

MOTIVATION

got it?

By Kelly Johnson, January 31, 2010
blog.oregonlive.com/runoregon

The logo features a stylized letter 'M' composed of three vertical bars. The left bar is white with a black grid pattern, the middle bar is solid black, and the right bar is solid purple. To the right of the 'M' is the word 'otivation' in a black, sans-serif font, with the 'M' from the logo serving as the first letter.

Motivation

- Reasons to have it
 - Upcoming race
 - Health goals
 - Reduce stress
 - Time management
 - Lose weight
 - Feel happier
 - Because you enjoy it
 - To spend time with friends
 - To have balance in your life
 - To contribute to your running community
- Reasons you lose it
 - Dark
 - Cold
 - Rainy
 - Injuries
 - You're sick
 - Being burned out
 - Not having a reason to train
 - Recent failures
 - It's just not fun
 - It's stressful

Motivation: what can you ontrol?

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How can you address the reasons for losing motivation?

It's COLD!
It's DARK!
It's RAINY!

Burnout
Stress
Not Fun

INJURIES
ILLNESS

Recent failures
No reason to train

Three words:
Let's.
Go.
Shopping.

Accept it,
then start
making
changes.

Look at the
long-term.
Get better,
then get out
there.

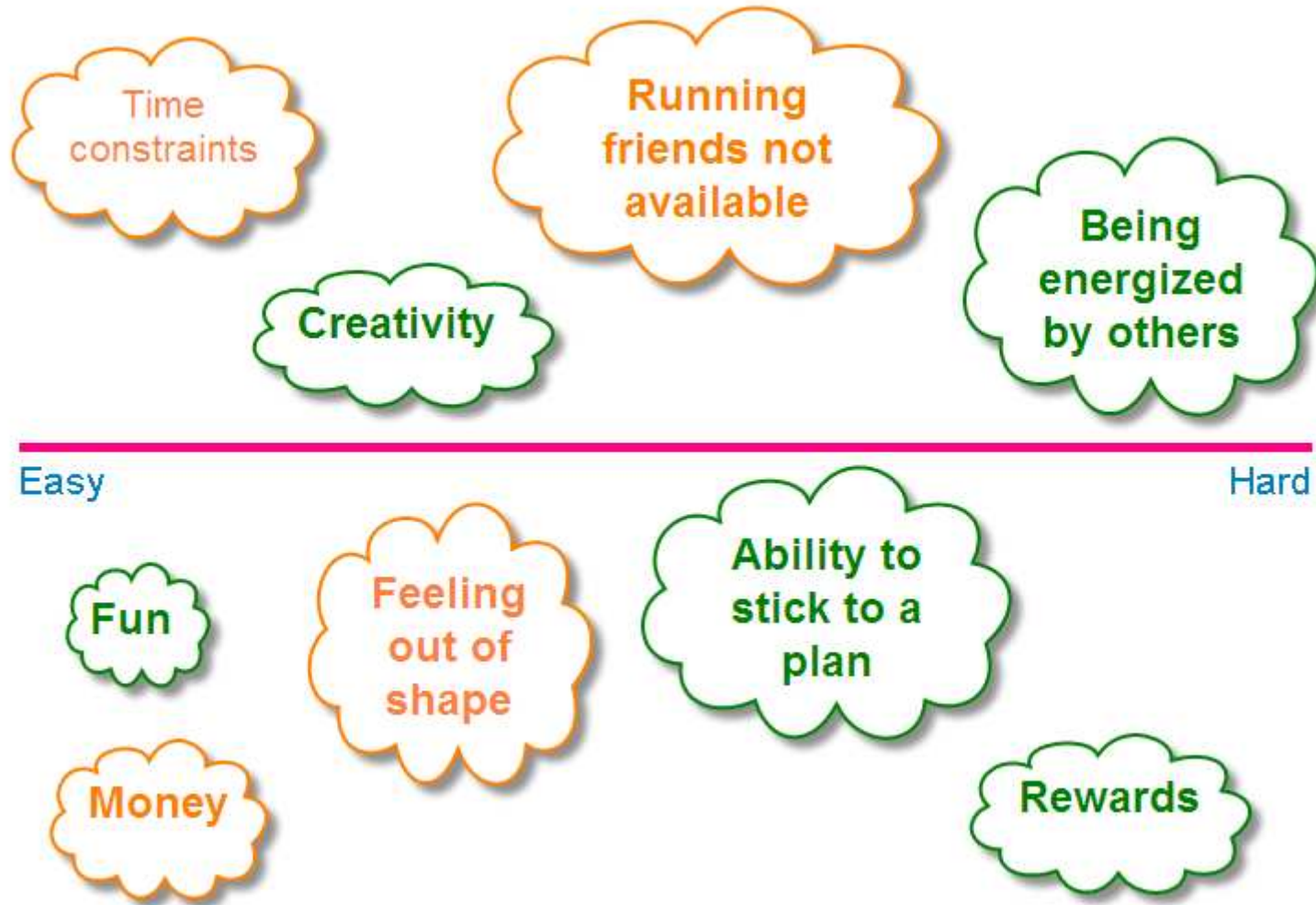
Move on as a
smarter runner
and set a goal.

