



Motivation



Steel City Advisory Committee

Finding your motivation

The beginning of training season may be the best time to sit and create your goals. With the promise of a fresh start, it's all possibilities!

So, what is it that gets you out the door?

It may be the excitement of running in a community of encouraging people. The challenge of chasing down a goal. Finding the perfect fit in your favorite pair of jeans. Or simply feeling the runner's high after a good workout.

Your goals and motivation are as unique as you are. The most important thing that you can do right now, is to write down your goals and inspirations.

Put this piece of paper in a safe place because you may need to come back to it further down the road (no pun intended but there it is).

At some point, training will become hard because the runs will be long and you will feel tired.

Above all, we want running to be fun and make us happy. But we also want to keep our goals and challenges in focus. This can be, and probably will be, hard at times. That's when we will go back to what motivates us.

So, keep up the good work. Rely on each other for advice and the strength to keep running even when the motivation seems to be lacking.

The background of the page is a photograph of a yellow suspension bridge, likely the A.C. Swiney Suspension Bridge in Steel City, Ohio. The bridge's towers and cables are prominent, with a city skyline visible in the background under a clear sky.

Finding your motivation

WHAT ARE YOUR GOALS FOR THIS TRAINING CYCLE?

WHAT MOTIVATES YOU TO RUN?

WHO CAN YOU TURN TO FOR ENCOURAGEMENT?