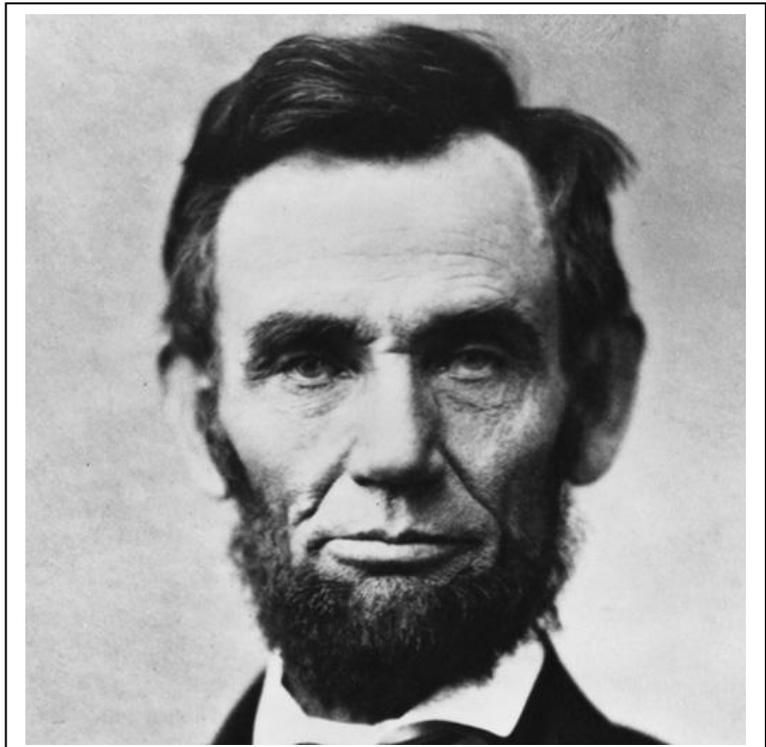




## ***The Prez-SEZ!***

Sometimes things don't go your way. That's life, and that's sure as heck (can I say the word in the publication?) running. but one (or more) bad performance(s) doesn't mean you should hang 'em up. Oftentimes you can learn from it, and if nothing else, you can often bounce back. Brent Vaughn is the man who made me think of this topic this week. For those of you who haven't yet read my *Month that Was* article, Brent Vaughn won this month's USA Cross Country National Championships in dominant fashion. The week before? He DNF'd (Did not Finish)



**Alex Wolf-Root looking a little care-worn after only two months as Empire Runner president.**

the USA Half-Marathon National Championships. Of course, right after this DNF he wasn't exactly in a good mood; he admits he considered quitting the sport for a while.

"I don't want to stand up and make excuses. It was a bad day," Vaughn said. "The second I stepped off, I was walking back and thinking, 'I'm going to find a job; I'm done running. This is the worst moment of my life.'"

But after a little thought, he realized he could turn this around into something great.

Quoth Vaughn: "Because of the fitness I knew I was in, my confidence in my coach and my confidence in my ability, I decided, you know, I've got to race. I didn't want to waste this fitness. I've been working too hard."

Sure, the last outing didn't go well, but he knew he put in the work, he knew he was fit, and he wasn't going to let that bad experience ruin a golden opportunity.

# The Empire Runner

One week after Vaughn's victory, Galan Rupp tried to take the USA Indoor 5,000m record from Bernard Lagat, a record he previously held. He failed. He went out at a blistering pace for the first three K's, on pace for a time around 13 flat (the record was 13:11.50). Too fast. He ended up clocking 13:21.83, solid, though not what he hoped for.

But he learned from that, got back on his feet, and made some noise roughly one week later.

Racing British distance sensation Mo Farah in his home country, Rupp put on a smart fight, running a bit more conservative at the start so that he could hold on in the final kilometers. And it worked. While Farah out-kicked Rupp in the final stretch, Rupp's patience rewarded him with a new American Record of 13:11.44, a full 10 seconds faster than the previous week.

He just didn't give up.

And neither should you.

Sure, I'm not saying that after a bad race you're necessarily going to go win a title, or set any big records. But you have to believe in your training. And sure, things don't always go as planned. But you have to be willing to take a chance, learn from it, and trust yourself. Be realistic, for sure, but be confident. And always,

**Run Happy**