

# This Mother's Can Run

JANUARY - FEBRUARY 2013

“Motherhood is so ass-kicking hard that I couldn’t believe someone as resilient as myself would be taken to their knees.”

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This Mother Can Run



#thismothercanrun

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# Can I Get Some Baby Abs To Go...Please?

*Make that minus the chub of course.*

Just a random observation yesterday. Babies have rock hard abs. I mean seriously, have you seen the abs on your toddler? What grown adult person can do the kinds of things with their abs, even on a really hard workout day, that your kiddo does everyday? Repeatedly. They are unbelievable. Truly amazing. Just think about it for a second....SEE! I told you! (Not getting it yet? Read on. You will.)

So here's what I propose: a strength training plan for your abdominals based on none other than your precious little darlings. The best part of this super fabulous plan: it won't require any extra additional time from you whatsoever. You can just incorporate these exercises into your day wherever they fit best, much like your peanut does to you everyday. I think it'd look a little something like this:

## Toddler 6 for a 6 Pack

**1. Nope Kicks:** Whenever somebody wants you to do something you are not particularly fond of doing, just lie down on your back and kick your legs repeatedly, up and down like scissors. For the full effect of this exercise, also turn your head from side to side and say "nope, nope, nope" repeatedly. Not required, but apparently part of the fun.

**2. Board Resistance:** Whenever somebody wants you to go somewhere you are not particularly fond of going, don't move. Don't say a word. Just contract every muscle in your body as tightly as you possibly can, arms remaining firmly planted to your sides. Think of yourself as a giant board. Not only is this an excellent exercise for toning practically your entire body, but you will also make yourself fairly difficult to

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"Think, "I'm a noodle" as you do this to achieve the correct level of floppy noodleness."

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move if that somebody, whom we'll refer to from this point on as your "personal trainer," tries to take you to said undesirable location by force. You are virtually impossible to be picked up in this position. Advanced: Repetitions. Once picked up, toss your head backwards and do the Spaghetti Noodle, relaxing every muscle in your body. Think, "I'm a noodle" as you do this to achieve the correct level of floppy noodleness. You will be extremely difficult to hold and as such most likely released by your personal trainer. Once released, immediately resume Board Resistance, because you are probably going to be picked up again. Repeat these repetitions until either you or your personal trainer wears out.

**3. Stationary Running and/or Bicycle:** For this move you'll need your personal trainer to lift you up under the arms in front of them, your back to their stomach. Similar to the above exercise, this one will be most effective when you are being taken somewhere you don't want to go. Once in the air, use your legs to run as fast as you can away from your personal trainer (on cross training



days, use your imaginary bicycle instead). You won't get away, but you'll definitely be on your way to a stronger core.

**4. Bedtime Modified V-Sits:** At bedtime, when you are still plenty full of energy (or so you think), lie down on your back on your bed. Raise your legs together straight up in the air and flop them down on your bed as hard as you can so that they bounce a few times. Laugh wildly. Repeat until you fall asleep. Advanced: Also lift up your head and shoulders so you can watch your hilarious legs bounce.

**5. Superman Tantrum:** For those moments when you are REALLY mad (or you miss your nap), lie down face first on to the floor. Sob. Kick your feet. Flail your arms a little. When you get no response from your personal trainer, pause for a moment, then lift up your head. Hold your arms straight out in front of you, legs out straight behind you off the floor and check to make sure your personal trainer is still there. Once spotted, resume tantrum. Repeat until trainer gives in or you see that your sister has one of your toys.

#### 6. The Squeeze (my personal favorite):

When you see your personal trainer first thing in the morning, when they come back from having gone somewhere, or when that generally lovey dubby snugly feeling hits you, run to your personal trainer with arms wide open. They will be forced to scoop you up in a bear hug. Hug them back and squeeze them as tightly as you can with both your arms and legs, contracting your stomach muscles in the process. Say something like, "I wuv you Mommy" (or in the case of my 2 year old "I ahh you Mommy"). This will probably be the exercise your personal trainer requests of you most often, but I'm pretty sure you'll like it too.

Repeat this routine daily and that six pack will be yours in no time. And no. Don't thank me. Thank Tiger Toddler.

"You won't get away, but you'll definitely be on your way to a stronger core."

"Sob. Kick your feet. Flail your arms a little."

