



# THE PAPER RACE

KRRC NEWSLETTER  
P.O. BOX 339  
BOURBONNAIS, IL 60914



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## ON THE RUN

We would like to thank Elly Dalton and Linda Linn for their contributions to the club as officers over the past 2 years. Each sacrificed valuable time and effort to our cause and helped us become a stronger organization. Both have stepped down from their respective positions but they will remain as strong members of our club!

Oh, the king is dead, but as they say, long live the king! The club has new leaders, a dynamic duo (a two-headed monster?) to lead us into the future. John Shoup and Tom Goodberlet are our newly elected co-presidents. What a combination! Lenin and Trotsky, watch out! Also, we have a new secretary-treasurer in Pat Baldwin. Pat will surely guide us down that golden financial path to who knows where. Boy, what a year we have to look forward to! We can't help but shine in '89!

As far as running is concerned there's not much going on at this time of year. But take heart, the racing season is just around the corner. Several St. Pats runs start the onslaught of spring racing season. And let's not forget our new social chairperson, Pat "After-Burner" Koerner. He has a tremendous summer planned for us. We will fill you in next month. So saddle up the palamino and get out on the roads and get in shape. See you at the races!

Bill Linn

## RUNNING CLUB BIRTHDAYS

Happy Birthday to Pat Koerner, March 27, his golden birthday this year. Hey, this is a new column, we missed a few! Happy belated to Charlie Grottevant, February 18, and Kelly Proctor, January 12th.

## THE STARTING LINE.

MAR 12 - SHAMROCK SHUFFLE 8K, Chicago, Il. 9am. #11/#13 after Mar. 3.  
T-Shirt, 5 yr. AG 312-664-0823 - Very Competitive!

MAR 18 - 9:00 AM MORRIS ROTARY 10K SHAMROCK RUN, Morris Community High School. #8/10, long Ts, awards to top overall and 3 deep in 5 yr. AG. (815) 942-1955.

MAR 19 - MARCH MADNESS 1/2 MARATHON, Chicago. 11:59 am.  
312-664-0823

MAR 25 - MOUNTAIN JR. SR. GRANDPA. HILL RUN. 2.2. 4.4. 6.6 mile. Kickapoo State Park, Danville. Il. 217-431-4243.

APRIL 1 - "ONLY FOOLS RUN AT MIDNIGHT" 5K. Carbon Hill, Il. 12 midnight. \$8/10 815-942-1995

APRIL 9 - "THE RACE THATS GOOD FOR LIFE". Oak Park. Il. 5K and 2K Walk \$7/10. 9am 312-527-9870

APRIL 16 - PLAINFIELD WILDCAT 5M. Plainfield H.S. More information next month.

SPRING FEVER 10K. Pontiac. No information yet.

APRIL 23 - 4TH ANNUAL 10K RUN, CHICAGO. IL. \$8/10 312-768-6564

APRIL 30 - LAKE COUNTY MARATHON/10K/1/2 MARATHON/FITNESS WALK. 312-234-2212 or send S.A.S.E to Lake County Marathon. 300 S. Waukegan, Lake Forest, Il. 60045

#### THRU THE CHUTE

FEB. 5 - Winterfest 5K - Another great turnout, especially considering the conditions. Tons of club runners. Tom Goodberlet, John Shoup, Dan Gould, Elly Dalton, Pat Koerner, Harry Simmon, Randy Riegel, Bill Linn, just to name a few! We will try to publish results.

FEB. 12 - Frosty-Five - Pat Koerner in 27:40. PR! 3rd in AG.

BILL LINN

The following article will be presented in 2 parts, the second coming in our April newsletter. Please remember that this article is not just for the elite runner. It can help us all in our quest to reach our potential in running and other areas of our lives.

#### MOTIVATION AND ATHLETIC PERFORMANCE

(The Contents fo this article were taken from the notes the author developed over several years of giving presentations on motivation).

If you think you are beaten, you are;  
If you think you dare not, you don't.  
If you like to win, but think you can't,  
It's almost a cinch you won't.  
Success begins with a fellow's will;  
It's all in the state of mind.  
Life's battles don't always go,  
To the stronger or faster man;  
But sooner or later the man who wins,  
Is the one who thinks he can.

This poem suggests that not all of an athlete's performance is based on physical preparation and effort, but that the athlete's state-of-mind is also a major contributor to performance. I quote a frequently repeated

statement: "You are what you think you are." That message is the essence of what this article is intended to convey.

We train to prepare physically, but do we train to prepare mentally? A coach will use motivation to prepare the athlete's state-of-mind; however, most in our sport do not have a coach or advisor and this aspect of training is neglected.

I hope this article will accomplish three things for you:

1 - Demonstrate and clarify the importance motivation and self-motivation can have towards training to reach your potential and in achieving performances representative of your ability.

