

# I'm a Runner

## Ziggy Marley

Musician  
43, Beverly Hills

Interview by  
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**My father** [Bob Marley] used to run on the beach in Kingston. I would go with him. The fresh air and the waves hitting the sand gave off good vibes for running.

**Fitness has** always been a priority. In high school, I played soccer and ran a lot.

**I run four** times a week. I push myself to strengthen my heart and lungs. On tour, I spend a lot of time on the bus and can't do hard runs. Before a tour, I do extensive running so I have strength in reserve.

**Until a few** years ago, whenever I couldn't play soccer, it was like, "Oh, no, I have to go running—boring running." But I started doing it more, and I enjoy it now.

**I don't listen** to music when I run. I don't want to be isolated. I listen to nature and look around.

**My hair is long**, so I run with it tucked into my sweat-shirt. I don't want it to get snagged on bushes or trees.

**When I run** on the beach in Jamaica, the fishermen are coming in when I finish. I'll help them push their boats onto shore. I'll buy fish, cook it on the beach, and have tea.



“ Running inspires me. Songs, or parts of songs, come to me. Running really opens my mind to ideas. ”

**I'm the worst** dresser. My wife hates it. Even when I go for a run, I look terrible. I wear a sweatsuit bottom and top. I look like a bum! "Look: There's a bum running!"

**I live near** a park in California. There are hills, trees, rabbits, and birds. I love that. The hills remind me of Jamaica. There's one big one.

I'll think, *Here comes this terrible hill. It's so hard, but this is where I make the greatest gains.*

**I'm a fan** of my fellow Jamaican, Usain Bolt. I like watching the sprints. But I don't watch marathons. How long is a marathon? I like sports with more action, more elements. Like soccer.

**Running is** meditative. It's spiritual. It's medicine. It relieves my stress. It helps me escape from what's going on in my life and find out who I am. I feel terrible if I don't run. I have to do it.



Go to [runnersworld.com/imarunner](http://runnersworld.com/imarunner) for a video interview, photos, and the full Q&A.

MARLEY, AN ARTIST AND FIVE-TIME GRAMMY-AWARD WINNER, WILL RELEASE HIS SEVENTH ALBUM, *LIVE FROM AMERICA*, IN DECEMBER.