Kelly Collins is an RRCA certified running coach, writer, blogger, wife and stay at home mamma to two beautiful and wildly entertaining little girls ages 2 and 5 with another little running princess on the way due to make her arrival this fall. Read Kelly's latest adventures of mixing pregnancy, mommyhood, and running at Secrets of A Running Mom ([www.runfastmommy.com](http://www.runfastmommy.com)) or visit her at her coaching website [www.runningcoachformoms.com](http://www.runningcoachformoms.com).



# STEPPING OUT OF MY COMFORT ZONE

On Saturday, I was scheduled to run 20 miles. I knew if I tried to run 20 miles by myself, I would have a tough run. I would lose my focus and my motivation. I've been doing the majority of my long runs alone for the past year. Sometimes, I don't mind. I enjoy the "me time" and the chance to rock out to my music since I don't listen to it when I run with Zain.

For my 20 mile run, I knew it would help if I had others to run with. There's a problem with that: I don't have any running friends! There is a local group, the Howard County Striders, that meets every Saturday for what's called the Bagel Run. I joined the Striders a couple months ago, but was too intimidated to go to one of their runs. Why was I chicken? I'm pretty shy about meeting new people so I was being a wimp. I was honestly afraid I wasn't a good enough runner to run with the group.

I sent an e-mail fellow Fitfluential Ambassador, Miss Zippy who is a member of the Striders to ask her some questions about the run. She was awesome, sweet and patient with my silly questions and assured me I would meet people to run with and enjoy the group run. She also suggested coming early to get some miles out of the way since I had such a long run to do.

I've gotten used to being lazy this winter and starting my long runs later in the morning. It's cold out so there's no rush to beat the heat like in the summer. Waking up at 5am to run in the dark, cold morning wasn't easy.

I got to the designated meeting place early and had time for just over 3 miles, then I waited for everyone to arrive. It was really cool to see about 40 runners gathering to run 8 to 20 miles.

In the beginning, Miss Zippy came to say hello quickly then everyone was off to start the run. I just followed the crowd and everyone spaced out along the route depending on their pace. One guy ran alongside me for a few minutes to chat, then I realized I was going a little too fast so I had to slow it down. He told me not to be shy and say hello to people. I wish I could be like that, but I don't feel comfortable just popping up next to people and saying "Hi!"

"I was honestly afraid I wasn't a good enough runner to run with the group."



"Waking up at 5am to run in the dark, cold morning wasn't easy."



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While waiting to cross the street at an intersection, I heard my husband's aunt say my name. She's a runner and frequently runs with the group, but I didn't know that she'd be there that morning. I ran with her for a little while then she introduced me to some ladies who were running about the same distance as me at the same pace.

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“The miles flew by as we chatted and got to know one another.”

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I had a FANTASTIC time running with them! The miles flew by as we chatted and got to know one another. Running with them helped me maintain my pace and not slow down when I was feeling tired. I also really enjoyed running the group's course because even though I know the area well, I'm not familiar with all the neighborhoods and running/bike paths where they run. It was nice to have a change of scenery from where I usually run at home too.

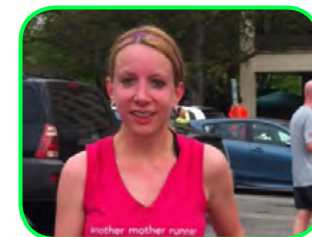
I stopped my watch as soon as I hit 20 miles. The lady I was running with had a little more to do so she kept going. I really needed to stop at 20. The problem was that I was still 1.5 miles from my car. I walked for a few minutes and then decided to just power through the dead legs and run another mile. I stopped at 21 and walked the rest of the way.

Despite how hard it was to run 21 miles, ***I had an amazing run.*** I felt like my love of running was re-invigorated because I had such a good run and my confidence in finishing the marathon has gotten a good boost. I ran 20 miles in 3:26:04 – an average pace of 9:49. I even managed to run mile 21 in 9:38. That was fast for how tired my legs were. Running with a group was definitely beneficial and nothing to be shy about!