2 - Provide definitions and an insight to motivation and self-motivation.

3 - Present to you what I believe are ten key techniques you can use to develop your training and performances.

I quote the "Introduction" to the article, "Peak Performance" by Bob Myers, University of Arizona.

From the beginner to the elite world champion, all athletes should have goals. The question is, how do athletes reach their goals. By understanding motivation and knowing what it takes to succeed, athletes can gain greater insight into the use of goal setting - not only to achieve more and better results in training and competition, but to become more productive in many other areas of their lives."

Kay Porter, a psychologist who teaches mental training techniques states: "The common trait all elite athletes have are tremendous mental skills which they use to enhance their athletic performance."

Interviewing a number of elite athletes at the 1984 Olympics she found they all exhibited these traits:

\*They have total belief in themselves and their athletic abilities.

\*They compete to WIN, not to place second.

\*They have the ability to exert total, absolute concentration and focus during competition.

\*They practice visualization of performance for days and even weeks prior to a major event.

\*They analyze any losses to learn where they could improve performance, technique and/or strategy.

\*They can let go of defeats easily and set their sights on the next challenge.

\*They never see themselves as losers, even when they hit a bad streak and lose a race or two.

Motivation and learning motivation techniques are not just for the elite athlete, they can be employed by all of us to enhance and gain more from our own participation in the sport. What may be even more important to you is that these techniques and their value don't just apply to sports but can be applied to any endeavor in which we wish to excel.

The following is the underlying principle upon which motivation works.

Whatever we may do in life it is human nature to want to do it well. Thus we seek excellence. To gain excellence you must be an achiever. Achievement is to apply one's ability through training.

In sports to achieve excellence is fundamental and obvious and teaches participants to be achievers. Sports are excellent as training for this basic enhancement of life. It saddens me for those parents that do not understand the value of sports and don't urge or support their children to participate. Even worse, at times school administrators seem to have even less appreciation for the value of sports. When there is a budget crunch

they threaten to cutout those sports most beneficial to teaching these basic values of life.

There are three equally important aspects to training. Two relate to the physical aspects of training. One of those, and the one which gets all the attention, is the application of stress, ie. the running and any supplemental, alternate, or cross training techniques employed to supplement or complement the running stress. We are concerned with the quantity (amount of running) and quality (type) of training. The second is the application of recovery techniques. It is lesser known, lesser emphasized, lesser understood, and lesser employed; but recovery is just as important to a total and successful training program as the application of stress training techniques. Here too we must be concerned with the quantity and quality of recovery techniques employed. The third aspect of training is mental preparation. Most take this one for granted and as a result they achieve less from the other two physical training techniques and their racing ability suffers. Many don't consider that there is any relationship between physical performance and mental preparation. So while they go to extremes to condition their bodies, they do nothing to condition their minds. They seem not to realize that all body functions are controlled by the mind. They don't even consider that mental preparation is an important part of training.

The importance of motivation in athletic performance was expressed by Coach Jim Bush in this quote: "The ability to motivate athletes into performing well is a major quality of a successful coach. Athletes must be emotionally inspired if they are to perform to the best of their ability. Therefore, the coach must know how to handle and motivate people in a manner that wins confidence and gets results."

Coach and author William Rowan gives us these thoughts on coaching and motivation: "A coach must work to develop positive motivational techniques based on sound principles of human behavior."... "A motivational philosophy is necessary to help guide an athlete toward positive goals and a successful program. A motivational system should meet the needs of the athlete over an extended period of time."

I would also like to emphasize to you that motivation plays an important role in your everyday training as well as significant factor as a psyche for maximum race performance. Some runners have the talent and do the workouts to back it up, yet they are not able to put it all together on raceday. Then there are those who are blessed with exceptional talent, but never do the workouts to develop it. What is it they are lacking? Both are lacking the mental and emotional drive they need to succeed, that could be gained through motivation. One is lacking the motivation required to race effectively, and the other lacks the motivation needed to do the appropriate training to develop his or her talent.

What is coaching? Do you know the definition and have you ever considered what coaching really is? Coaching is the art of teaching and motivating athletes.

The TEACHING aspect of our sport is the instruction of running and racing techniques and the generation of the TRAINING PLAN and the adherence to that plan. It is important that you know that the TRAINING PLAN must be based on both short range and long range GOALS.

William Warren in his book, "COACHING & MOTIVATION: A PRACTICAL GUIDE TO MAXIMUM ATHLETIC PERFORMANCE." states that motivation is 70% to 90% of coaching.

How many in our sport have a coach or training advisor? Probably very few.

