

Staying Motivated for a 5K Race

A lot of new and seasoned runners have lost their motivation at one point or another during their training. Most of us have such busy schedules with work and family, that it is sometimes hard to find time to train every day. Winter makes it difficult to train as well, with snow, cold, wind, etc. In researching articles about how to stay motivated, we found some that were easy and may be of use to you, a friend or a family member.

First, get someone to run with you, a **"buddy"**. It's someone to talk to so the run doesn't get boring, someone to be accountable to, and possibly, encourage you in your training. Second, **change your scenery!** Try to find different areas or trails to run; don't run the same route every day. New scenery can make your run go faster, as you are intrigued by new surroundings. Third, **schedule your run for the same time everyday**, as if you were to attend a meeting. Soon your routine will become as natural as eating a nutritious breakfast.

The sites listed below may be of interest to you, to help with motivation. We hope you will check them out.

www.active.com

www.therunnersguide.com

www.about.com

www.meet-your-running-goals.com

We invite you to join us on race day or choose one of the following ways to support this year's 5K Run & Walk:

Register at our race website: www.2nd2None5K.com (pre-registration ends on **April 26th** with the discounted rate)

"Like Us" on Facebook at [Like our Run](#)

Volunteer on race day. Contact Denise Elsbree at 630-256-4506

Make a donation to the Food For Thought Program. Each \$10.00 donation provides food for one family, from two of the weekly Mobile Pantries and helps ensure that the children do not go hungry during the summer break. Click [here](#) to make a donation today. ***We thank all of those who have already made a donation. We appreciate your support!***

Sincerely,

Theresa Shoemaker

Executive Director

Communities In Schools

Marilyn H. Weisner

Executive Director

Aurora Area Interfaith Food Pantry

