

Blog Entry - The Other Kingdom

I have waited and waited to write my second blog post of Bring Back the Mile, not because I didn't have a lot of say since being name California's Captain, but rather, because I have so much to say. The prestige and the mystique around the magical barrier of a sub-four minute mile and the perfect distance that is running back to back to back to back quarter miles has recaptured my heart and mind through the eyes of the California high school kids I'm asking to join me on bring back the mile here in the state of California.

Being named the California State Captain for Bring Back the Mile has given me perspective on why I love the mile and why I run. I love the mile more than ever because they're so excited to have it take the place of the 1600 meters. They want to experience what I call '[*the other kingdom*](#).'

At the beginning of July I visited the girls cross country for Warren High School, located in Downey, California. During my two visits to the girls' team I spoke about three things: the importance of knowing why they chose to be runners, why being a runner will help to be successful at everything they venture to do in life and participation in bring back the mile campaign. The entire visit was extremely memorable because the girls had a lot to say about these three topics. I was so inspired by their reasons for running and their enthusiasm for helping me to bring back the mile.

After I spoke to the girls about the bring back the mile campaign, one young lady asked me, "Do you mean we'll get to run the mile all the time starting next season?" She asked me this question so enthusiastically that it surprised me. I was surprised by her enthusiasm because it was so unexpected. Her response, in my opinion is a testament to how the significance of the mile doesn't have to be explained. Its mystique supersedes the necessity of explanation. It seems as though people just get it. Her reaction really added more fuel to the fire as far as my own enthusiasm to make sure this campaign succeeds as quickly as humanly possible. There's definitely something bigger at work here. I think this campaign is not just about running 5,287 feet, I think it's about experiencing something that gives us a sense of something greater. I believe it making sure every high school boy and girl gets a taste of that something greater, of *the other kingdom*, as early in life as possible. I know running the mile can give that to them!

I plan on visiting as many high schools in California as I possibly can over the coming months to tell my version of the story of why I want to bring back the mile and why I'm going to do everything I can to make that a reality here in California. If you want to have me visit your team please contact Bring Back the Mile and submit a request to have me speak at your school. It doesn't matter where you are, I promise I'll do everything I can to be there for you, your teammates and your school. I hope every school contacts us and invites me to speak to your team. Let's bring back the mile to California for the 2014 Outdoor Track season. Go Mile!