For those who don't have a coach and still think they can fill that void by reading all there is to know about the sport to be self-taught and generate their own training plan, they will still be missing 70 to 90 percent of what a coach has to offer - MOTIVATION. You are thinking: "I am self-motivated, so I can also fill that void." But, really do you? What do you know about motivation of self-motivation. Have you studied the subject? How many books or articles are you aware of on the subject. There is a pitiful few, and few runners I know have ever read them let alone studied motivation. Yes, some of us are naturally more self-motivated than others. But even the most highly self-motivated, could they not also improve with appropriate help! Shortly I will show you that there is a major flaw in self-motivation for distance runners.

Joe Goldfarb stated: "The basic force behind a psychologically motivated athlete is the self-motivated coach." If you don't have such a coach I hope that this article will help fill that void.

Our subject is important, very important if you wish to achieve the potential which your talent can provide. Some may take their running very seriously and others see it more as a sport hobby. Regardless of your intent I think Olympic 5000 Meter Champion, Bob Schul, stated a thought that is most meaningful for us all and can be a motivation for our inspiration to be an achiever.

"Competing against others as well as yourself is a tremendous challenge. Learning about yourself is the greatest challenge of all."

Dr. George Sheehan says, "Running is self-discovery." So even if you don't plan to be a great runner, what this article provides about motivation can still be of great importance to your goals. And, if you do have a coach, remember that it is only those who have a high degree of self-motivation that excel in our sport at the elite level. Motivation can be a benefit to everyone in whatever we may do.

"What is motivation as related to our sport?" Most people, in one form or another would probably answer that it is: "Using techniques to hype an athlete to achieve his maximum performance."

That answer forgets the need of motivation in everyday training so that race performances will be of a caliber representative of the person's talent.

It also implies that motivation is only a positive hype; that by no means is the only application of motivation.

MORE IS NOT ALWAYS BETTER in distance running. Training must be PROGRESSIVE, but it must also be CONTROLLED and GRADUAL or you will result of OVERTRAINING.

Coaches are quick to recognize that there are two types of athletes. Through our past involvement in team sports and skill sports we quickly relate to the need for practice and the efforts a coach goes through to get the athlete to practice and to do so at maximum effort. In endurance and strength sports, where recovery is important to the adaptation to stress, the coach is also aware of the highly self-motivated athletes that drive themselves to self-destruction. Here the coach must use great skill to guide the athlete along that narrow edge between overdoing it and not doing enough. The coach is quite often disguising de-motivation to support recovery while maintaining the athlete's self-motivation.

What is MOTIVATION and SELF-MOTIVATION? Yes, there is a difference and to gain an understanding we should have a definition of the two. After all

we should know the definition of our subject. But first let me enlighten you that there is a serious flaw in self-motivation for endurance training and that is the real reason we should all have a coach or advisor. It is the reason we runners are so frequently injured. The injury is a result of over training - the lack of proper recovery included in your training plan. We can adapt to unbelievable levels of stress if recovery is also appropriately applied. You are thinking, what does motivation have to do with that.

A good race results in the runner's high, the runner's high is a very positive emotional state which in turn results in a high state of motivation, that usually results in our training harder to achieve even greater performances. That initially breeds success and becomes a vicious cycle leading to the overuse syndrome. Yet this is the time when it is paralleled by extreme motivation.

When you perform poorly or have a bad day training, that leads most of us to a negative emotional state which results in a loss of motivation, yet this is often when you need to be motivated to overcome a lack of training and get back your training plan. YES, YOUR EMOTIONAL STATE DIRECTLY RESULTS IN YOUR LEVEL OF MOTIVATION and this is often just the opposite of the need. All but the most intelligent self-motivated athletes fall prey to this condition. "You are often your worst enemy when it is you that is controlling your running destiny." The intelligent application of motivation should be used to control your emotions, not your emotional state at any given moment setting your level of motivation. So remember that your LEVEL OF MOTIVATION is directly related to your EMOTIONAL STATE if not controlled and that is not necessarily good in training as a distance runner. Don't let your emotional state control your training. Establish a training plan to reach your goals and use intelligence to follow it.

MOTIVATION

Motivation is a behavioral response. It is a coach finding ways to get athletes to do things they might not want to do on their own. An athlete motivated by a coach is responding to one of the motivational techniques in a predetermined way. As William Rowan stated, it is human behavior that can be predicted. We have a feeling that there's something mystic about motivation. That's not true. Motivation is predictable behavioral response. YOUR LEVEL OF SELF-MOTIVATION RESULTS IN YOUR EMOTIONAL STATE and THAT IS REFLECTED IN YOUR PERFORMANCE. MOTIVATION IS A TECHNIQUE TO PROMOTE SUCH AND EMOTIONAL STATE IN OTHERS TO ENHANCE THEIR PERFORMANCE.

What are motivational techniques that a coach uses? You'll recognize most of these:

First the coach must help the athlete establish and clarify the CHALLENGE. To meet that challenge will then require the setting of long and short range GOALS.