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Kristen is a wife, mom and jogging-stroller-pushing runner. She has run 4 half marathons and 3 full marathons. You can read her tales - like running 20 miles with the jogging stroller - and tips - such as how to get used to running with a jogging stroller - on her blog. She is married to her high school sweetheart who is her biggest supporter. They have a son who is almost 3 and another little boy on the way. The double jogging stroller is ready to rack up some miles! Kristen claims that she's not the fastest or the strongest runner. She just loves to run enjoys sharing her journey as a running mom through her blog. She hopes to inspire, encourage and support other runners along the way. Follow Kristen at: <http://www.the-running-mom.com/>

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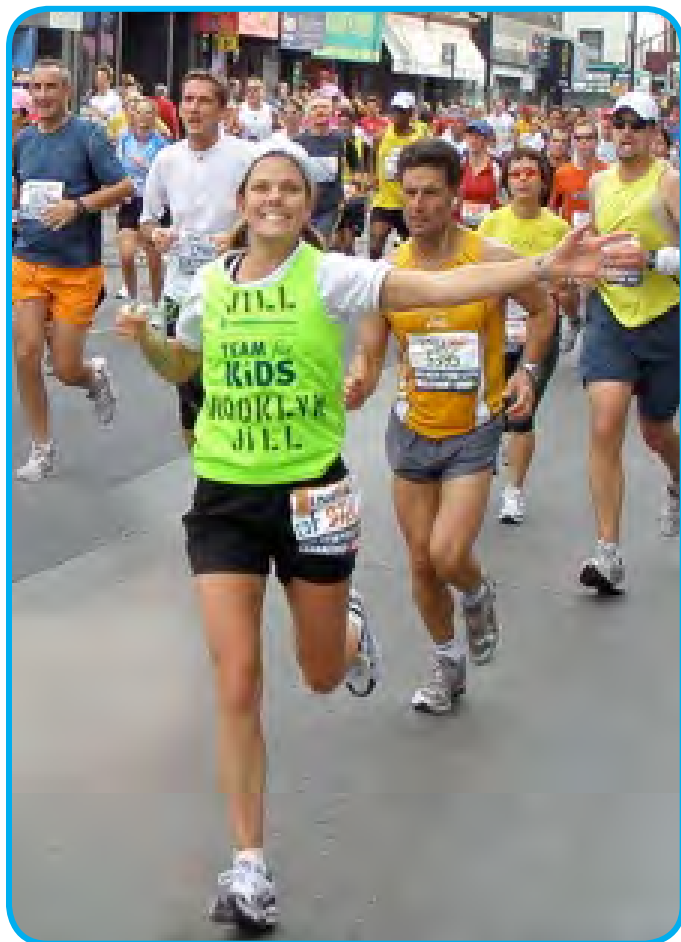
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# BROOKLYN JILL



Meet the wife and mom of two under four years who has done it all! Reporter – check. HGTV and Food Network host – check. Crossed the Sahara, explored Africa, and climbed Mount Kilimanjaro – check, check, check. Meet Jill Cordes, a goal-oriented, thrill seeking, do it all mother who can run!

**Q:** What is your running history?

**A:** I started running back in 1997. I started with my husband in Omaha, Nebraska when we were news reporters. I was in my 20s. I had never really run much, but I did aerobics throughout the 80s and 90s. My husband liked running so he got me to join him. We signed up for a 6K. We couldn't believe we accomplished that! So we had donuts to celebrate! Then in 1999, we were in Minneapolis and we decided to do the Minneapolis Marathon. So we ran the marathon in fall of 1999, and then neither of us ran much for almost 10 years.

Then we went to New York City where he went to film school, and I was working on my career. We didn't have kids and we didn't want kids. I was jet setting around the world for one of my jobs for about 3 or 4 years. As my husband's career was taking off, (His latest movie is Wreck It Ralph.) my TV gigs were slowing down. I was basically bored. So, my 64 year old aunt and I decided to climb Mt. Kilimanjaro for fun. I wanted to top Mt. Kilimanjaro so I decided to run the New York City Marathon. I joined a running team. That was in 2007. It became very social for me. I woke up at 5:30 in the morning to get on the subway. It became a discipline for me. Before that, we would run intermittently, but I need a goal for motivation. It was great because I became accountable to the team, and we became great friends

"I was totally on this high like I was an Olympic athlete."

