

Strider Smarts presented by Coach Bob

The Gift of Adversity, Unexpected Benefits of Life's Difficulties, Setbacks and Imperfections

This is a title of a book by Dr. **Norman Rosenthal**, a leading psychologist for people who need one, which we runners obviously do not. With my advanced plagiarizing ability I will attempt to relate this to running.

Dr. Rosenthal has a 5 step process to face adversity:

ACCEPT

When we have a bad race or training run, just accept it as everyone does, even the elites. Period.

ANALYZE

Why did this happen? Nutrition, illness, partying, overtraining or undertraining? Many times we can guess why, but sometimes there is no apparent answer. I have told my clients if I had the answer I would be rich, however most of the time there is an obvious cause. Think about the previous few days and analyze why you ran poorly.

RESPOND IN PROPORTION

The good Dr. does not want his patients to increase their meds or try new ones simply because they had something go wrong, unless of course it is dramatic. A bad race is OK, but a period of time where every run is poor could mean a doctor visit is in order, but probably not a psychologist.

STABILIZE YOUR PHYSIOLOGY

Anything hurt? Feeling sluggish? Taking any new meds? Fatigued from cross training? Sometimes it can be as simple as replacing your shoes, resting or correcting training mistakes, but whatever it is, unless you address the physical reasons, don't expect a change.

SUPPORT, REACH OUT

An obvious step. Reach out to a doctor, coach, friend or fellow runner. You may think you have the answer, but why guess? Runners are always available to help each other, so take advantage of this community. Look for guidance by reaching out and learning from others who may have had the same experience, especially us coaches who are familiar with a variety of situations through our clients and ourselves. Waiting is not always a solution, so just do it.

Dr. Rosenthal did not write his book for runners, but we can take his psychiatric solutions and apply them as practical advice for us runners, and just in case we need it, we can also use it for the conditions it was intended for!

I Am A Runner
Coach Bob
Yourcoachbob@aol.com



Bob Dozoretz



HOLIDAY PARTY

Please join us for our annual holiday party, Wednesday,

December 18, 2013 at 7:15PM.

Our new location will be on the beach, adjacent to the Summit Condo in Hollywood Beach. The Summit is located at 1201 South Ocean Drive. From A1A (Ocean Drive) turn on Azalea Terrace (south of the Summit), then turn into the parking lot. Please bring a chair.

First we will have our weekly training run on the Broadwalk starting at 6:15 PM. All distances and paces. Followed by a potluck Holiday Party starting at 7:15 PM. Please bring something to eat or drink.

For information call Christina 954 434 9482



31st ANNUAL

**Dr. MARTIN LUTHER KING Jr.
5K RUN/FITNESS WALK**

MONDAY, JANUARY 20, 2014 - 8:00 AM



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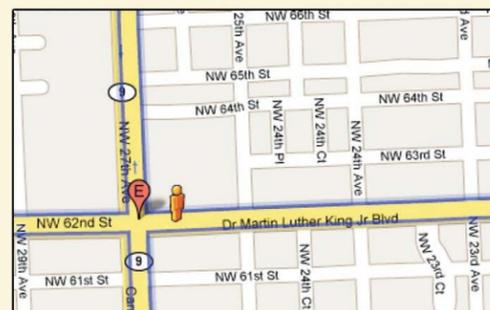


Proceeds benefit the boys and girls of the Miami-Dade Police Youth Explorers.

(786) 285-7002 / (305) 321-0388

Info@splitsecondtiming.com

www.progressiveofficersclub.com



**DRIVING DIRECTIONS
AND RACE DAY PARKING**

Exit 1-95 at NW 62 Street, go west 6.7 miles to Martin Luther King Jr. Metro Rail Station at NW 26 Avenue. Ample free parking is available at the Dr. MLK, Jr. Metro Rail station.

Registration Fee: \$20 Adults / \$10 Youth under 14
\$5.00 late charge after Monday, January 13, 2014