

After reading your goals last night and thinking about the goals of front running today I would like to share a few quotes from some of my favorite runners. I believe that this runner sums up your goals today best:

“Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we are made of. This is what we do. This is what it’s all about.”

--PattiSue Plummer, US Olympian

This should be your mind set for the 10-30 minutes of the race:

*“The gun goes off and everything changes...the world changes...and nothing else really matters.”*

--PattiSue Plummer, US Olympian

Today we are running on a really fast course and we are asking you to push yourself harder than you ever have this year by front running, so remember:

*“To keep from decaying, to be a winner, the athlete must accept pain – not only accept it, but look for it, live with it, learn not to fear it.”*

--Dr. George Sheehan, Best Selling Author

Remember some of you will be running alone in parts of the race today:

*“I think you can count mental toughness as a talent, I can push myself without anybody around me.”*

--Scott Fry, National High School Cross Country and Track Champion

PattiSue Plummer: Two-time US Olympian Patti Sue Plumer women’s cross country and distance coach Stanford University. Plumer broke the US record for 5000 meters (14:59.99 in 1989) and placed 5th in the 1992 Olympic 3000 meters. She won Gold and Silver Medals in Goodwill Games in the 3,000M and the 5, 000M. She won has won 5 National Championships in the 3,000 and 5,000 meters. She still holds the 5th Ave. Mile course record of 4:16.68.

Dr. George Sheehan: College track star that is best known for being the bestselling author on running books of all time.

Scott Fry: 2X Ohio Cross Country Champion, 2X 1600 M Ohio Track Champion, 1X 3200 M Ohio Track Champion, 1X National Champion 5,000M, 1 Time National Champion 3200M , 5,000M Ohio High School Record 14:50.2, 3,200M Ohio High School Record 8:46.7, and 1600M Ohio High School Record 4:08.3.