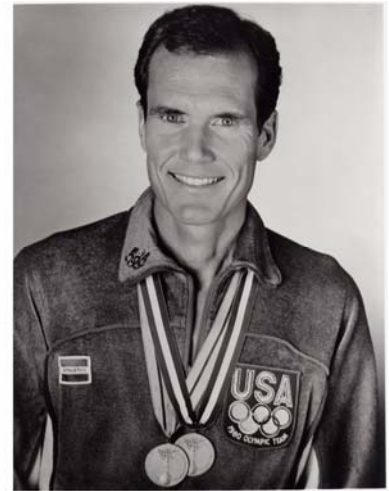


Craig Virgin

Ask a distance runner why he runs and you won't always hear about speed. You may hear about the journey. Journeys are about setting your goals, maintaining focus, overcoming adversity, going the distance, and discovering what you have inside that finally gets you there.

Craig Virgin's own personal journey is about all this and much more. It is a fascinating and inspiring journey. And, it will remind you of the great truth: **success is more often found in the journey, itself, and not just the destination!**



Not all champions are born with perfect bodies. At age five, Craig Virgin was diagnosed with a serious congenital urological disease. He underwent eight years of antibiotic therapy and many painful medical procedures. Finally, in the eighth grade, he underwent a reconstructive surgery that allowed his kidneys to improve and saved his life.

The next year he took up running and before his high school career was over he had won five Illinois State High School Championships in both cross country and track. His state meet records of 13:50 for 3 miles in cross country and 8:42 for the 2-mile track event still stand today after more than 30 years! He also broke the legendary Steve Prefontaine's national high school record for the 2-mile run with a time of 8:40 which is rarely approached even today.

In college at the University of Illinois, Virgin won nine Big 10 Championships, an NCAA Championship, and qualified for his first U.S. Olympic Team. He also led the Fighting Illini cross country and track teams to several Big 10 team titles and top 5 NCAA Championship finishes.

He went on to become a 3-time U.S. Track & Field National Champion, a multiple American recordholder, a 3-time U.S. Olympian in the 10,000 meter event, and a 2-time World Cross Country Champion. Craig Virgin's athletic accomplishments rank him among the very best in his sport. His berths on three U.S. Olympic Teams in the 10,000 meter event are unprecedented. He finished 2nd in the Olympic Trials in 1976; 1st in 1980; and 2nd in 1984. He still holds the Olympic Trials meet record of 27:46, as well as the U.S. National Track and Field Championship meet record of 27:39. He accomplished more than most and less than a very few. He was elected into the U.S. Distance Running Hall of Fame at Utica, New York in 2001.

In 1980, Virgin ran the fastest 10,000 meter time in the world! He hoped to be the first American to medal in that Olympic track and field event since Billy Mills in 1964. Unfortunately, the U.S.-led boycott of the Moscow Olympics spoiled that dream. Undaunted, Craig proceeded to become the only American man ever to win the World Cross Country Championships. He captured not one but two gold medals with breathtaking closing sprints in Paris (1980) and Madrid (1981). Virgin ranks those two victories as the highlight of his 23-year world-class racing career.

Craig Virgin has had his share of physical challenges both on the track and off. In 1994, he had his diseased right kidney removed but, in typical fashion, he left the hospital after only two days and just two weeks later finished a 10K road race in under 40 minutes!

In 1997, he survived a near-fatal, head-on automobile collision with a wrong-way driver. His injuries included two badly broken ankles, a severely bruised heart with resulting arrhythmia, a broken finger, torn rotator cuff tendons in both shoulders, cartilage damage in both knees, a broken nose, and other facial injuries. But, his indomitable inner spirit prevailed once more. Craig has endured eleven surgeries over five years along with grueling physical therapy. He has not only recovered from his injuries, but has returned to running and cross training for fitness. Quitting is just not in his vocabulary!

Throughout his life, Craig Virgin has called upon himself to produce results and achieve goals despite many, many obstacles. As he has often said, “I developed my work ethic tending to the livestock and crops on my parents’ farm. I got used to a very physical and challenging lifestyle. It made me tough and contributed to my endurance as well as my mental tenacity. **Coming from ideal conditions or circumstances doesn't always prepare you to be the best. Desire and determination are still paramount for success. Having the right attitude will always take you farther!**”

From the farmland outside his hometown of Lebanon, Illinois to distant locations around the world, Craig and his journey have impressed thousands with his attitude, his persistence, and his ability to identify and achieve his dreams. His story will make you examine your own attitude as well as your own self-imposed borders and boundaries.

When Craig Virgin tells you his story he will take you on a journey you shall never forget. When he is through, you will undoubtedly feel better prepared for your own.

References to past clients and further detailed information are available upon request.