



# One Mile Runner Plans WONDERS OF THE WORLD TOUR

by Sekyen O'Meara



**D**avid O'Meara is a world-renowned coach, speaker, author and athlete. He has made a career of inspiring amateur 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.

In 2010, the One Mile Runner went international; actually intercontinental. At 47 years old, David O'Meara ran 6 one-mile races, in 6 weeks, on 6 continents in 29:25.95, beating his original goal of less than 30 minutes total time, or less than 5 minutes each on average (he had no interest in running in Antarctica, especially during their winter). This event introduced the challenges of international travel, including long flights, jet lag, unfamiliar accommodations and unpredictable food (he's a vegan), some brutal summer climates, unfavorable course conditions, and unusual regional illnesses. The impact of any one of these challenges can be detrimental to the completion of any international event.

I sat down with The One Mile Runner at the conclusion of his tour and asked him questions about his 2010 tour and his plans for 2011.

### David, how do you put into words such an incredible experience?

There were so many factors in this tour that could have gone wrong, but we did not focus on them. Instead, we put our focus on how things were going to fall into



place. It was nice to live this tour 'in the present.' We spent two days of travel and five days on each continent. We met so many great people along the way that it made our trip very special.

### So what was your highlight of the tour?

My highlight was to meet my wife's extended family in Nigeria. And to return to southern India where I lived for 5 years from 1986-91, to not only share my race, but also my new fitness program through various speaking engagements that week.

### What was your fastest race in 2010?

In Greece on the beautiful Island of Symi, where I took advantage of a very good course and favorable weather, I ran

4:29. The mayor of Symi met me at the finish line waving a Greek flag and presented me with a book of Symi as a gift.

### Let's talk about 2011. This tour sounds daunting as well.

Yes, it is. It is called "5 Wonders Under 25 Minutes." During this tour I will have to deal with high elevation, congested roadways and uneven terrains. We will start at the Grand Canyon, one of the Natural Wonders of the World, on May 29th. Then we will go to one of the Medieval Wonders of the World at Stonehenge in England on June 25th. We will come back to the U.S. to run one of the Modern Wonders of the World—The Golden Gate Bridge on July 16th. The Golden Gate Bridge replaced The Great Wall of China since the race officials would not allow me to run fast on the Great Wall, so the Golden Gate Bridge was chosen instead. We will then return to India, this time in the north, to run at Agra at the Taj Mahal on Aug 20th. Finally, we conclude the tour at one of the New Wonders of the World in Petra, Jordan on September 10th.

### On top of all this, I heard you are shooting a DVD at the end of the year on your new fitness program?

I will be shooting the video for my new program called Body Protection at the end of the year. This will change my life in 2012, from my tennis coaching business at Bath and Racquet, where I have been for 10 years, to traveling nationally and internationally, sharing the benefits with people of all ages and for all sports. It is one of the first programs that will focus on injury prevention and not body building. It is a very exciting time in my life as my speaking, coaching, and fitness businesses all come together in one.

**We look forward to following your travels at [www.OneMileRunner.com](http://www.OneMileRunner.com) and your weekly blog at <http://blog.OneMileRunner.com>.**

Thank you.

