

Second Wind Running Club

"The miracle isn't that I finished. The miracle is that I had the courage to start." --John "the Penguin" Bingham

Stay Motivated

As the runs get tougher, you have to WANT IT. Get angry. Get inspired. Remind yourself why you started. Whatever it takes, find it in yourself to push through.

Some days you'll feel like running, and some days you won't. Unless you are actually injured or sick, GO ANYWAY. Your self-esteem is on the line!

It doesn't always feel good in the middle of a run, but it sure feels good at the end. Allow yourself to be proud when you hit milestones. Remind yourself how far you've come.

Slow and steady wins the race. We are not here to qualify for the Olympics--we are here to have the strength to finish. Running is a competition against yourself, so don't worry about how fast everyone else is going.

The only failure is giving up. No matter how long you have been running, you will have bad days. They are part of the process.

Run for YOU. Running is a very personal journey, and it means something different to everyone.

Bingham says, "Through running, I create myself as I have always wanted to be. Nothing in my experience was as powerful as crossing the finish line of my first race. With that single step, I overcame a lifetime of unkept promises to myself."

See www.johnbingham.com

Remember—you came to this group as ordinary women. You will leave as RUNNERS!

<http://www.secondwindrunningclub.org/>

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What They Sometimes Forget to Tell Beginners

It's ok to hate it. Until your body gets used to running, it probably won't feel good. But keep doing it anyway!

At some point, you will reach a time/distance that is very difficult for you. (You may have already!) This does not mean that you weren't meant to run and you should stop. It means you are about to make some real progress! Slow down and push through. This is when you really start to build endurance.

It doesn't matter how slow you run. Walkers may pass you. As long as you are in the jogging motion, it counts. You should challenge yourself, but you should not feel like you're going to die after 5 minutes.

If you become sick or injured, take time off. When you return to running, you will need to back up in your training. That's ok! Pick up where you can, and move on from there.

At races, no one else cares what your time is. They just want to see you cross the finish line.

Don't skip the recovery runs. The training plan has days built in where you back up a little. Don't skip them! You need to have an easy day once in a while so your body doesn't become chronically exhausted.

Don't work on too many things at once. Right now, you are building up your running time. This is not the time to be trying to build up speed. Find a comfortable pace, and work on getting faster later.

Cotton is not our friend. If you get rashes in places you'd rather not mention, try synthetic fibers. Synthetic socks help blisters. They also have products to lubricate your thighs. There is a product for everything!

Be safe. Tell someone where you're running and when you expect to be back. Take some sort of identification with you. Stay alert to your surroundings. Also stay alert to your body, especially in the summer heat.

Don't be alarmed if other runners keep smiling and waving at you. They do that sometimes. It's like this secret club, and you're now a member.

Did I mention that it's ok to go slow if you need to?

If you have a question, ask! Chances are, your question is not as weird as you think. WE HAVE ALL BEEN THERE.