

Gulf Winds Track Club  
October Lecture and Education Meeting  
Momo's Pizza (1410 Market Street)  
Monday, October 23, 2017 at 6:00 p.m.

## **How To “Think Fast” So You Can Run Faster**

“It’s not your legs that run, it’s your heart and your mind,” says Eliud Kipchoge, the world’s best marathon runner completing the London marathon in 2:03:05. You spend hours training your heart and legs, but when you finish a race do you ever feel like you could have run faster? Does your mental endurance give up before your legs? Do you find it challenging to “listen to your body” because your brain is screaming so loudly to STOP? This session is for any runner interested in finishing faster by mastering the mental side of running.

Some of what you’ll learn will be:

- Why runners instinctively hate to take days off or cross train, how you can diversify your workout without feeling like you are slowing yourself down unless you run more miles.
- Avoid the training burnout as you increase your mileage so you look forward to lacing your running shoes for your next training run.
- What you should say to yourself on the night before the race, first thing in the morning when you wake up, when you start the race and what to say during to run your fastest race at your current conditioning.
- Pushing yourself vs. listening to your body—how far is too far?
- How what you say to yourself during a race can cost you minutes in finish time, this session reveals what you can do to get those minutes back.

Your presenter is:

Justin Mason is a Ph.D candidate in exercise psychology with particular interests in the effects of cardiovascular health on cognitive function. He grew up in Minnesota but moved to Florida as he enjoys suffering in absurdly high humidity. He holds two Master’s degrees in exercise physiology and sports management and a B.S. in psychology from the Florida State University. Besides collecting degrees from FSU, he enjoys being away from the computer and partaking in outdoor activities, including disc golf, running, hiking, and cycling. After graduating, Justin hopes to conduct research with the U.S. Military.

You are welcome to submit questions in advance to ensure we are prepared to help you by emailing [Kory@Skrob.com](mailto:Kory@Skrob.com). We look forward to seeing you all there. Let’s learn, be safe, and let’s be inspired to run more. See you there!