

# WELLINGTON RUNNERS CLUB

## NEWSLETTER

### OCTOBER 2013

#### IMPORTANT CLUB DETAILS

##### Running Singlets:

- \$15 and available from the website. From the Join tab, click the Shirts link. The password is wrc2013.

##### Discounts:

- Running Warehouse (online store). To request the discount code e-mail ([jleeds7@bellsouth.net](mailto:jleeds7@bellsouth.net))
- Fit2Run in Wellington Green Mall – 10% off, 20% if you also are a Fit2Run Club member.

#### UPCOMING RACE CALENDARS

South Florida Running Forum

Accuchip Timing

#### TRACK

- Wednesdays 6:15 p.m. @ Emerald Cove Middle School on 441 and Stribling across from Whole Foods

**EDITOR'S NOTE:** The newsletter will be taking an extended break, hopefully returning at the beginning of next year. When, how, and at what frequency largely depends on WRC members. If you have ideas for columns or regular content, please e-mail me at [mvlaing@gmail.com](mailto:mvlaing@gmail.com). Otherwise, make sure you're on the club's e-mail list and Facebook page to be kept up-to-date on all our news.

*-Michael*

#### PRESIDENT'S MESSAGE

October marks the month where all that hot summer training pays off and everyone starts to put their racing to the test! We are back at track and it's Game On to PR that next event. It's also the start of marathon season with Chicago, Marine Corps and New York taking place over the next several weeks. Good luck to all who are running these races. Way to represent!

The Horse Country 10 Miler and Sebastian's 5k is this month, Sunday October 20<sup>th</sup>. Because of the race, there will be no buckets out on that Sunday for the long run. A portion of the race is on the long run routes and those of us on bucket patrol are either working or running.

We still need some volunteers for race day. If you can help, please go to Volunteer Spot site and see what's available:

<http://www.volunteerspot.com/login/entry/964978158018>

Our Iron Lion WRC Ryde for Charity spin event is October 6<sup>th</sup> from 10:30 to 3:00 with the raffle to follow. Joanne Rojas will be taking it home and leading the last hour from. No better way to get the lactic acid out of your legs from the long Sunday run than to spin it out! Forget the ice bath, the soothing soak in Epsom salt, get your inner beast on! See the at the end of the newsletter for details.

Packet pick up for the Horse Country race begins on Saturday October 12<sup>th</sup> at Fit2Run from 12:00 to 5:00 and then again on Thursday from 5:00 to 8:00. Thursday is also the night we draw a free race entry to the 10 miler and 5k, so come out and put your name in.

Thanksgiving Day – You've heard the stories and maybe you have seen some of the pictures and now you're wondering...will there be another WRC Thanksgiving Toasted Tasting? Damn Straight!!! Don't want to travel to a race on Thanksgiving Day? Looking for an excuse to sneak out of the house and get away from

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# PRESIDENT'S MESSAGE

those, “oh we’re so glad you came and are now spending a week” house guests? Looking for a nice little run in the park with some of your running buddies? Well at least it starts off that way until you realize all the tasty drinkables and treats waiting back at the parking lot, then it’s an all-out every runner for themselves, sprint back to the lot. Who needs 5 miles anyway!! Mark your calendars for the Second Annual WRC Thanksgiving Day Toasted Tasting!! Stay tuned for details.

Annual WRC Holiday Party – Save the date, Friday December 20<sup>th</sup> at the Players Club.

See you out there,

*-Jen*

## **Upcoming events**

### **Horse Country 10 Miler and Sebastian’s 5k:**

WRC’s premier running event taking place on Sunday October 20<sup>th</sup> – Registration is open. Come out and support your club. Don’t get withdrawals because you may miss your running buddies for Sunday’s long run. Sign up for the race and get your fix! This year we will be helping out the Kids Cancer Foundation and Everglades Elementary School. I’m putting out a call for help in securing sponsorship for this race. Ideally we would like to secure a headline sponsor but this is proving to be a challenge. The more sponsors we can get and the earlier we can get them will allow us to advertise the race with their logos, ensure they make the shirts and flyers and the main goal allows us to give more to our charities. The finishers medals are in and they look great.

This year we are also helping out the H.A.C.E.R. Food Pantry and asking everyone to bring one non-perishable item on race day to donate or there is the ability to donate \$5 during online registration. See attached race flyer.

