



THE PAPER RACE

KRRC NEWSLETTER
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ON THE RUN

We are starting to find more starting lines as we spring into Spring, but Charlie Grotevant got an early start with a marathon in February in St. Louis. Charlie, who also turned 45 in February, posted a very respectable 3:29. Unlike last fall when Charlie exceeded his "Exceed" limits and gave new meaning to being "on the run," St. Louis was a nice day for a long run. Congratulations Charlie!

Also off to a running start were all those who attended the social at the Bird Park Field House. Lots of food, drink, and fun! Doug Holy presented an interesting and picturesque slide show on bicycle touring. A special thanks to Pat Koerner, John Shoup, Elly Dalton and all those responsible for a most enjoyable evening.

We also had a good turnout for the 10th Annual Shamrock Run in Morris where several club members picked up the gold. After the awards we were off to Silla-Ga-Hooley's Sports Bar & Pub (a sponsor) where the first cool one was on the house (I can't believe President Shoup wasn't there!). Al Hanley (Morris Area Leisure Services) deserves our thanks for all the great races he organizes!

Al is also responsible for the Only Fools Run at Midnight on April Fool's Day. I have a reliable source who informs me (I certainly wasn't there!) that a number of the club retardos joined over 300 other fools for this attempted suicide and that the survivors had a very good time.

DAN GOULD

THE STARTING LINE.

- APRIL 1 - "ONLY FOOLS RUN AT MIDNIGHT" 5K, Carbon Hill, Il.
12 midnight. \$8/10 815-942-1995
- APRIL 8 - JUST A LITTLE RUN 10K, Eisenhower Fitness Center, Lansing
\$8 (10 raceday), 9:30 am 312-474-5020
- APRIL 9 - "THE RACE THATS GOOD FOR LIFE", Oak Park, Il. 5K and 2K Walk
\$7/10, 9am 312-527-9870
- APRIL 15 - DEADLINE DASH (TAX DAY) 4-MILE, Jefferson Middle School,
Valparaiso, 9am \$10 thru raceday, 219-465-4600
- APRIL 16 - PLAINFIELD WILDCAT 5M, Plainfield H.S. 8:30 am, T-shirts,
5 yr. AG to 55, \$8/10, Nice PR Course! 815-436-3200

- APRIL 16 - 6TH RUN FOR YOUR LIFE-GUARD 10K, Grant Statue on Lakeshore Drive,
10 am, \$8/10, 312-294-2335
- SPRING FEVER 10K, Pontiac. No information yet.
- 8TH EASTER BIKE RIDE 25-100MI., Governors State U., University
Park, 8am, \$6 by 4/1 (\$8 thru raceday) 798-3954
- APRIL 23 - 4TH ANNUAL 10K RUN, CHICAGO, IL. \$8/10 312-768-6564
- 4TH SOUTH SHORE HOSPITAL 10K, 55th & Lakeshore Dr., Chicago,
9 am, \$10/12, 768-0810
- EARL'S PASTA POWER 5K, Earl's Cafe on Jefferson St., Joliet,
9 am, \$10/12, 815-485-6677
- NOON HUB RUN 10K, Southlake YMCA, Crown Point, Indiana
219-663-5810
- 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
- MAY 6 - RUN FOR LIFE 4-MILE, Wicker Park, Hammond, Indiana
9 am, 219-923-3912
- MAY 7 - 4TH CRETE KIWANIS KLASSIC 10K, First Street at Crete Park,
Crete, 8 am, \$8 by 5/3 (10 raceday) 672-4869
- MAY 13 - LAKE GENEVA MARATHON, 25K & 5 MILE, C. of C. Bldg., Lake Geneva
8 am, \$15 Marathon, \$12 25k, \$6-5M by 5/18 (add \$3 raceday)
312-492-1080
- 2-STATE 2-STEP 10K & 5K, Harrison Park, Hammond, Indiana
8:30 am, 219-933-2071
- MAY 14 - MOTHER'S DAY 10K, Brookfield, Il. Sorry no info!
- MAY 21 - 10TH ANNUAL ARMED FORCES 12K, Challenging scenic course!
5 yr. AG. 3 deep, T-shirts, \$8/10
- MAY 27 - TOWER TROT, Western Springs
- MAY 28 - RIVERSIDE BIATHALON

THRU THE CHUTE

- FEB. 12 - Frosty 5, Channahon - Kelly Proctor 27:18, 2nd AG
- FEB. 26 - St. Louis Olympic Memorial Marathon - Congratulations Charlie
Grotevant! 3:29:18 - This is quite an accomplishment considering
the time of year and a tough course!

