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introduction: Ma Ying-Jeou is currently Taiwan's influential man. In July 1950, Ma Ying-Jeou was born in Hongkong, graduated from the law department of National Taiwan University at first, and then a PhD York University master of law, Harvard University law. Jiang Jingguo served as the English translation. In December 1998, he was elected mayor of Taipei, elected in 2002. In 2003 was elected vice chairman of the Kuomintang Chinese. 2005 was elected chairman of the kuomintang. February 2007 resigned as chairman of the kuomintang. The same year, the seventeenth Chinese Party Congress second conference officially nominated Ma Ying-Jeou in the 2008 election of Taiwan leader. < p > Ma Ying Jeou and running lasting bonds in 1974, in the United States to play volleyball with a knee injury, meniscus tear. Later, old injury has a relapse and had to undergo an operation, removal of meniscus, after the operation, he accepted the doctor's advice, running in order to promote his recovery from knee surgery. Never thought, then run the get out of hand. < p > from 1975 to the present, Ma Ying Jeou is almost make no apology for running experts, for running can be said to be to the extent of obsession, even ridden public will try and set aside time to exercise. Before was elected leader of Taiwan, Ma Ying Jeou every morning will be alone in the streets running in the morning, the populace while he runs the opportunity to redress the snitch, petitioned the report, virtually set a populist image. Now for the sake of safety, Ma Ying-Jeou had to change every day at the residence of exercise, jogging in the apartment in the square. < p > Ma Ying Jeou not only actively participate in running practice, but also study some theory knowledge of running, therefore also specially from abroad purchase to the running "Journal of research in learning, mastering many running skills and methods, improve their theoretical level. Ma's own understanding of running also reached the height of philosophy. He will be running and life closely in together, establish the running their own "three principles": don't quit halfway, halfway rest grades don't regress. He believes that running on the life of a major tip: everything should be prepared; people born unequal; do not be afraid to lose at the starting point. < p > Ma Ying Jeou love to run and movement also affected the Taiwan military construction and military discipline discipline, to officer school graduates standards, for example, men must be within 14 minutes to finish the 3000 meters, 2 minutes of sit ups, full male to do 80, pass 43 under; 2 minutes prostrate strut, men score of 71, pass to 51. This standard is known as the Taiwan media, the most stringent in Asia, the military also asked to detect once every six months. A standard, some say it is responsible for the logistics officers and veterans. But Ma Ying-Jeou think this standard actually is not strict. According to Taiwan media disclosure, Ma Ying-Jeou running the fastest record is 3000 meters 46 minutes and 11 seconds.

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