

Second Edition Prolog

More Reason To Believe

What prompted me to publish a second edition of this book was a talk I had with Don Neff, the father of the 2008 and 2009 1600m State Champ. Don Neff told me I should interview his son, Danny Neff, who is attending the University of Georgia. Danny told me he read this book the winter of his junior year. He followed its recommendations and went on to win back to back Division I State 1600m titles his junior and senior years. Wow, as they say in the rock and roll song “this really blew my mind.” That’s Real Reason To Believe baby!

Danny’s profile is included in this edition and as expected his training and race preparation follow the norm set by the previous state champs. A great living example of “you too can do it.”

Chuck Bridgman

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