

At the races – inside the beast

Warmup alone; cool down in groups.

On the day of competition, if you always eat two pounds of bacon for breakfast, then continue to do so, if not, today is not the day to make any changes. This is especially true for things you eat, because nervousness can often interfere with digestion.

If you are racing multiple events during a single day, then getting some form of carbohydrate is important as soon as you can handle it. Within 15 minutes of the completion of your first event is the ideal window of time for refueling. After that window it will still help, but refueling will take longer.

Being nervous the appropriate amount for the importance of the race, that's the key. Everyone gets nervous, but the people, who understand that we perform best with a certain amount of nerves, and who have strategy to keep that right amount of nervousness for them, are the ones that will perform the best.

Too many nerves = bad performance. Not enough nerves = bad performance.

Right amount of nerves = good performance

You have to determine the right amount of nerves for you.

One of the things that we have in our own control is our own thoughts. We have thoughts that can make us feel good, and thoughts that can make us feel bad. Those thoughts that help you keep the negative “nelligies” away will help you achieve the right balance of nerves.

As you get more experienced with racing, you will have at your disposals the memories of your good days. We spend a lot of time picking apart our bad days, but we spend very little time dwelling on our successes. This is totally contrary to what we should be doing.

If we focus on our good races, then with practice, we can recreate the event in our minds. If we do this enough with practice then when it comes to race day, you're in a positive mental state, and you have the appropriate amount of nerves.

This takes a lot of practice. If I ask you “what thoughts make you relax?” Somebody might say, listening to my ipod, someone might be thinking about the dance, or it might be surfing or paintball.

Some of you might not know what thoughts make you relax. You need to work on that.