



# footprints

Bay Area Runner's Club Newsletter

**December 2011**

**BARC NEWS**

Hello fellow BARC members!

Thank you to all of you who participated in the first Reese winter race of the year as well as our Christmas Run. The turnout at the Christmas Run was the biggest one that I have seen in quite a while!

I hope you all are taking advantage of the relatively warm weather we've been having (for December), but that you also wear the proper layers and stay warm and safe out there during your winter runs.

Happy Holidays! Thank you for making my job as a newsletter editor enjoyable and interesting with all of your pictures, information, and feedback.

See you at the races!

Mallory  
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# BARC Bits

The next BARC meeting will be on January 12th at 6:30 p.m. at the Bay County Community Center. All members are welcome to attend.

Congratulations to the following people on their election to BARC's board for 2012: Ted Davenport, President; Ann Gasta, Vice President; Greg Rankin, Vice President; Linda Flues, Secretary; Mike Klosowski, Treasurer; Mallory Klosowski, Director; and Lori Brown, Director.

## January/February 2012 Race Schedule

Sat. January 7* 10:00 a.m.	Reese Winter Race Series 10K Run and 5K Run & Walk	Reese High School, Reese Rick Houghtaling (989) 529-7904 Doug Doud (989)868-4130
Sat. January 21* 10:00 a.m.	Freeze Your Fanny 5K Run and 1 Mile Run	Bay Co. Community Center John Metevia (989) 832-2267 Ted Davenport (989) 893-1093
Sat. January 21 9:45 a.m.	Tip Up Town 5K Fun Run/Walk	Houghton Lake, MI Houghton Lake Chamber of Comm.
Sat. January 21 6:30 P.M.	Winter Wolf 15 Mile Relay and 2 Person Relay	Old Omer Courthouse, Omer hilyards@m33access.com www.witchywolfrun.com
Sat. January 28 9:00 a.m.	Winter Warriors The Snowman 1/2 Marathon, 10K & 5K	2316 S. Mission, Mt. Pleasant, MI Ryan Hackett (989) 317-5889
Sat. February 4* 10:00 a.m.	Reese Winter Race Series 10K Run and 5K Run & Walk	Reese High School, Reese Rick Houghtaling (989) 529-7904 Doug Doud (989)868-4130
Sat. February 18* 10:00 a.m.	Spirit of Winter 5K Run and 1 Mile Run	Bay Co. Community Center John Metevia (989) 832-2267 Ted Davenport (989) 893-1093
Sat. February 25 9:00 a.m.	Winter Warriors Ice Cube 1/2 Marathon, 10K & 5K	2316 S. Mission, Mt. Pleasant, MI Ryan Hackett (989) 317-5889

## **HOW ATHLETES CAN DEAL WITH THEIR FEARS AND STRESSES**

By: Stanley Popovich

Some athletes have a difficult time in managing their fears and stresses. As a result, here is a brief list of techniques that an athlete can use to help manage their most persistent fears and every day anxieties.

When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to divide the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

A person should visualize a red stop sign in their mind when they encounter a fear provoking thought. When the negative thought comes, a person should think of a red stop sign that serves as a reminder to stop focusing on that thought and to think of something else. A person can then try to think of something positive to replace the negative thought.

Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed or frustrated, open up your small notebook and read those statements. This will help to manage your negative thinking.

Learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your depression and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Dealing with our persistent fears is not easy. Remember that all you can do is to do your best each day, hope for the best, and take things in stride. Patience, persistence, education, and being committed in trying to solve your problem will go along way in fixing your problems.

## BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>