



You Can Do It



Years ago, I was running the New York marathon. Long about the 18-mile mark, you know, you've heard about it, there is this thing we runners call the "wall." I guess it is scientifically determined that the human body, just doesn't want to run more than that many miles. The body is dehydrated, the lack of mineral salts and excess lactic acid begins to freeze up the muscles. Basically, everything hurts.



Well, anyway, I was running along this long stretch of river, the runners had thinned out by then and I was essentially running alone, when I heard this distant cry, “Come-on Tim, You Can Do It!!!”

Now this was strange, I had come to the race with only one friend, and he was in the pack miles behind. As I continued to run, there it was again:

“Come-on Tim, You Can Do It!!!” “Looking good Baby!”

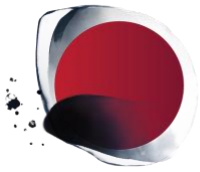
Only this time it was getting louder.

A warm and happy feeling came over me. “Someone is out there just for me — someone recognizes what I am dealing with, my struggle, my accomplishment.” I was thinking to myself as my strides lightened and I picked-up my pace.

Just ahead was the source of my new-found inspiration. There stood a little older man in a trench coat, a black Scotty dog at his feet, the misty rain gently pouring down on his fedora covered head. With binoculars in one hand, the folded New

York Times in the other, he was glancing at the numbers on the jersey of the runners, finding the corresponding number in the paper and calling out our names, one at a time.

As I passed this kindly soul, tears filled my eyes. My heart swelled, someone recognized me and cared, if only for this moment.



Associations

- Sometimes, a “little something,” at the right moment, makes all the difference.

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The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.