



MARATHON TOURS & TRAVEL

Your Race/Trip is Cancelled – What do you do now? Press Reset!

Contribution By:

Christine Suter, BA, MCP, RCC

You may recognize my name from a few Marathon Tours & Travel trips that I have co-hosted such as: Berlin, Tokyo, Big Sur, Antarctica and Cuba. You may not be aware that I provide mental performance consultation and coaching for participants going to Antarctica. Today, I would like to reach out to all Marathon Tours & Travel clients and friends to provide some guidance through this very uncertain time.

I want to take this opportunity to first talk to you about training. I know there are other surreal things happening in our world, and I do not want to discount them, but this will focus on your marathons, races and training, as well as mindfulness.

As you know, due to COVID-19, many popular marathons and tours have been cancelled or re-scheduled. If you are like me, you love to train and push yourself when you have a goal, and once you have completed your race, you are looking for that next race or goal. When our races and trips are cancelled, this can really throw us for a loop. We can all become quite anxious; we may get angry, frustrated, as well as disappointed. You may not know what to do or if you should continue training or not. I would like to offer you some suggestions during this challenging time.

First, take a deep breath, and then take another one. Sitting in a place of uncertainty is very uncomfortable and it seems on some level we are all in this place right now.

If your goal marathon was upcoming like Boston or London, you are probably 4-5 weeks out from your race. I bet most of you wonder what you should do next. I would recommend if you are not struggling with an injury or illness, see your training through. Continue with your training plan up to the race date. You can plan to do the race distance on your own come race day or with a few friends, or plan a long run for that day. If you do not feel like running a marathon on your own, skip the marathon and go into your recovery or taper at 60% of your max mileage. By finishing your training, you help keep yourself focused and on task. I know

this will be challenging without your goal race ahead of you, but what you will gain is maintaining your fitness for your next race.

If you are injured, take this time to allow your body to recover fully.

If your race is 10 weeks away or more, continue with your training plan. Most races right now are being cancelled four to five weeks out. So keep your eye on your goal race and either your decision is made for you if cancelled/postponed or you will be ready to have a solid race come race day.

In addition, I would also suggest taking up some type of meditation or mindfulness during this time. This may be as simple as going for a walk and focusing on taking as many steps as you can for your inhale (aim for nine) and taking the same amount for your exhale. Walk in the forest or by a stream or river, sit outside and be aware of everything that is around you, disconnect from media for a brief time, or use an App such as Calm or Headspace (and there are others) that provide guided meditation. These are all great strategies.

Some people might take up yoga or another movement type exercise that does not stress the body. Remember mindfulness is about being in the present moment without judgement or criticism.

Right now, focus on what you have control of and think about starting or resuming a meditation practice or relaxation routine to get you through these tough times.

[About Christine Suter](#)

In 1999, Christine competed in her first Ironman race in Penticton, B.C. to see if she could do it. She did and inspired herself to continue and compete in nine (9) more Ironman races and qualify for the Ironman World Championships in 2006. She has continued to challenge herself racing 50km, 50 mile and 100km runs. She has been coaching for the past 10 years multisport athletes from first timers competing in their first super sprint triathlon to elite athletes training to qualify for the Ironman World Championships with great success and enjoyment. In 2013, she decided to go back to school to pursue her Masters of Counselling Psychology through Yorkville University. During this time, she also volunteered as a Mental Performance Consultant intern at Douglas College under the supervision of Dr. Farres. This opportunity allowed her to work with collegiate teams and individuals evaluating and developing their mental skills from the beginning of the season, into their playoffs. Focusing on the mental side of sport and life has become her new passion. She completed her Masters in May 2018 and is excited to add new knowledge and skills to her coaching and counselling business. She continues to organize community fundraising events, provide community talks about mental health and well-being, consult athletes, and was the Whistler Triathlon Club President for more than five years.

Contact Information:

Christine Suter, BA, MCP, RCC

C2SkyMultisport Coaching – Mental Performance Consulting

christine@c2skymultisport.com | P.O. Box 750 Whistler, B.C. V0N 1B0 | +1.604.932.0788