The coach will often use EXAMPLES to show athletes how SUCCESSFUL they can be. He will establish INCENTIVES, try to instill a POSITIVE ATTITUDE, help build SELF-IMAGE, and create a need to PROVE ONESELF in the athletes.

Promoting DEDICATION, COMMITMENT, DRIVE and PERSISTENCE are extremely important to success. He will give ENCOURAGEMENT, RECOGNITION, INSPIRATION, PRAISE, and REWARDS.

The coach notes when there has been IMPROVEMENT and points out when there is worthy accomplishment to heighten PERSONAL SATISFACTION. He will help the athlete establish SELF-DISCIPLINE and help him discover his own SELF-MOTIVATION.

The coach works to generate in the athlete SELF-ESTEEM and tries to create within him a burning desire to succeed. He will promote pride because pride is a powerful driving force that also helps establish CONFIDENCE. He will try to inspire the athlete's DETERMINATION and boost his ENTHUSIASM.

The coach will stimulate the athlete's excitement and aspiration to excel. Some coaches even set an example thus presenting a challenge. They try to reduce the routine and boredom; some use gimmicks to help achieve this. And sometimes that coach may use pressure, discipline and in team sports, even punishment.

But most of all, the coach gives assurance that the athlete is prepared and can accomplish his goal. The successful coaches make the athlete be a believer in himself.

(To be continued next month!)

### RECIPES

Here are a couple recipes that several people requested from the social last Friday.

#### Cheese Loaf

1 cup sharp cheddar cheese shredded	1/2 cup butter
1/4 tsp. Hickory salt	1 tbsp. parsley flakes
1/2 tsp. worchestershire sauce	1 loaf french bread

Mix ingredients/slice bread - spread on both sides - bake 350 - 20-25 mins.

Donna Hurst

#### Mexican Appetizers

1 pkg. 8" flour tortilla shells	1 8oz. creme cheese
1 banana pepper (remove seeds)	1/2 sm. can chopped bl. olives
or equivalent amount of finely diced mild pepper rings (in a jar)	

Beat last three ingredients together & spread on flour tortillas. Roll up tight and slice 1/2" thick. Serve with salsa.

Linda Linn

HAPPY RUNNING!

SEE YOU NEXT MONTH

I N T R O D U C I N G - - - - -

It's been 20 years ago that Ed Glazar, local attorney, started running. In fact, that's long enough for him to forget just why he started it all.

Being a 15-25 miles a week runner, Ed runs now mostly for fitness but he also runs long and short distance races very competitively. Among those he completed last year were the KCC 5-Miler, New Lenox 4-Miler, Manteno 5K, and the Broadway 5K.

In 1983, Ed successfully completed the Quad Cities Marathon with a time of 3:46.59 - a goal he hoped to reach.

On a personal note, Ed has served the legal system for 10 years, is married, not a father yet, and he enjoys golf, softball and basketball. He's been with our club a little over 6 months.

Since the best part comes at the end (an appropriate pun here), here is Ed's funniest running happening.

This goes way back to Ed's high school days when he was a member of the track team (all right, Ed). He and a friend took off on a long run through St. Xavier's College, then an all girls' school. How nice that the girls were out that day too and they didn't miss a chance to smile and point at the "cool dudes" running by them. However, upon returning home, those pumped up egos became deflated in a hurry when Ed discovered his friend's racing shorts had completely split down the back and the "moon" was shining bright that day. OOOOH! Thanks for sharing that with us. Welcome!

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Remember the lady who could have been "Female Runner of the Year", and, be still my heart, "Shoup's Woman"? Who needs titles like that when you can be President of the Prairie State Running Club. Meet Janet Velemir, a fine lady and talented athlete.

Twelve, (count 'em), twelve, years ago, Janet had a "fat bug", and that gave her the "running bug", one that has opened up many good experiences.

Janet's normal running habit includes about 50 miles per week, preferably long distance. We say normal, because Janet has been recovering from leg surgery since last summer, so running has been minimal. She'll be back on top, though. She's met her goals to run faster and farther before, even ran a marathon, her greatest running experience.

Janet's steady job is that of job developer/counselor, at it for 11 years. She likes to read, swim, golf, ski and does some weight training.

Just remember one thing before reading the next paragraph, we only asked the the questions, but we admit it, we like reading these little tidbits before anybody else does. (In other words, censorship plays a big part in this column).

Nobody believes this story, Janet says, because she was the only witness to it. Let's close our eyes now, and try to get the whole picture as Janet saw it. It's the Egan 10-Miler, at the turn-around point. A male runner is coming toward her, no its no mistake, there is part of his anatomy hanging from the leg of his shorts!!! Well, inquiring minds want to know - did you tell him or run backwards the rest of the race?

See Ellie, this can happen more than once in a lifetime?

Good luck this season Janet! With your running, that is.

Jo Boudreau & Alma Hernandez