



# JIM HARSHAW, JR.

*Clarity of Action. Peace of Mind.*

Success for the Athletic-Minded Man Podcast

Action Plan Episode #481

**Steve Hobeck**

Have you ever met someone who went from struggling to break a 12-minute mile to qualifying for the Boston Marathon... at 64?

Meet Steve Hobeck, the guy who didn't just crush limiting beliefs— he bulldozed them, mile by grueling mile.

Steve's story isn't some cliché overnight success. We're talking about a man who had never run more than a mile since high school, started his journey 65 pounds overweight, and faced major injuries along the way— yet ended up taking on ultra-marathons and winning his age group.

If you think age or setbacks are stopping you, Steve's story will make you rethink what's truly possible.

I'm not kidding when I say this episode might just be your sign or wake-up call to take that first step— whatever that first step is for you: joining that fitness class, asking for that promotion at work, or just simply deciding today that you won't be the same person tomorrow.

You'll hear how Steve found his running motivation, why he never lets a setback define him, and how to find that spark to elevate every area of life— whether it's fitness, business, or personal growth.

If you're ready to smash your own limits, hit play and let's get into it!

## **Top Quotes From This Episode**

*"If there is a limiting belief that I had, it was not knowing what I was capable of."*

*"I use this term 'the dreams that I've never dreamt.' I tend to not have these big dreams, mostly because of disappointment or I'll fail. But what has motivated me is that I've always wanted to be better than I am today and tomorrow. I want to see progress. I'd like to see something where I'm better at and I'll go after it just to get better."*

## Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode!](#) (1:31):** Share the podcast on social media by tagging me and using the hashtag #SAMpod:
  - **YouTube:** [@jimharshaw1](#)
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  - **Twitter:** [@jimharshaw](#)
  - **Instagram:** [@jimharshawjr](#)
  - **LinkedIn:** [Jim Harshaw, Jr.](#)
- **Realization of Potential (2:18):** Steve's first 5K experience laid the groundwork for his running journey, even though he initially lacked the motivation to continue running consistently.
- **Discovering [F3: Fitness, Fellowship, and Faith](#) (5:56):** Steve discusses how F3 became a turning point, sparking a newfound dedication to personal health and well-being.
- **The Next Milestone (10:00):** Steve describes the gradual shift from barely running to participating in pre-workout runs. He was eventually invited to join a relay race, where he experienced camaraderie, motivation, and the thrill of being part of a winning team.
- **Breaking Through Limiting Beliefs (16:10):** Steve recounts how he once believed running three miles was impossible. Over time, he began breaking mental barriers by adding miles, step by step.
- **The Journey to Boston (18:34):** Steve shares the emotional story of qualifying for the Boston Marathon, detailing his training process, the challenges faced during races, and the sense of achievement that came with crossing the finish line in Boston.
- **Experiencing Trail and Ultra-Running (26:02):** Steve talks about his experience running his first ultramarathon at Holiday Lake and how trail running introduced a new level of challenge.
- **Dealing with Injuries and Setbacks (31:48):** Steve talks about navigating the physical and mental setbacks of injury, emphasizing the importance of rest, adaptation, and finding a balance between training hard and preserving long-term health.
- **What's an action item the listener can take in the next 24-48 hours? (40:24):** Surround yourself with supportive people and set clear, achievable targets. Steve stresses that sharing your goals with others not only holds you accountable but also invites encouragement from your community.

### **Want to talk to a personal performance coach?**

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: [JimHarshawJr.com/APPLY](http://JimHarshawJr.com/APPLY)

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### **Other Episodes Referenced**

[#438 Behind the Scenes Look into a 4X Olympian's Attempt to Return to the Top of the World](#)

### **Guest Website and Social**

**Steve Hobeck**

[Website](#) | [LinkedIn](#)