MAR. 11 - Shamrock Shuffle 8K - Doc & Pat Baldwin 46:00, Kelly Proctor 27:50

MAR. 18 - Morris Shamrock 10K - Mike Hickey 38:13, 3rd AG; Kelly Proctor 34:47, 1st AG & 4th OA; Dan Gould 40:52; Bill Linn 37:10, 2nd AG; Pat Koerner 36:43; Randy Reigel, Janet Velemir, Charlie Grotevant 40:57, 3rd AG; Kathy Penn 46:31, 4th AG.

BILL LINN

MOTIVATION AND ATHLETIC PERFORMANCE (Part 2)

Here is the second half of the article presented last month. The information in this article is for all levels, not just for the competitive runner!

Self-Motivation

Self-Motivation is the self creation of a behavioral response. It is YOU finding ways for acting when to do so would not be the easy approach. The self-motivated athlete is creating an environment to which he/she responds due to the KNOWLEDGE that the technique will produce the desired result.

It is to Extend oneself to achieve that beyond which one would originally not conceive as possible. The self-motivated athlete is seeking the competitive edge. He or she is willing to persist even in the face of hardships and not give up regardless of the odds. "When the going gets tough the tough get going." Their motto is: "Hang in there, don't give up."

By now I hope this article has established the importance of motivation in our sport. That motivations is just as important for you to be able to train to your potential as it is to perform to your potential. Along with the importance of motivation, I also hope I have given you an insight as to what is motivation. The following are my ten key techniques that when used will allow you to put motivation to work for yourself. Anyone can learn these techniques and employing them can greatly enhance performance.

1-CHALLENGE

A challenge may very well be the greatest motivational stimulus to which people respond.

You must first establish your goals - long and short range.

You must then create a plan to reach those goals - the training plan.

You must next make a commitment to reaching those goals. If they represent a significant challenge you are making a commitment to excellence. Evaluate your commitment and that it in relation to all other aspects of your life is worthy of the goals you have established, then and only then will you be convinced that the struggle is worth the effort. Yes, you must make a total commitment and be willing to reach for the limits of your potential. You must believe in the ultimate value of the pursuit.

Once you have established the challenge and believe in it, then "go for it," and "never go back." Don't be a second guesser, that is a show of doubt, it is not a positive attitude.

2-PREPARATION

Preparation is the first prerequisite to success. Don't lie to yourself if you aren't prepared. Don't expect success when you know conditions or preparation will not produce it. There is no shortcut to hard work and being prepared. Plan for every eventuality, and leave nothing to

chance. All other motivational techniques will fail if you aren't convinced the preparation is complete.

3-BE AN ACHIEVER

An achiever is both a Realist and a Dreamer. A dreamer to go beyond what you may otherwise consider your limits and a realist to know and to do the work required to make that vision come true. Yes, you can do more than you think you can. Create a positive attitude. Be a believer. Meet the challenges head on. Seize the opportunity. Be willing to bear the pain and confront the impossible odds. Don't give in. Nurture a passionate involvement to achieve success. Be willing to prevail at all cost. Yes, your desire and determination are most important to being an achiever. If you've set your goals high, you must really want it to achieve it. There's an old saying that goes like this: "You can be what you want to be."

This is what Jackie Joyner-Kersey had to say following her World Record at the 1987 Olympic Festival in Houston, Texas when trackside temperature reached 120 degrees.

"I just tried to block out all negative thoughts. I keep reading little books that tell you to just keep exercising your faith. If you believe you can do something, then you can do it."

