

The Incredible Story of Frank Shorter: The Man Who Revolutionized Running

Have you ever wondered how running became such a popular sport? While the origin of running dates back to ancient times, it was Frank Shorter who truly transformed it into the worldwide phenomenon it is today. From his groundbreaking achievements on the track to his influential efforts in promoting distance running, Frank Shorter deserves recognition as the man who invented running as we know it.

Rise to Olympic Glory

Born on October 31, 1947, in Munich, Germany, Franklin "Frank" Shorter grew up to be one of the most accomplished American long-distance runners. His passion for the sport ignited during his high school years, and he continued to excel throughout college. However, it was his historic performance at the 1972 Munich Olympics that made him a household name.

Competing in the marathon event, Shorter was not favored to win. Many believed that the Americans had little chance against the dominant East African runners. However, defying all odds, Shorter clinched the gold medal, becoming the first American to win the Olympic marathon in 64 years.

Frank Shorter - The Man Who Invented Running: Running with the Legends

by Susannah Calloway (Kindle Edition)

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This momentous victory not only marked a turning point in Shorter's career but also ignited a running revolution. Shorter's remarkable feat sparked a renewed interest in running across the United States, with many people picking up the sport, inspired by his triumph.

Popularizing Distance Running

Following his Olympic victory, Frank Shorter became an influential figure in promoting distance running. Recognizing the need for organized races, he worked tirelessly to establish and popularize marathons in the United States. He played a pivotal role in creating the New York City Marathon, which has since become one of the most prestigious and iconic races in the world.

Shorter's efforts extended beyond just organizing races. He dedicated himself to educating the public about the benefits of running on physical and mental health. Through various public appearances, interviews, and his own personal stories, Shorter inspired countless individuals to take up running as a means of improving their well-being.

Moreover, Shorter's advocacy for anti-doping measures in sports further cemented his status as a true pioneer. He fought against the use of performance-enhancing drugs and played a crucial role in the establishment of anti-doping regulations, ensuring a fair and clean environment for athletes.

Legacy and Impact

Frank Shorter's influence on running is immeasurable. His Olympic triumph and subsequent efforts to promote distance running propelled the sport into the mainstream. Today, countless individuals lace up their running shoes and hit the roads or trails, engaging in the activity that Frank Shorter played a fundamental role in popularizing.

His impact is not only seen in the growing number of recreational runners but also in the professional running scene. American distance runners continue to thrive, and Shorter's achievements have served as motivation for aspiring athletes to push their limits and chase greatness.

Shorter's legacy extends beyond running. He has left an indelible mark on society, inspiring millions to pursue their passions, overcome obstacles, and strive for excellence in all facets of life. His determination, grit, and unwavering dedication serve as a constant reminder that with hard work and perseverance, anything is possible.

In a world where running has become a part of our everyday lives, it is essential to acknowledge the incredible contributions of Frank Shorter. Through his groundbreaking achievements on the track, his efforts to popularize distance running, and his unwavering advocacy for clean sports, Shorter revolutionized the sport of running.

We owe a debt of gratitude to Frank Shorter, the man who invented running, for showing us that the simple act of putting one foot in front of the other can lead to incredible achievements and transform lives.



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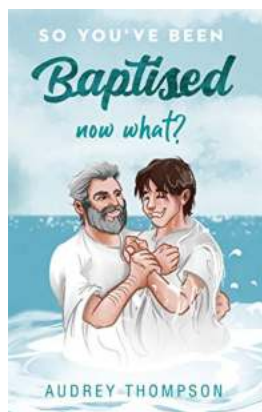
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After 10 years of running, thousands of miles of training, and 2 years of meticulous planning, it took Shorter just those 2 hours, 12 minutes, and 20 seconds to change running history by “inventing running,” a phrase Outside magazine coined in a cover story about Shorter. As the first long-distance running star for the baby-boom generation, Shorter was on many magazine covers after his Olympic win. For the first time, ABC-TV had televised the marathon nearly in its entirety, and Shorter’s victory, the first by an American since Johnny Hayes in 1908, caught the attention of the United States and the world. The thoughtful, aristocratic-looking Shorter became the spokesman for a nation awakening to the importance of exercise, leading millions of people into the promised land of fitness.

Mike Sandrock is an award-winning sport journalist with a quarter-century of running expertise. He is the author of several books including *Running Tough* and *Running with the Legends*. He currently covers running for the *Daily Camera*, and he maintains freelance status with numerous publications including *Running Times*, *Runner's World*, *Marathon & Beyond*, and *Trail Runner*. Mike is also the founder of *One World Running* (formerly *Shoes for Africa*) which is an international program promoting an awareness of health, fitness and nutrition by providing running shoes to those in need around the world. For more about Mike please visit: www.oneworldrunning.com



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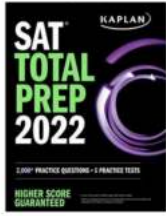
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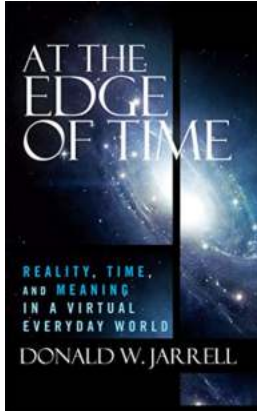
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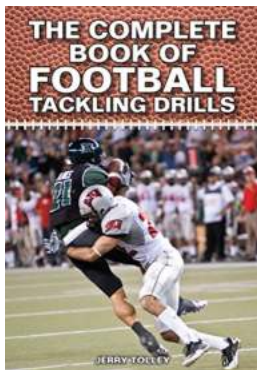
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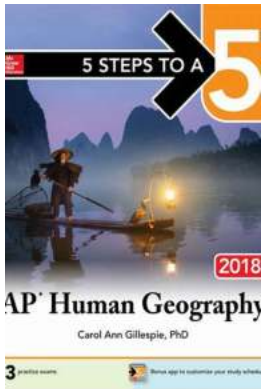
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