Our coach was telling us all about negative splits, and I knew to get in to Boston [Marathon] I would have to run in 3:45. I wasn't really thinking about it, but in the back of my mind with my competitiveness it was there. I was running with one of my teammates, and she was a great pacer. She got tired at mile 18, but I was having the time of my life. The crowds were so insane. I had my iPod in one ear, playing all of my 80s music, and the other ear was open for the crowds. I had Brooklyn Jill on my t-shirt. Everyone was yelling, "Brooklyn Jill!" I was going crazy. My husband said it was as if I never had attention before! I was totally on this high like I was an





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Olympic athlete. So I ended up doing negative splits at mile 18, 19 and 20. So I started picking up my pace. Then my husband joined me. I told him I was going to qualify for Boston. The last two miles were my fastest! I ended up running it in 3:43! Half of the team qualified for Boston. So we trained and I wanted to do the Big Five, you know, Berlin, London, Boston, New York and Chicago. I ran Boston and didn't do as well because of winter training. I HATE the cold! After Boston in April of 2008, I trained for Chicago in fall 2008. Four weeks out, I got an injury. They thought I had a labial tear in my hip. I was determined to do Chicago so I learned Chi Running.



“Then the last two miles through Central Park with the crowds going insane really makes you feel like you are the only runner out there.”

I hired the only Chi Running Coach in New York City. Chi Running is a way to run without hurting your body. I was even slower in Chicago, but I finished it and it was the second hottest day in Chicago Marathon history. It was 85 degrees, but it was flat. I kid you not. I was not even remotely sore. The next day I couldn't even tell I ran a marathon. I felt great! After Chicago I got pregnant at 39. I jogged through until month 7 of the pregnancy. I had my daughter and now I have a 9 month old son. I am slowly but surely getting back into it.

**Q:** You've run Minneapolis, NYC, Boston, and the Chicago Marathons. Which one was your favorite?

**A:** New York was my favorite. The crowds carry you through and the weather was beautiful. I loved going through all five boroughs and hearing the music. The texture of the city is so apparent through running. You're like, I'm in Queens! I'm in the Bronx! Then the last two miles through Central Park with the crowds going insane really makes you feel like you are the only runner out there. It gives me chills to think about it.

**Q:** You recently had a baby (in January 2012). Did you run throughout your pregnancy?

**A:** In my first pregnancy I ran until 7 months. I always do something throughout my pregnancy. I ended up having a



C-section. I absolutely attribute my quick recovery because I was in shape. I really think it makes a difference. I did run-walks most of the time. I actually ran until 4-5 months with my son. Then months 5-7 I hiked when we moved to California. I also did yoga and lots of squats. Then in months 7-9 I just walked and did lunges.

**Q:** I read that in one year you traveled to Zanzibar, Timbuktu, Casablanca, climbed Mt. Kilimanjaro, rode camel back in the Sahara, and ran three marathons in one year! How does life as a mom compare to all of that?

**A:** When I had my daughter and she was a newborn, I went into it thinking I've done all of these things. How hard can motherhood be? And I'll tell you. It knocked me over, chewed me up and spit me out. Motherhood is so ass-kicking hard that I couldn't believe someone so resilient as myself would be

taken to their knees. There is an emotional component and sleep component that you don't factor in.

And basically you're not your own person anymore. You know with running you just lace up your shoes and go (unless you're a barefoot runner! In that case you just need yourself...). With a child there is so much responsibility. With that being said, the high that I get from being a

parent has no comparison to anything I've ever done before. I love it, but I will say those first couple of months really kicked my ass. It was far harder than I thought. With baby number two, it was much easier. I've got my groove now. I have so much fun with them.

**Q:** Now that you have two children, is it more difficult or do you think it's easier?

**A:** Easier! Now that he's not a newborn, it's so much easier. My son is 9 months old now, and they have so much fun together. My daughter just wants to smother my son with so much love. To have two who are 26 months apart, I feel like I've hit the jackpot. I wouldn't do it any differently, but I also wouldn't have had kids any earlier in my life either. I think I needed to do all of those things just to feel like I didn't miss out on life. Before I was such a world traveler, and now you have to drag me to a plane. I just want to hunker down with my kids and my husband.

