

Impossible is often the untried

Meaning: Nothing is impossible. Not for one who is ready to work hard and continuously against all odds.

Alternatives: Nothing is impossible.

Impossible is a word to be found in the dictionary of fools.

Illustrative Story:

"Nobody has run a mile within four minutes? If only I can do that ?

Roger Bannister, a young medical student, who had won many titles on the track while at school, wondered.

He had run the mile in 4 minutes 30.8 seconds, in 1947. That was nowhere near the record set by Pavo Nurmi of Finland in 1922 .

He had set a record by covering the mile in 4 minutes 10.4 seconds. In 1945, Gunder Haegg of Germany had run the distance in 4 minutes 2.6 seconds.

"It is impossible to knock off another 3 seconds off the record of Haegg," said a friend when Bannister consulted him .

Was it impossible? Bannister could not find the answer. He told his friend, "I shall try, try my best to break the four minutes barrier .

Only then will I know for certain whether it is possible to run a mile under 4 minutes or not".

He examined the options. His medical knowledge came in handy. He studied how the body tired when he ran fast and how he could reduce the strain on the body.

Then he worked out a plan. He decided he would not worry about his speed during the entire stretch. He would break up the entire distance into four laps, each lap a quarter mile. He would work out the time for each lap. If he could cover each lap in 60 seconds or less, he could finish the mile in less than four minutes.

He practiced this plan. His timing improved. That gave him hope. Finally came his big day. He entered the one mile race organized by the British Amateur Athletic Association on May 6, 1954. He covered the first lap in 57.5 seconds. The second lap took him a little longer, 60.5 seconds. The third lap was run slower. He took

He just had 59.5 seconds to run the last lap. Could he do it? He ran like one possessed. The last 300 yards seemed unending. About that moment, he wrote later, "My mind took over... I felt the moment of my lifetime had come." He crossed the tape and collapsed. He had covered the distance in 3 minutes 59.4 seconds. He had broken the 4 minutes barrier. He had proved that nothing was impossible.

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