O'Meara completing twenty sub-5 minute mile races in 20 North American Cities in 20 weeks. By the time it was over, he had traveled over 45,000 miles during the 5 month event.

Having injured his Achilles tendon and developing plantar fasciitis in late 2008, O'Meara spent the last five months developing new training techniques and significantly modifying his running stride to heal quickly and avoid future injury. He is now running time trials at the same speeds he achieved in 2007 and is ready to hit the road again.

O'Meara has proven that he can repeatedly run sub-5 minute miles; but the SmoothToe New England Marathon presents new challenges. This year O'Meara increases his race count by seven while decreasing his recovery time between races from 162 hours to 54 hours on average. With 27 races in 61 days, O'Meara's preparation has been focused on developing recovery techniques that will allow his aging body to accomplish this feat.



Adding Twitter ([twitter.com/OneMileRunner](http://twitter.com/OneMileRunner)) to his Web 2.0 communications arsenal to share updates on his daily activities this year, O'Meara will focus his blog ([blog.OneMileRunner.com](http://blog.OneMileRunner.com)) on sharing videos about his new running, training and recovery techniques.

Later this year, O'Meara will release his latest book, [Creating Amazement](#). The book shares 20 attributes that he learned during last year's 20/20/20<5@45 event and puts into perspective what it takes to achieve truly amazing results in your own business and personal lives.

For a complete list of the SmoothToe New England Marathon scheduled races and race results, please visit [www.OneMileRunner.com](http://www.OneMileRunner.com).

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### **About David O'Meara**

David O'Meara is a world-renowned coach, speaker, author and athlete. O'Meara has made a career of inspiring aspiring athletes and professional athletes of all ages. He has also trained both coaches and Fortune 500 executives on his trips around the world in Europe, Asia, and Africa. O'Meara has been the keynote speaker at world sports conferences, financial institutions, leadership organizations, and educational conferences. He is the author of [Creating Amazement](#), [Play Better, Live Better](#) and [Tennis Unlimited](#).