**Q:** How has it been for you getting back into it? How is it different now that there are two little ones?

**A:** It's a little harder with baby number 2 getting back into it. After having my daughter, I didn't think I'd be having any more children. Right away I started doing P90X with my husband. I was probably in the best shape of my life when I got pregnant with Emmett. So now

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 "I absolutely attribute  
 my quick recovery to  
 being in shape."  
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it seems so hard to go through all of that again. I lost the weight from him fast but I am not where I used to be with my cardio. I wasn't regularly running. Since we moved to California we don't have a gym yet. Back in New York we would walk outside our door and there was Prospect Park. Here we have to climb a hill and one of us has to be here with the kids. It's just not as convenient. I can get there, and I will. They have this thing called Fit Happens LA. It's a pop up Boot Camp. I try to meet a friend on Tuesdays. I try to do yoga for an hour a week, one run a week and a bike ride. I'm breaking it up for sure so that's cool. This week, however, I haven't done any of that, and it's Friday! It's funny to me that I was so disciplined in my pre-baby life and now I just can't seem to get it together. My husband and I just keep saying that we have to get on a schedule. I think it's important for kids to be raised in a family who likes to exercise. I think it inspires them to exercise and get out in nature.

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"I think I needed to do all of those things just to feel like I didn't miss out on life."

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**Q:** How do you find time to fit in running/working out, working, and being a mom?

**A:** In New York with my daughter, I ran with her in the BOB stroller. Now that we're in California, it's more difficult. I have to take the stroller in the car because of the hills I can't just go from my house. It's tough to push the weight up the terrain. Now it's easier just to run by myself up the hills by myself. As far as finding a balance, I think I'm like everyone else waiting for someone else to crack the code. It's so hard, but I do have help. I have a nanny. We've taken her down to part time help now. I don't work a regular office job, but because of that I have to be more disciplined. I can easily be swayed by my kids or a mom friend will call and want to come over for wine. I started this hour I call "The Failure Hour". It's like Happy Hour, except by the end of the day I usually feel like I've failed as a mom and I've failed as a wife. From 4:30-6 I generally feel like a failure so I invite my mom friends over. We get together 2-3 times a week. My friends

will text me at 3 in the afternoon asking if we can get together for “Failure Hour”.

**Q:** What’s a typical day of yours like?

**A:** Well, today I took my daughter to her dentist appointment, and then we went to a coffee shop. After that we went to the playground to play. I actually took my shoes off and ran around with her. Then we went to a restaurant, just the two of us. Then we got cat food and ran to the bank before we went home. When we got home it was time for her nap and he needed to nurse. I am usually in bed by 9:30 because my kids are up before 6AM.

**Q:** What gives you energy or motivation on tough days?

**A:** Coffee!!! I also do meditation. I have these 20 minute relaxation meditations on my iPod. If I don’t have time to take a nap, I do a meditation to rejuvenate. I like one that is called the “Meditation Station”. I also like “Leave Work Behind”. It just helps me check out a little bit. It also helps if I get together with other moms. The other moms are what has gotten me through, not therapy. They are my village.

**Q:** When you run now, do you run with or without your kids?

**A:** Sometimes I run with Emmett. I would say 40% with Emmett and 60% on my own. The hills are enormous around here. So I



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“It’s funny to me that I was so disciplined in my pre-baby life and now I just can’t seem to get it together.”

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have to drive somewhere. If I can get out while he’s taking his morning nap it works well. I have to do that more.

**Q:** What has been some of the best running advice you’ve ever gotten?

**A:** Chi Running was a lifesaver. It helped me run with good form so I wasn’t injuring myself. You tuck your hips under and lean forward. It’s something you really have to focus on though!



**Q:** In your blog, where do you find the motivation for your posts?

**A:** My blog is: <http://www.parents.com/blogs/fearless-feisty-mama/> . I choose controversial topics, current issues, and parenting and my opinions on parenting.

**Q:** Are you a Girls on the Run volunteer?

**A:** When I was in New York I was a Girls on the Run coach. It was a very mixed group as far as race and nationality. It was a low socio-economic population. It was so cool to help the girls feel empowered by running. I worked with one teacher who knew all the students. The girls were in third, fourth and fifth grade. She knew all the kids. She wasn't in the best shape, so I was there to decide the workouts.

I did Girls on the Run for 2 seasons and then I had my baby so I had to stop. At the end of each season all of the girls from the various Girls on the Run schools come together and they do a 3K. It was along the Hudson River one year and another year in Central Park. I remember it was held in December, and it was so cold. The wind was coming off the river, and all of those girls did it. It was just really cool and fun. You just hope that you inspire the girls to run more or eat better or just be healthier.

