



Race

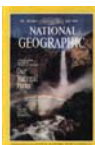
race: [reys] -noun
urgent need,
responsibility or effort,
as when time is short or a
solution is imperative:
*the race to save the
victim of a heart attack.*

Jeff MacInnis

- Courage. Adrenaline. Will Power. Determination. Strength. Teamwork. Luck.
- That's what it takes to finish a race.
- Jeff MacInnis has pushed the limits of human experience.

Jeff MacInnis

- He achieved a four hundred year old impossible challenge
- He led the first team to **sail the Northwest Passage.**
- The expedition became a National Geographic article, a bestselling book



Jeff MacInnis

- In athletics, Jeff competed on the Canadian National Ski Team, during the era of the "Crazy Canucks".



Jeff MacInnis

- Over the last few years, Jeff has competed internationally in Adventure Racing. Recently, at Eco-Challenge New Zealand, the World Championship of Expedition Racing



Bill Bachrach

- IronMan Triathlon – Kona Hawaii
 - 2.4 mi. swim
 - 112 mi. bike
 - 26.2 mi. run



Obstacles



Diabetes
Blindness
Morbid Obesity
Severe Arthritis
Family history of heart attacks in males around age 50

The

Four Events

So... What's your Guess?

Was I allowed to accomplish this for the sake of the achievement...

So... What's your Guess?

... or for the person I might become as a result of achieving the goal?

First Event

Resolve

*Living Life
on Purpose*

Second Event

Surround

yourself with greatness
& know-how

*Are
You
Coachable?*

So... why

**Gather
Greatness**

Around you?

Third Event

**Be
Relentless**

implementing a sensible plan

*Does That Fig
Tree Have
Any Figs?*

Fourth & Final Event

Enjoy

Accountability

? Enjoy ?

Accountability

You Have To

**Do The
Work**

Required of your goal

The Joy of Victory

Measure

Progress

Progress

Not

Perfection



Obstacles

- Acknowledge what's ***not*** working
- You can't neglect your training
- Be intentional about your nutrition
"This is my responsibility"
- Focus on what you can control

The Four Events

1. Resolve
2. Surround yourself with greatness & know-how
3. Be Relentless implementing a sensible plan
4. Enjoy Accountability

Don't go forward without...

1. Resolve

Obstacles



- Diabetes
- Blindness
- Morbid Obesity
- Severe Arthritis
- Family history of heart attacks in males around age 50







What's
Easy?

Easy



Easy



Hard



Easy



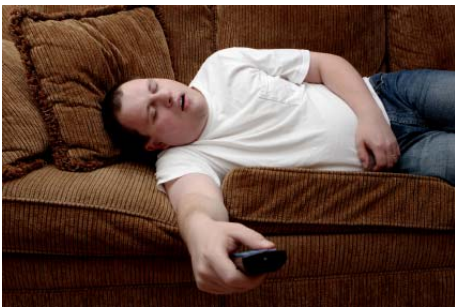
Easy



Hard



Easy



Easy



Hard



Easy



Easy



Easy



Easy



Easy



Easy



OK, Test Time

Easy or hard?



How did I
do it?



Nutrition

- Track or plan (I tracked)
- I eat “close to the ground”
 - Target 50% Fruit & veggies
 - Focus on nutrition (protein, calcium, complex carbs, etc...)
- Eat whenever I'm hungry
- Don't exceed the speed limit
 - No more than 100 calories/hour
 - Sleep at least eight hours
 - Never more than 350 calories at once



Fitness

- Selected my coaches with care
- Resolved to do the work
- Make it fun
 - McKenna
 - Friends
- Resolved to train four hours per week
 - Target five hours
 - Minimum three hours
 - Calendar blocked

The Four Events

1. Resolve
2. Surround yourself with greatness & know-how
3. Be Relentless implementing a sensible plan
4. Enjoy Accountability

The Glue

There's only
ONE THING
that will hold the
4 events together...

A Goal

And there are
3 elements to
any goal

So What's The Plan?

Sunday
August 26, 2007

Sunday August 26th

Mission-driven Goal



Milestones

Saturday May 19th

BRIGHTHOPE
INTERNATIONAL

Sunday July 22nd



Why a Tri?

fitness: [fit-ness] –noun
capability of the body of
distributing inhaled
oxygen to muscle tissue
during increased physical
effort.

