

10 Others Who Benefit You Emotionally on Race Day

You packed your emotional baggage well if others join you in a mind meld on race day. Each one will benefit you over the race course from the starting air blast to your arrival announcement across the finish line.

Do you know who each person is and their role for the day?



Without them you may not experience that race of the season you trained so hard for to reach. Each person serves a specific purpose in your race day performance. Recognize their roles and invite them in your mind for all your races.

Here are ten people to pull you through on race day no matter the circumstances:

1. Your sigo – they encourage you, feed your passions, and maybe even trained with you. A sigo gives unconditional stability. Honor that it's a two-way connection.
2. Your family elders -- they passed on the best genes possible, influenced your early boundaries, and launched you for success in the outside world. Never perfect. Always what they thought best. Honor their accomplishments.
3. Kids – sometimes yours, maybe a niece or nephew, or neighbor's. Someone is always looking up to you. Be their role model in the racing world.
4. The coach -- apply wisdom shared with you throughout your relationship. Remember everything said. Sometimes the best information for a race is not recognized when passed on in training.
5. Any coach – each one in your life influenced you to stay active, be competitive, and do well. Honor their combined contributions.
6. Your employer -- who indirectly funded your athletic endeavors.
7. Teammates – present and past. They know what you are going through. Do them one better in performance and return the favor.
8. Training mates – Remember all the times you beat them to the line in practice? Remember all the times they beat you? The finish line

in the race is for real. Time for a motivational payday on the way to a podium spot.

9. Doctors – from birthdate to race date everyone contributed to your health for the race no matter how much you abused your body to reach the finish line. Honor their care of you so you can earn your results.
10. Competitors – Maybe a few crashed your party. With the right attitude, you will crush theirs. All in a friendly and safe manner of course.

Multiple time All-American and world championship tri competitor from Sprint distance to full Kona Ironman, Steve Wade, raced for years. His top fan and wife, Becky took up racing after their kids grew up. She too raced at all levels in multiple distances. Sometimes they raced at the same time and sometimes solo with the other by the course for support. Other times they provide mental support from home. Steve said, "No matter where Becky is on race day, I am always wondering if she is having a good day."

Becky added: "I have had a lot more fun participating than spectating." I spent 20 years outside the fence cheering Steve on. That was 15 years and 70 races ago!"

Yes you're alone on the race course in your dedicated tri bubble, just a single segment of the stretched out caterpillar that may total over a couple thousands pairs of legs. Tap into your support team with the mental power for the race performance of your life.