



SPECIALIZED COUNSELING FOR ATHLETES

THACHER TRAIL FEST RACE DAY TIPS

MENTALLY PREPARE FOR THE DAY AHEAD WITH THESE HELPFUL HINTS:

BE KIND TO YOURSELF! IF YOU HAVE A HABIT OF BEATING YOURSELF UP, RACE DAY IS A GREAT DAY TO TAKE THE DAY OFF FROM THIS BEHAVIOR. TREAT YOURSELF LIKE YOU WOULD YOUR FELLOW RACERS WHO MAY BE FEELING IT. WHAT WOULD YOU SAY TO THEM? SAY **THAT TO YOURSELF!**

IT'S HELPFUL TO KNOW YOU **ALWAYS HAVE CHOICES. YOU CHOSE TO SIGN UP FOR THIS RACE, YOU CHOSE TO TRAIN. YOU HAVE CHOICES ON RACE DAY. YOU CAN CHOOSE TO POWER HIKE THAT STEEP SECTION. YOU CAN CHOOSE TO WALK IF YOU NEED TO SLOW YOUR HEART DOWN. YOU MAY CHOOSE TO STOP ALL TOGETHER. SO WHAT? **YOU** MAKE THE CHOICES AS YOU GO ALONG. NO ONE ELSE IS PROPELLING YOU TO DO THIS IN A PARTICULAR WAY OR TOWARDS ONE AMAZING GOAL. YOU DON'T NEED THAT TYPE OF PRESSURE, SO LET'S TAKE IT OFF THE TABLE!**

YOU MAY THINK YOUR PRE-RACE JITTERS ARE UNIQUE. FEAR IS A CONSTANT COMPANION OF EVERY LEVEL OF THE SPORT - WHETHER YOU MAKE THE PODIUM OR ARE A BACK-OF-THE-PACKER. YOU CAN'T BE CORAGEOUS WITHOUT FEAR—SO LET'S FOCUS ON **COURAGE!**

ACKNOWLEDGING THOSE FEARS IS THE BEST WAY TO CUT THROUGH THE TENSION AND ANXIETY YOU MAY BE FEELING. ALLOW THOSE THOUGHTS TO COME INTO YOUR BRAIN - **DON'T FIGHT THEM. THEY WILL GRADUALLY GO—AND YES, THEY WILL RETURN. LET THEM BE SO YOU CAN BE. RACE DAY CAN BE A ROLLER COASTER OF EMOTIONS. EMBRACE IT ALL. IT'S A NATURAL CONSEQUENCE OF BEING OUT OF YOUR COMFORT ZONE!**

FOCUS ON YOUR BREATHING IF YOU FEEL THE ANXIETY. BREATHE **IN THROUGH YOUR NOSE FOR A COUNT OF THREE, AND **OUT** OF YOUR MOUTH FOR A COUNT OF FIVE. YOU CAN DO THIS AS YOU TOE THE LINE AND THOSE RACE JITTERS KICK IN.**

HAVE YOU EVER HEARD “STAY IN THE MILE YOU ARE IN**”? THIS IS GOOD ADVICE - BE PRESENT IN THE MOMENT AND ALLOW YOUR MIND TO STAY IN THE **MOMENT**. “**WHAT'S HAPPENING NOW**” IS A GOOD MANTRA TO HAVE.**

REMEMBER: RACE DAY IS A SNAPSHOT - IT'S NOT THE WHOLE ALBUM. SO, WHETHER YOU HAVE A GREAT RACE OR NOT, TRY TO EMBRACE THE HIGHS AND ALLOW THE LOWS. REMEMBER WHY YOU STARTED!