Like being a kid again...



Like being a kid again...



Like being a kid again...



Like being a kid again...



Like being a kid again...



Like being a kid again...



Permission to be playful...



Permission to be playful...



Permission to be playful...



Permission to be playful...



Permission to be playful...



Do I have to Try a Tri???

No!!!

TFS

August 26, 2007

- Participants
- Spectators

Participant's Responsibilities

- Show up on time
- Do what you say
- Finish what you start
- Care about the others

Participant's Responsibilities

- Join the community
- Sign the covenant
- Agree to be held accountable
- Agree to hold all the others accountable

Spectator's Responsibilities

- Join us in the journey
- Encouragement
- Serve
- Feel welcome, but...
- Don't distract

Health

- Self-Clearance
- Medical Clearance
- Interview with me
- Agree to safe training
- Agree not to over-train

Training

- Submit to supervision
- Encourage “buddy system”
- Agree to train when you feel like it and...
 - when you don’t feel like it

Nutrition

- Agree to nutritional balance & healthy eating
- Agree to track or plan
- Submit to supervision
- Covenant to be honest

Accountability

- Agree to Peer Coaching
- Agree to bi-weekly meetings until April 22 (to get lighter & fitter)
- Weekly meets or training after April 22

So, What’s the Participant’s Training Plan?



Three Phases

- Get Lighter & Start Moving
March 29 thru April 22
Meet bi-weekly
- Pick up the pace
Twelve Week Training with nutrition
April 22 – July 22
- 34 Day Count-down to the Race
Weekly Training together
Peer-coach Assessment twice per week

Participant’s Kickoff

Thursday March 29th
7:00 P.M. – 9:00

- Sign the covenant of your RESOLVE
- Establish what’s most important to you
- Establish your specific goals
- Establish a sensible plan to establish a sensible plan
- Establish a plan for no-nonsense encouragement

Sign up for meeting notices by email ... Spectators welcome

QOL

Belief

- Do you believe that...
- One by one I came up with strategies to address each obstacle?
 - Overeating
 - No physical activity
 - Difficulty walking
 - Not motivated
 - Hate Exercise
 - Love eating



Do you believe that the obstacles to implementing your vision of health & fitness can be overcome?

Do you believe...
Once you
RESOLVE
To take action...
Help will be there for you?



4TH JULY
AT NIAGARA FALLS
 THE GREATEST WUNDER OF THE AGE
 MONSIEUR
BLONDIN
 CROSSING
 THE NIAGARA RIVER
 UPON A TIGHT ROPE & RETURN
ON MONDAY
 THE 26 OF JULY
TIED UP IN A SACK
TIGHT ROPE!
 PRICE OF ADMISSION 25 CENTS

Come One Come All
 SEE
 The Incomparable
BLONDIN
 CROSS THE PERILOUS GORGE
 AT
Niagara Falls
 Pushing
A WHEELBARROW
 The Master Funambulist
 Will Amaze All
 With His Airborne Antics
 And Death-Defying Courage
 July 16, 1859
 at 8:00 p.m.
 Admission.....25 Cents





Do you Believe?

Your faith is
measured by
how you act?

"And in him you too are being
built together to become a
dwelling in which God lives
by his Spirit"

- Ephesians 2:22

"Do you not know that in a
race all the runners run, but
only one gets the prize? Run
in such a way as to get the
prize."

- 1 Corinthians 9:24 (New International Version)

"Listen, O Israel! The Lord is our
God, the Lord alone. And you must
love the Lord your God with all your
heart, all your soul, and all your
strength."

- Deuteronomy 6:4 (New Living Translation)

But those who trust in the Lord will
find new strength. They will soar
high on wings like eagles. They will
run and not grow weary. They will
walk and not faint.

- Isaiah 40:31

Fitness race : [fit·ness reys]

My resolve & effort, when time is of the essence and a solution is imperative, to increase the capability of my body to distribute inhaled oxygen to my muscle tissue during increased physical effort.

The Four Events

1. Resolve
2. Surround yourself with greatness & know-how
3. Be Relentless implementing a sensible plan
4. Enjoy Accountability

So... as a Participant or a Spectator

Will You Join Us?

So...

What's your Race?