**Q:** You've been a part of cooking shows like The Best Of on the Food Network. Do you consider yourself a proficient cook? Any favorite and healthy recipes that other running moms would like?

**A:** I am barely a proficient cook. I use Nanogreens in my smoothie everyday with juice with greens, blueberries, bananas, kale, apples and carrots.

“As far as finding a balance, I think I'm like everyone else waiting for someone else to crack the code.”





Name: Jill Cordes

Q: Favorite running song and the artist/band  
"Can I See You Again" by Owl City and "Eye of the Tiger" by Survivor and anything Madonna

Q: Favorite time of day to run  
early evening

Q: How do you prefer to train?  
☐ alone  
☐ with a partner  
☒ in a group (It helps me be accountable.)

Q: Most scenic place you've ever run  
Denali State Park, Alaska

Q: Average miles per run  
3 miles

Q: Where do you usually run?  
☐ treadmill  
☒ outside

Q: What do you do while running?

☒ listen to music  
☐ watch TV  
☒ talk (If I'm with my husband.)  
☒ think  
☐ other

Q: Favorite running gadget or gear  
the iPod

Q: Why did you start running?  
☐ to get in shape  
☐ to get back to pre-pregnancy weight  
☒ for fun  
☐ for sport  
☒ other (to have a goal in my life)

Q: Favorite race distance

☐ 5K  
☐ 10K  
☐ 1/2 marathon  
☒ marathon  
☐ ultramarathon

# ASK THE PT: MENTAL RUNNING

Since we are starting the New Year, it is always a time of sharing resolutions and attempting to jumpstart your fitness levels. So much about running is mental. It is really a mindset issue as to how successful your run will be. Some common questions we all ask ourselves before we embark on our journey of a thousand miles are: Am I feeling my best today? Am I stressed out? Will I be able to maintain my focus for the duration of the run? Is my mind and body present when I am on my run? How am I talking to myself? Is it positive or negative?

I know that some days when I go for a run, I could think of 169 other things I would rather be doing. Those are some of the best runs I have ever had. You take one step forward, then another, then another. The momentum and endorphins start flowing and before you know it, you are in full blown marathon mode.

There are some days when I feel absolutely great and I think to myself, "This is going to be a great run." And you know what? It just doesn't happen no matter how hard I try and how positive I am. There will always be days like this as well. Honestly, it doesn't matter if it was a tough run or an easy run, I am always glad I ran. It is very important to pat yourself on the back after a run.

In doing research for this article I was inspired by the story of Meagan Nedlo. She went from running a 19 minute 5K in 2010 to running a 2:41 marathon at the Olympic Trials just 2 years later. I think every runner can learn from Meagan's simple lessons on how to change your routine to change your mind. Here are Meagan's 4 easy tips to get you in the proper mindset for running in 2013:

## **1. Don't be afraid to take a leap of faith in your training**

Meagan was training on her own with pretty good success when she decided to start working with a coach to see what she could do. This decision lead to her competing in college at the age of 26, winning multiple All-American titles, and completely changing her mindset about what she thought was possible.

"The momentum and endorphins start flowing and before you know it, you are in full blown marathon mode."

## **Take Action:**

Don't be afraid to take chances with your training and push yourself. Find a local running group with runners who are faster than you and join in off the back or take the next step and give yourself the resources and chance to succeed.

## **2. Even huge improvements come in small steps**

While Meagan eventually found herself running her 5k pace for a full marathon, the process didn't happen overnight. She took very small steps each season she ran and remained patient and positive, even when things didn't go perfect.

## **Take Action:**

It's perfectly fine to set big, over-reaching goals, but remember that reaching them should come in small, bite-sized chunks. Trying to drop 30 minutes off your marathon time to qualify for Boston doesn't have to happen all in one training segment.

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"It's perfectly fine to set big, over-reaching goals, but remember that reaching them should come in small, bite-sized chunks."

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### 3. *Don't let setbacks stop you*

Meagan lined up everything perfectly to qualify for the Olympic Trials at the 2011 Houston Marathon. She had special drinks, great training, good weather and tons of family support, but she ended up dropping out after falling way off pace. Luckily, she mentally rebounded and qualified in less than ideal conditions just two weeks later.

#### Take Action:

Not everything is going to go your way in every race. Sometimes you have everything perfectly lined up and your body or the weather do not cooperate. Don't let it mentally defeat you. Use the bad race as motivation to do even better next time.