There is no doubt that Jackie has the physical attributes required to achieve performances far beyond what has previously been considered limits. But to train to that level in seven events over an extended period and to rise to the occasion in competition as she has done so often is not a simple physical response. Her statement shows that she is a believer in herself and may have a level of motivation beyond that which most of us can comprehend.

Following her and Florence Griffith-Joyner's performance at the 1988 US Olympic Trials, people asked what makes them as "other world" as they are? Their coach, Bob Kersey stated, "They both believe they can both do the unbelievable."

4-PRIDE

Pride is a great motivator, it comes with achieving success. That is the purpose of the short range goals. They should be within reach at each step along the training plan, but be ever pushing you towards your limit. Pride and confidence go hand in hand. Establish good training habits, create self-discipline, and thrive on positive experiences. Let go of negative experiences and don't dwell on them. Become success oriented, but don't fail to challenge yourself. Don't lose your sense of obligation to the final ultimate goal. As your expectations increase it will enhance your aggressiveness and that is the force behind your dedication.

5-INTELLIGENCE

Champion athletes always seem to be intelligent and make wise decisions because they use good judgment based on common sense. Nurture your ability to totally concentrate and focus on your performance. Learn to differentiate between the pain of fatigue and the pain from injury. Know when to perform through and beyond the pain barrier and when to back off to recover. Be able to sense the thrill of victory. Exert total discipline and be willing to practice self-denial when it is to your benefit. Perform with mind over body. Be driven from the heart, but use intelligence when making decisions. Intelligence should control all aspects of training, not your emotions.

6-CULTIVATE A FEAR OF FAILURE

There is no place for punishment as a motivation technique for the self-motivated athlete. But the fear of disappointment, of letting down, or

rejection, of losing or the ultimate fear of failure can be a powerful driving force. Use peer pressure to aspire to greatness, it can create a motivational arousal.

7-EMPLOY VISUALIZATION & IMAGERY THROUGH PROGRESSIVE RELAXATION

Relaxation is an important recovery technique. You must be in the relaxed state for visualization and imagery to be effective. To achieve total relaxation, at will one must learn and practice Progressive Relaxation, which is the tensing and relaxing of all major muscle groups. In concentrating on the physical aspects of relaxation, other invading and distracting thoughts are put out of your mind and in the end you will also have achieved relaxation of the mind. There are books on this subject and the technique is very effective; yes, it does work.

Visualization and mental rehearsal is the process of "doing" while imagery is the "content" of the pictures you visualize. You should be able to visualize your performance and see it in its greatest detail. You must see yourself as a winner. Rehearse from beginning to end - the whole process - in the greatest detail. Bring all your senses into play. Work with key words that you can recall during competition; such as strong, relax, confident, smooth, concentrate, rhythm, etc. These techniques in addition to keeping you mentally alert, also build confidence and create mental toughness when used over a period of time.

At some time or other we've all heard someone say that their emotional energy has been drained. There are athletes that just can't perform in the big event though they have the ability and do the necessary training, and that is obvious because they perform well when the pressure isn't on. We say they just can't get themselves up for the big ones that they psyche themselves out rather than psyching up. But there are those who seem to perform the superhuman feats. The superstars do this on a regular basis. We have all heard stories of those who have performed tasks in an emergency far beyond what they are otherwise capable of doing. Is this mental or physical? Well certainly it was a physical act, but it is also obvious that the mind was the stimulus. In the one case there is failure, and in the other, success beyond what we could expect.

What is emotional energy drain and being psyched out, and how are some capable of always psyching themselves up or finding a source of energy beyond that which they seem capable of producing? Is this mental or physical? Have you noticed that the first (the loser) always see nervous and edgy without confidence, and that the superstars are relaxed and seem to radiate confidence, before their event. All is not so mysterious.

The emergency causes the involuntary release of adrenalin, while the superstar through positive mental processes can not only cause release of adrenalin, but can regulate the release when needed over the duration of the event. His confidence and relaxed state prior to the event allows him to not waste his source of adrenalin while the nervous worrier has drained his supply before the event occurs. The superstar is said to be able to build emotional energy, that isn't true, he simply has the ability to control its use, while the loser drains his emotional energy prior to the event through lack of confidence and worry.