WRC discount registration code for 10 Miler: 10WRC2013

<http://www.active.com/running/wellington-fl/wellington-horse-country-10-miler-and-sebastians-5k-2013>

### **SuperHero 5k Fun Run & Family Day**

7:30am, October 13, 2013 at John Prince Park. Proceeds to benefit the Foster & Adoptive Parent Association of Palm Beach County

<http://fapapbc.org/>

# WELLINGTON RUNNERS OUT AND ABOUT

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WRC crew at Jeff Annas 5k



WRC mascot at Jeff Annas 5k

# IRONMAN TRAINING SELF-HYPNOSIS SCRIPT

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Right now you are about to enter the taper. Perhaps you've been at this a few months, perhaps you've been at this a few years. For some of you this is your first Ironman for others, a long-overdue welcome back to a race that few can match.

You've been following your schedule to the letter. You've been piling on the mileage, piling up the laundry, and getting a set of tan lines that will take until next year to erase. Long rides were followed by long runs, which both were preceded by long swims, all of which were followed by recovery naps that were longer than you slept for any given night during college.

You rode in the rain.

You ran in the heat.

You ran in the cold.

You went out when others stayed home.

You rode the trainer when others pulled the covers over their heads.

You have survived the Darwinian progression that is an Ironman Summer, and now the hardest days are behind you. Like a climber in the Tour de France coming over the summit of the penultimate climb on an alpine stage, you've already covered so much ground...there's just one more climb to go. You shift up, you take a drink, you zip up the jersey; the descent lies before you...and it will be a fast one.

Time that used to be filled with never-ending work will now be filling with silent muscles, taking their final, well-earned rest. While this taper is something your body desperately needs, your mind cast off to the background for so very long, will start to speak to you.

It won't be pretty.

It will bring up thoughts of doubt, pain, hunger, thirst, failure, and loss. It will give you reasons why you aren't ready. It will try and make one last stand to stop you, because your brain doesn't know what the body already does. Your body knows the truth:

You are ready.

Your brain won't believe it. It will use the taper to convince you that this is foolish - that there is too much that can go wrong.

You are ready.

Finishing this race is never an accident. It's the result of dedication, focus, hard work, and belief that all the long runs in August, long rides in September, and long swims every damn weekend will be worth it. It comes from getting on the bike, day in, day out. It comes from long, solo runs. From that first long run where you wondered, "How will I ever be ready?" to the last long run where you smiled to yourself with one mile to go... knowing that you'd found the answer.

It is worth it. Now that you're at the taper, you know it will be worth it. The workload becomes less. The body winds up and prepares, and you just need to quiet your worried mind. Not easy, but you can do it.

You are ready.

You will walk into the water with 2000 other wide-open sets of eyes. You will look upon the sea of humanity, and know that you belong. You'll feel the chill of the water crawl into your wetsuit, and shiver like everyone else, but smile because the day you have waited for so VERY long is finally here.

You will tear up in your goggles. Everyone does.

The helicopters will roar overhead.

The splashing will surround you.

You'll stop thinking about Ironman, because you're now racing one.

The swim will be long - it's long for everyone, but you'll make it. You'll watch as the shoreline grows and grows, and soon you'll hear the end. You'll come up the beach and head for the wetsuit strippers. Three people will get that sucker off before you know what happening, then you'll head for the bike.

The voices, the cowbells, and the curb-to-curb chalk giving you a hero's sendoff can't wipe the smile off your face.

You'll settle down to your race. The crowds will spread out on the road. You'll soon be on your bike, eating your food on your schedule, controlling your Ironman.

You'll start to feel that morning sun turn to afternoon sun. It's warmer now. Maybe it's hot. Maybe you're not feeling so good now. You'll keep riding. You'll keep drinking. You'll keep moving. After all, this is just a long training day with valet parking and catering, right?

You'll put on your game face, fighting the urge to feel down as you ride for what seems like hours.

By now it'll be hot. You'll be tired. Doubts will fight for your focus. Everyone struggles here. You've been on that bike for a few hours, and stopping would be nice, but you won't - not here. Not today.

You'll grind the false flats to the climb. You'll know you're almost there. You'll fight for every inch of road. The crowd will come back to you here. Let their energy push you. Let them see your eyes. Smile when they cheer for you - your body will get just that little bit lighter.