### 4. *Don't make excuses*

Meagan works a full-time job, runs 100+ miles per week, and travels some 20 days per month for work. She never lets this get in the way of her training and is quick to adapt when things don't go perfect.

#### Take Action:

When you want to take your running to that next level, you have to make the sacrifices. Don't let excuses get in the way of your goals.

Whether you are training for the Olympics or tackling those running goals in 2013 it is important to get a serious plan of action in place. Meagan's plan of action was 2.5 years in the making. Ask yourself this question every time you run: Are you moving forward with your running goals or are you staying the same? If you are staying the same, it is just like moving backwards.

Consistent, constant improvement leads to results and small victories every day lead to big goals being achieved.

For more resources to prepare your mindset in 2013 I suggest you check out:

<http://www.dailymile.com/blog/training/3-ways-to-shift-your-mindset-with-timed-runs-instead-of-distance-runs>

<http://www.rundreamachieve.com/patience-running-thin/>

***To all of your goals in 2013!***

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"Don't be afraid to take chances with your training and push yourself."

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Eric Tomei is a physical therapist who has been in orthopedic practice for 10 years. He currently works in Rochester, MI as a staff physical therapist and truly enjoys shaping the health of all his patients. He has a Bachelor's Degree in Psychology, a Bachelor's Degree in Health Sciences and a Masters Degree in Physical Therapy from Oakland University. His passions include: Real estate investing, physical fitness, and volunteering for various charities in the metro Detroit area.

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# How I SURVIVE WINTER RUNNING

I used to dread running outside in the winter, but learning how to deal with the cold, and dressing properly for the conditions has made it much more enjoyable. Here's how I get myself out the door and running!

"I avoid wearing clothing made out of cotton because it holds in moisture, which leaves me wet and freezing."

## Dress In Layers

When getting dressed for a winter run, I like to keep the "25 Degree Rule" in mind. I start with a thin layer of 'wicking' clothing (usually a short sleeve shirt), which absorbs my sweat. I avoid wearing clothing made out of cotton because it holds in moisture, which leaves me wet and freezing. The next layer is a breathable jacket or long sleeve shirt that protects me against the cold and wind, but still releases heat so I don't overheat.

Dressing in layers is important because it allows me to remove pieces of clothing as my body begins to heat up, so I make sure they are easy to take off. I like jackets and shirts with long sleeves, which make them quick and easy to tie around my waist during a run. I also wear a jacket or vest with pockets, so I can store my gloves and hat if they start to make me too warm.



Here's a good guide from Runnersworld.com for dressing for cold weather running:

- 30 degrees: 2 tops, 1 bottom. Long-sleeve base layer and a vest keep your core warm. Tights (or shorts, for polar bears).
- 10 to 20 degrees: 2 tops, 2 bottoms. A jacket over your base layer, and wind pants over the tights.
- 0 to 10 degrees: 3 tops, 2 bottoms. Two tops (fleece for the cold-prone) and a jacket. Windbrief for the fellas.

- Minus 10 to 0 degrees: 3 tops, 2 bottoms, extra pair of mittens, 1 scarf wrapped around mouth or a balaclava.
- Minus 20 degrees: 3 tops, 3 bottoms, 2 extra pairs of mittens, 1 balaclava, sunglasses. Or, says Arribas, "Stay inside."

If you haven't run in the winter before, you can always go out for a quick test run around the block and add or take away layers if needed.

### Cover My Hands and Head

My hands get cold quickly (even in more mild weather), so I always wear gloves once the temperature outside gets below 45 degrees

"Similarly, when the temperature drops below 30 degrees F, I wear a hat on my runs, which prevents heat loss through my head."

F or so. Similarly, when the temperature drops below 30 degrees F, I wear a hat on my runs, which prevents heat loss through my head.

### Heat Up My Clothes

On really cold days, I throw my outer layer and gloves in the dryer for a few minutes before going outside. The warmth only lasts for a few minutes, but it's enough to get me out the door.

### Remember Past Runs

No one knows how your body responds to cold weather better than you do! Every time I run outside, I take note of the weather and what I wore for the run. Having a cold-weather running log (aka my blog) helps me plan my attire for future runs in similar conditions.

