

THE EXTRA POINT

BY JERRY ROBERTS



728 Self-Imposed Barriers are Ready to be Defeated

It was a record many people felt would never fall. That said, not everyone felt that way. One man didn't, and he changed the world. I'm Jerry Roberts, and that story is coming next, on The Extra Point.

Roger Bannister wanted to be a doctor, and he went to medical school in England. He also had another goal, he wanted to be a star runner. However, when you go to medical school, you go to school all day and you study all night. There's not much time for athletics.

He studied hard, yet still had this goal of being a champion runner and doing something that nobody else had done. You see, what you may not know is that, for a number of years, Bannister had dreamed of being the first person to run the sub-four-minute mile.

While running a mile in less than four minutes is no big deal today — even high school students have done it — it had long been a massive barrier in the minds of the public, and most runners.

Not just that, but there were doctors and scientists who believed that runners shouldn't even try it. They openly worried that trying to break four minutes could result in a person's heart bursting, killing them instantly.

In 1913, the best time was 4:14.4. In 1923, it was 4:10.4. Ten years later, in 1933, it fell to 4:07.6. A dozen years passed and Gunder Haag of Sweden lowered it to 4:01.4. Haag's 1945 record stood for nine years and seemed unbeatable.

This is when the general feeling began to build that nobody would ever break four minutes in the mile run, and further, that nobody should even try because of those potential health concerns.

Bannister was obsessed. Every day, he would

cut a different class, meet his college track coach, and train for 40-45 minutes before scurrying back to his medical studies. The effort paid off. On May 6, 1954, Roger Bannister became the first person to run the mile in under four minutes.

Why do I tell you this story? Because this was thought to be an impossible task. It couldn't be done. Then, this "impossible" barrier fell, and in the following year alone, over 30 separate people ran a sub-four-minute mile. The next year, 60 more accomplished the feat.

How could that be? How is it possible that almost 100 people broke a time that even scientists had recently proclaimed was impossible — and dangerous? There's only one logical reason. The perceived barrier was gone and, therefore, there was nothing holding them back.

You and I have our own four-minute barriers. Maybe a lot of them. Deep down inside, we know that we have certain limitations, and we're sure there's nothing we can do to change them.

Common limitations that many people share are about money. It goes like this: "My parents never made more than \$40,000 a year, and I might get to \$50,000, but no more than that."

How about work-related limits? "I'm not meant to be a manager." Or, "Women can't succeed in this field." Until one does. Or, "People in my ethnic group don't get jobs like that." Until one does.

Or, "Start my own business? People in my family don't own businesses." Until the cousin you can't stand does, and you have to hear about it every time the family gathers.

(Con't.)

Too old, too young, not enough education. We can always find excuses for not doing something. It goes into our social life, too. "Girls like that don't date guys like me." Until one does.

I'm a pretty positive guy, but I've got my four-minute mile barriers, too. How about you? Are you about ready to plow through some of those in the coming year?

Put it in writing. Tell the barrier that it is toast, and get after it. You might be amazed at what you can accomplish, once you decide you will.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

###

For information on training and consulting services with Jerry Roberts, please click this link: guamtraining.com

