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One Mile Runner Tours 20 North American Cities to Inspire Older Runners to Run Faster

Sarasota, Florida, April 7, 2008 – David O’Meara, creator of www.OneMileRunner.com, is traveling throughout the United States and Canada this summer to accomplish a feat he calls 20/20/20<5@45. That’s completing 20 one mile races, in 20 weeks, in 20 different North American cities, in less than 5 minutes each -- at 45 years old. With races as far reaching as Florida, British Columbia, New York, Alaska, and Hawaii, O’Meara’s mission is to inspire older athletes to run faster.

O’Meara will be using Web 2.0 technology while he travels to journal, blog, and podcast about his experiences, insights and newfound friends. He welcomes visitors to pose questions to him or his personal team of experts. Addressing the topics that affect every aspiring athlete over thirty, this team of experts will help older runners understand the importance of proper biomechanics, training, nutrition, and recovery.



O’Meara, an inspirational speaker and coach, was ranked 9th nationally in 2007 for the one mile 40-44 age group with a time of 4:37 (13mph) and a personal best in 2006 at 4:24. O’Meara will be sharing his training methods, performance techniques and improvement processes with running clubs and local organizations in each of the cities he visits. His inaugural race is May 10th in Tarpon Springs, FL, but you can begin to follow his training regimen and tour preparations starting today.

For a complete list of open practices, races and speaking engagements, please visit

www.OneMileRunner.com.