



## Let's Not Take Racing for Granted

With age comes wisdom. I am not 20 anymore, and I feel that has given me some perspective. Don't get me wrong - I am still as competitive as the next guy. I still get nervous the night before a big race and want to go faster all of the time.

Over the last few months I have talked to many athletes about their performance at races. Many were very excited about a PR or breakthrough of some type. I have also talked to others that were disappointed with their performances. It is okay to be disappointed and desire to perform better, as long as we can channel these emotions in a positive direction.

First we need to remind ourselves of how lucky we are to be able to participate in an athletic event of any type. Many things prevent people from completing even a 5k race: health, money, non-supportive family and friends, motivation, location, etc. are just a few of the things that prevent us from competing. By just by signing up and competing, we win.

The next time you do not set a PR or beat your local rival, stop and look around; try to realize how lucky you are just to be out there in the first place!