

# TRAILS

## OLATHE EAST CROSS COUNTRY

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### 10 THINGS THAT REQUIRE ZERO TALENT

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|------------------|--------------------|
| 1. BEING ON TIME | 6. ATTITUDE        |
| 2. WORK ETHIC    | 7. PASSION         |
| 3. EFFORT        | 8. BEING COACHABLE |
| 4. BODY LANGUAGE | 9. DOING EXTRA     |
| 5. ENERGY        | 10. BEING PREPARED |

Talent in distance running is interesting. One would think that being a distance runner would be a simple, easy thing that anyone could do. After all, the human body is made to run! But being a competitive distance runner is anything but easy! That's why so few programs and so few runners can be successful. The talent for a distance runner must be physical to some extent. We have to be able to run, to relax, to use our energy efficiently over an extended period of time. But more than anything else, it's mental ability that determines your success as a distance runner. The same mental attitude that determines your success on the course, is the same mental attitude that determines your success in the classroom, in your relationships and in life!

The little poster I put on the top of this article is really misnamed. It does require talent to do those things. But it's not PHYSICAL talent, but MENTAL talent. All of those traits are the same ones that successful companies and teams are looking for. The world is full of people who have talent, but never use it and are never successful. Talented failures are everywhere! But in distance runners, your talent is your attitude, your talent is your work ethic, your talent is your ability to come back again and again and again, no matter how you feel. And the wonderful thing about being a distance runner is.....you will be rewarded for your use of talent.

Think about those ten factors of success listed above. Make them a part of your everyday habits, and see how much better things become.