



by Caleb Miller

The Olympic runner Eric Liddell, of *Chariots of Fire* fame, would say that “[he felt God’s pleasure](#)” when he ran.

I have no idea what he is talking about.

I’ve always hated running. I’m not bad at it - that doesn’t mean I like it.

One of the things I hate about running is that it never seems to get easier. Sure, getting to a certain pace or time or distance can be done. But the experience of running - fast, hard, past the ability to hold a conversation (or shout a cadence!), often early in the morning in unfavorable weather conditions - has never been the least bit enjoyable for me.

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