### Wear Throwaway Gear

For cold weather races, I wear 'throwaway' gear. I'm usually freezing cold standing around prior to the start, so I wear a long sleeve shirt (or old sweatshirt) over my race attire. Once I get warm, I take off my throwaway shirt and toss it on the side of the course. A lot of races plan ahead for runners leaving their layers behind and donate the extra clothing to charity.





### Just Do It

The thought of running outside in the winter always used to make me miserable, but training for a marathon in November and December in Boston quickly changed my thinking. Instead of obsessing about the cold, I focus my attention on how great I will feel once I've accomplished my run. Usually, it takes me five minutes or less to warm up and forget about the cold.

### Be Smart

Before I head out for a run in the winter, I always check the weather report. If the wind chill is in the single digits or there's snow and ice on the ground, I take my workout inside to the treadmill. It's better to be safe than sorry!



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Tina is 32 years old and lives on the South Shore of Massachusetts with her husband, Mal, and adorable pug, Murphy. She loves fitness and exercise. She recently earned her personal trainer certification through the National Academy of Sport Medicine (NASM). Her favorite ways to stay in shape are CrossFit and running. She's run more than 25 races, including two marathons and more than a half dozen half marathons. Her other hobbies include yoga, hiking, baking, and traveling.



Managing and blogging for Carrots 'N' Cake is a full-time job for her, but she also juggles a variety of part-time gigs. She writes two articles each week for Health.com and contribute bi-weekly posts to the Pretzel Crisps blog as well as monthly posts to The Supplemental.

You can follow Tina at her blog Carrots 'N' Cake: <http://carrotsncake.com/>.

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# WINTER RUNNING MOTIVATION

In my last article I broke down proper winter running attire. Now that you are looking good, let's talk about the real challenge – how to get motivated to run in winter, especially outside.

You need to think about WHY you're running in the first place."

In many ways, getting motivated to run in winter is the same as any other season. You need to think about WHY you're running in the first place. To get in shape? Lose a few pounds? Train for a race? Feel less guilty when eating all those holiday goodies? One reason I'm always registered for a race is because I'm able to push myself more when there is something bigger on the horizon. I'm currently training for a half marathon in January, so this Saturday as part of my training I will run 11 miles. I promise you that in the absence of a race, I would not be running 11 miles on Christmas Eve!

This Saturday also happens to be my birthday, and I have to say I'm looking forward to getting in a nice long run before I head to the spa for a day of pampering. I'm not bragging here, but my point is that one of the reasons I run (and exercise overall) is to take care of myself. I learned a long time ago that I'm no good to anyone else in my life if I'm not good to myself first. We're all busy and it's easy to spend too much time at work (and home) taking care of everyone (and everything) else. But if you continue to put others first, you end up putting yourself last and that doesn't do anyone any good. Let's face it – no one is going to take better care of you than you.

"I learned a long time ago that I'm no good to anyone else in my life if I'm not good to myself first."

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So think about WHY you are running, and then think about the excuses that stop you from actually getting out there. You know yourself better than anyone else, so you know what your excuses will be. If you don't like getting out of bed in the morning, put a post-it with a clever message on your alarm clock, so you physically touch something when you want to hit snooze ("Hit the road

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**"Hit the road – you won't regret it!"**

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– you won't regret it!"). If you're an evening person and hunger is an issue, pack a healthy snack you can eat mid-afternoon so you will have the energy to get out there. If you can never find your favorite hat, iPod, whatever, set them out in advance so it's easy to head out the door. You know your excuses...and you also know how to get around them, so set yourself up to win from the start and REMOVE all obstacles.

Go to <http://busygirlsguidetorunning.com/winter-running-tools-tips/> to get LeeAnn's free special report **"Winter Running – 15 Tools & Tips to Make it Less Brrrrutal."**

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LeeAnn M. Webster is the "Chief Busy Girl" and founder of Busy Girl's Guide to Running. She started running in June 2009 at the age of 40 and has since completed over 40 races including 10 half marathons, 2 full marathons and 2 sprint triathlons, all injury-free. Her coaching programs help busy women find their "inner athlete" and meet new life challenges. For more information, go to [www.BusyGirlsGuideToRunning.com](http://www.BusyGirlsGuideToRunning.com).

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“Running has given me the courage to start, the determination to keep trying, and the childlike spirit to have fun along the way. Run often and run long, but never outrun your joy of running.”

- Julie Isphording, marathon winner

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# This Mother Can Run