Grind.

Fight.

Suffer.

Persevere.

You'll plunge down the road, swooping from corner to corner, chaining together the turns, tucking on the straights, letting your legs recover for the run to come - soon! You'll roll back - you'll see people running out. You'll think to yourself, "Wasn't I just here?" The noise will grow. The chalk dust will hang in the air - you're back, with only 26.2 miles to go. You'll relax a little bit, knowing that even if you get a flat tire or something breaks here, you can run the damn bike into T2.

You'll roll into transition. You'll give up your bike and not look back. You'll change your shoes and load up your pockets, and open the door to the last long run of your Ironman summer - the one that counts.

You'll take that first step of thousands...and you'll smile. You'll know that the bike won't let you down now - the race is down to your own two feet. The same crowd that cheered for you in the shadows of the morning will cheer for you in the brilliant sunshine of a summer Sunday. High-five people on the way out. Smile. Enjoy it. This is what you've worked for all year long.

That first mile will feel great. So will the second. By mile 3, you probably won't feel so good.

That's okay. You knew it couldn't all be that easy. You'll settle down just like you did on the bike, and get down to your pace. You'll see the leaders coming back the other way. Some will look great - some won't. You might feel great, you might not. No matter how you feel, don't panic - this is the part of the day where whatever you're feeling, you can be sure it won't last.

You'll keep moving. You'll keep drinking. You'll keep eating. A volunteer will offer you broth....TAKE THE BROTH!!! Maybe you'll be right on plan - maybe you won't. If you're ahead of schedule, don't worry - believe. If you're behind, don't panic - roll with it. Everyone comes up with a brilliant race plan for Ironman, and then everyone has to deal with the reality that planning for something like Ironman is like trying to land a man on

the moon. By remote control. Blindfolded.

How you react to the changes in your plan will dictate your day. Don't waste energy worrying about things - just do what you have to when you have to, and keep moving. Keep eating. Keep drinking. Just don't sit down - don't EVER sit down.

You'll make it to the halfway point. You'll load up at the stops. Some will look good, some won't. Eat what looks good, toss the rest. Keep moving. Start looking for people you know. Cheer for people you don't. You're headed in - they're not. They want to be where you are, just like you wanted to be when you saw all those fast people headed into town. Share some energy - you'll get it right back.

Run if you can.

Walk if you have to.

Just keep moving.

The miles will drag on. The brilliant sunshine will yawn. You'll be coming up to those aid stations fully alive with people, music, food, drink. Keep moving.

You'll soon only have a few miles to go. You'll start to believe that you're going to make it. You'll start to imagine how good it's going to feel when you get there. Let those feelings drive you on. When your legs just don't want to move anymore, think about what it's going to be like when someone catches you...and puts a medal over your head... all you have to do is get there.

You'll start to hear the people in town. People you can't see in the twilight will cheer for you. They'll call out your name. Smile and thank them. They were there when you left on the bike, and when you came back, and when you left on the run, and now when you've come back.

You'll enter town. You'll start to realize that the day is almost over. You'll be exhausted, wiped out, barely able to run a 10-minute mile (if you're lucky), but you'll ask yourself, "Where did the whole day go?" You'll be standing on the edge of two feelings - the desire to finally stop, and the desire to take these last moments and make them last as long as possible.

You'll hit mile 25. Your Ironman will have 1.2 miles - just 2KM left in it.

You'll run. You'll find your legs. You'll fly. You won't know how, but you will run. The crowd will become denser and denser. Soon you'll be able to hear the music again. This time, it'll be for keeps.

Soon they'll see you. Soon, everyone will see you. You'll run towards the gate, between the fences, and into the sun made just for you.

They'll say your name.

You'll keep running.

Nothing will hurt.

The moment will be yours - for one moment, the entire world will be looking at you and only you.

You'll break the tape at the finish line, 140.6 miles after starting your journey. The flash will go off.

You'll stop. You'll finally stop. Your legs will wobble their last, and suddenly...be capable of nothing more.

Someone will catch you.

You'll lean into them.

It will suddenly hit you.

**YOU'VE COMPLETED THE IRONMAN!**

You are ready.

You are ready.

Note: Read Daily and hold picture below right next to you as you read.

*-Mauricio Urbina*