



Steeplechasers September 18, 2014

Lori and Ryan Cooper
What Does Running teach us about Life?

What does running teach us about
life? **“EVERYTHING”**



Discipline

- Every day is different, but to set goals and achieve them, you must have discipline. When you run when you don't want you are practicing discipline
- We all know that in life, we must have discipline: Jobs, raising our children, playing other sports, to achieve goals in running and in life we must have discipline

Patience

- We live in a society of immediate gratification, in the running game there are no shortcuts, you cannot purchase improvement packages without getting the work done
- The investment we make daily with little immediate return is practicing patience. Everyone could benefit from a lesson or two on patience.

Let it be

- Sometimes the most difficult thing is letting things “go” or be
- Countless examples of runs, even races, where runs were subpar, pace way off, just feeling off, injury, sickness
- If we can let things be... Injuries will heal, runs will improve, we learn this is a valuable tool we can use in many other aspects of our life

Nutrition/Health

- As a runner we can become hyper sensitive (almost to a fault) to what we put in our bodies, measuring everything how well it ‘helps’ or ‘hurts’ our running performance
- Running teaches what our individual bodies need to perform optimally, not only for running but in life

Pride Vs Confidence

- Proudful person – never wrong, goes alone, recognition for own work
- Confident person – weighs input from others, realizes they cannot do it alone, knows who they are, works to build others up
- The proudful runner, always right, going alone, going for personal gain only will not be a successful ultra runner
- The confident runner, accepting wisdom from others, knowing they need others to complete their goals, understands their limits, motivates others is going to be successful
- Running can show us pride really does come before a “fall”

Passion

- “a strong liking or desire or devotion to some activity, object or concept”
- Being devoted to an activity is a demonstration of passion... want to feel more passionate about life, replicate what you do with running in other aspects of life... let it be an example...

Inspiration

- Just watching the start of ULTRA's gets my heart rate up, my blood flowing and I feel jittery... how cool that we are physically moved by the simple act of watching others run...
- Ok... we are all inspired by the top athletes, that is easy, but I think this sport allows us to better find inspiration elsewhere...
- Two examples of women struck by disease but continue to fight the battle with natural body movement, walking.
- Use that inspiration for the goodgo inspire someone with your contagious inspiration.



Stillness

- What do you think about while running?
- Running is a great way to shut off the mind and just focus on you (form, cadence, speed, emotions, feelings, nothing...)
 - During a 1200m on the track... I bet you could find 60 sec with your mind pretty empty
- We all need to do more of this -- our world is of constant stimulation and multi-tasking, and running is teaching you this tool...

Healthy Role Models for our kids and community

- Don't bombard them with unhealthy body images or talk
- Don't demonstrate that shopping and makeup is what life is all about
- Don't let them think that drugs / alcohol are the only ways to have fun
- Don't allow video games to show them that violence and physical mastery are the 'in things'
- Let's show them DAILY how to be strong, healthy, passionate... the list goes on... and what that can offer to life

Community

- There is something about toeing the starting line with a group of individuals who by choice are all deciding to put themselves thru the trials of the 'run'
- Even better to have support during races, be it a 5K, Marathon or Ultra
- Even better in ultras to support one another as pacers, crew, or just lend a helping hand to a fellow runner

Disappointment

- At mile 60 it just was not happening.. Both at Western states and Leadville take 2. For the first time in my life, I got to experience the DNF initials after my name
- Admit, this is not real disappointment or horrific life event, but in perspective, it is failure
- Somehow we figure out how to go on, run again, become motivated again
- Maybe we can use the tools we learn from these running disappointments when other life disappointments hit

Icky threshold

- I thought this would be fun
- Sweat, stinky shoes, crusted salt, socks that stand on their own, prerace bathrooms, bathrooming on the run in the woods with no TP, snot, changing after a race (do we really have decency issues?), chafing, applying anti chafing goop, the puke
- This is completely relevant to life with children or dogs.... Just increases our tolerance to life goop

Fun

- If we can make feeling blisters pop on your toe, cramps, queasy with fatigue and heaving with breath, pure exhaustion fun....
- Can't we make sitting down with our precious family at the dinner table a little bit more "FUN"... too
- Message -- you can learn to make things FUN....you do it with running, do it more with the everyday

Balance

- Kids, Family, work, running, errands, cooking, laundry, weights, cleaning, showering, bills, email, play time, friends, ah yes sleep....
- Just the things that matter in the LONG term...

Perseverance / Resilience

- "I get knocked down, but I get up again, no your never going to keep me down "
- Preserving in the face of fear
- Digger deeper than ever have

More stuff running can show us about life....

We are all human

Engineering, Problem solving, Math

Motivation creation

Adaptation -

Fine balance - injury + life

Giving back / helping others

Whole person -- health, family

Seasons of life – rest , life changes (kids)

How to handle stress/injury

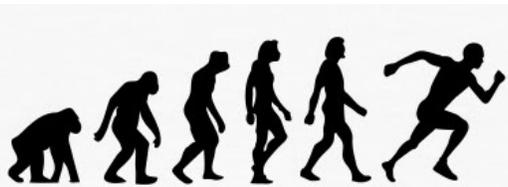
How to manage difficult situations

Know limits -

Setting goals -

Happiness

Spiritual



Life is an Adventure... Dare it

Life is a Love... Enjoy it.

Life is a Tragedy... Face it.

Life is a Struggle... Fight it.

Life is a Promise... Fulfill it.