8 - LEARN FROM EXPERIENCE

Be able to see improvement. No one is successful 100% of the time. expect temporary set-backs and be prepared to deal with them. Learn from losing. Learn to change negative thought patterns and use self-talk to create positive thinking. Acknowledge things that work and repeat them and

avoid those that don't work. This is an excellent reason to keep a training log.

One definition of a winner is that they are people who pick themselves up one more time than they fall down.

There is no disgrace in losing, the disgrace is when you don't care.

9-EXCELLENCE-SENSITIVITY-EMOTION

Associate with excellence-reaching your goal is achieving excellence. Performing with the incredible grace of a champion is art in human form. Excellence brings with it sensitivity and a high emotional state. Some may say you are meditative or have a psychic element, but being introspective gives you the will to test the human spirit. Don't lose your tolerance to deal with those who have a lesser appreciation and have not achieved your degree of sensitivity and emotion. Always be understanding. Achieving excellence brings with it a personality change that you will not be aware of, but others will.

10-LEARN TO DEAL WITH PRESSURE

With success comes pressure. Make pressure your ally not your destruction. Learn to cope mentally with pain, injury and defeat. Share your inner feelings with a friend who understands and has sensitivity for your quest. Don't let pressures build, you must have a release for pressure. Face any and all obstacles head on, work to solve them, not avoid them.

In closing here are two excellent thoughts:

1. Performing not to lose and performing to win are different. The second is the positive approach. The first is your admitting defeat and the creation of an excuse.

2. Success-oriented athletes expect to win rather than hope to win. These are both positive traits, but they are drastically different. One is the winner, the other the loser. Always think positive and be a believer in yourself.

Evaluate your potential- don't underestimate your ability, but be realistic - set your goals - establish your plan- create a positive approach - extend the necessary effort - and."GO FOR IT."

I want to leave you with two final quotes; the first is that of President Theodore Roosevelt.

"It is not the critic that counts...The credit belongs to the person who is in the arena...who strives valiantly, who errs and often comes up short again and again...who, at the best, knows the end the triumph of high achievement, and who at worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory or defeat."

His message is quite obvious and is an inspiration for those who are willing to challenge themselves regardless of the odds. You obviously enjoy sports for more than just the fitness and health benefits or you would not race or train to the degree which most of you do each day. Why do you enjoy sports? This is my answer to that question. It could also be the answer as to why spectator sports are so popular. Sports could be your chance to live a dream.

Why I love sports

I love the test of the human spirit.

I love to see impossible odds confronted; to see an athlete facing defeat refuse to die.

I love to see the incredible grace of a truly gifted athlete and the beauty of perfect form.

I love to see the heart that refuses to give in, refuses to panic, that seizes an opportunity when it is finally presented, then exert itself beyond all capacity with a will to defy defeat, and - in the end - to also rejoice in the win.

Yes, I love to see impossible dreams become a reality.

To me that is the finest of art, human art, alive with emotion, a mesh of mind and body often transcending that which we can comprehend.

That IS what sports are all about.

And for those of us who go beyond a spectator and participate in sports, it is a chance for us, each in our own way, to live that dream.

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KANKAKEE COUNTY RACE CIRCUIT

1989 Circuit is under way! Here is a complete listing of the circuit races. Join in the fun!

Winterfest 5K - 2/89
The Five Miler - 6/4/89
Performance Sports 5K - 6/89
Manteno 5K - 6/18/89
Performance Sports 5K - 7/89
5K on Broadway - 7/89
Momence Gladiola Fest 10K - 8/89
Performance Sports 5K - 8/89
Governors 10K - 10/8/89
KCC Fall Classic 5K - 10/89

APRIL SOCIAL

The April Kankakee River Running Club Social will be held Friday, April 28th, at the home of Henry and Janet Shelly.

A fun run will begin at 6:00 P.M. (this is optional and no awards will be given). Dinner will begin about 7:00 P.M.

The Club will provide the main course, beer, pop, and table service. Club members are asked to bring a dish to pass.

PLEASE R.S.V.P. by April 21st. Call Janet Shelly at 933-9255 to make your reservation and for directions.

HAPPY RUNNING!

SEE YOU NEXT MONTH