Get **I**nspired

- Figure out why you aren't motivated – or why you lost your motivation
- Be okay with it and treat it as a black and white problem
- Figure out what you're honestly **willing to do** to make changes
- Get started!



Getting motivated isn't as easy as just making up your mind, but it doesn't have to be hard, either

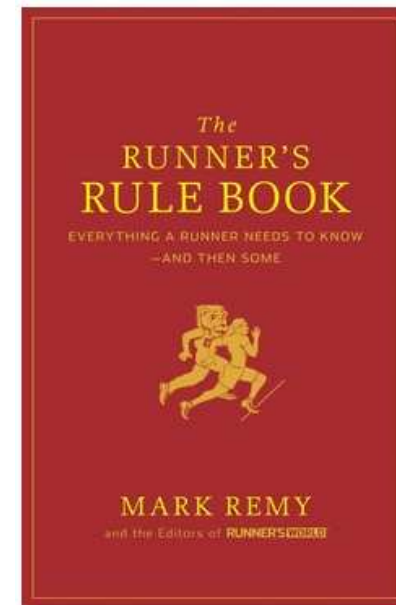


Easy things to do

- Attend established group runs
- Look to inspiring books and/or movies

Start a club library

- Once a Runner and Again to Carthage by John L. Parker Jr.
- Born to Run by Christopher McDougall
- Bill Bowerman and the Men of Oregon by Kenny Moore
- The Courage to Start by John Bingham
- What I Talk About When I Talk About Running by Haruki Murakami
- Running Tides by Joan Benoit Samuelson
- Running and Being by George Sheehan
- The Long Run Solution by Joe Henderson
- Duel in the Sun by John Brant
- Running with the Buffaloes by Chris Lear
- The Perfect Mile by Neal Bascomb
- Out of Nowhere by Geoff Hollister
- Ultramarathon Man by Dean Karnazes
- See Dane Run by Dane Rauschenberg
- The Runner's Rule Book by Mark Remy



Easy things to do

- Attend established group runs
- Look to inspiring books and/or movies
- Make a pact with friends
- Get a new piece of gear you've wanted
- Register for a race distance consistent with your training
- Run less during each week
- Ask a loved one or friend to make you a special playlist



More involved ideas

- Determine if goals are helping you or hindering you – add or remove
- “Bizarro week” – run all new routes, workouts, paces, etc
- Arrange your schedule to run during daylight
- Volunteer for Girls on the Run or with Special Olympics



Ideas that require a little more **P**lanning

- Set up a new group run – either a group tempo run, an “add mileage” run on an easy day, or a happy hour run
- Strike out and find new running friends
- Create a DIY community race
- Plan a reward system for your club or group of running friends
- Become a streaker



Special **G**roup **R**un ideas

- Adventure run
- Scavenger hunt
- Easter Egg hunt
- “Speed” networking
- Beer mile
- Fund raising/donation run




Go *W*hole-hog

- Sign up for a new distance – a half or full marathon
- Work with a coach or personal trainer
- Volunteer to become a mentor, volunteer coach, or join a friend on long runs
- Replace some running days with cross-training days and attend classes, go swimming, etc
- Challenge yourself to raise a certain amount of money for a charity you're passionate about
- Take on a leadership role in your running club





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- Be thankful for your ability to run – you never know when it could be taken away

It's about running. eriod.

- It's not always about running faster, or running farther. It's about what running was about when you started.
- Setting goals, reaching milestones, and enjoying rewards snowball into success.

