

HUDSON VALLEY TRIATHLON CLUB

Making Amends

By Mark Wilson-Triathlon Coach

Have you ever had a situation in a race or life where there was a serious misunderstanding with someone and no matter what you said or did it just got worse? It's a horrible feeling because you know you shouldn't have said some of the things you said, but there's no turning back time to erase your words/actions; and yet, you want to create a peaceful atmosphere because that was your original intention to begin with. So, what do you do? Hopefully, some of these suggestions will help you to avoid the scenario completely or assist you in dispelling the uneasy vibes between you and your "adversary." Let's give it a shot.

The most important guideline to follow in racing and in life is to remember to be in a constant state of humility, devoid of your persistent ego. Remaining in a state of humility will be the surest and fastest way to succeed in triathlon and anything else you desire to create in your life. Of course, few of us can actually maintain such high standards, especially in the heat of the moment; but that's what mastery is. If it is your intention to do so, it is more likely you'll succeed; period.

Another step in dispelling personal confrontation is to avoid condemning them. Yep, being angry at someone for being angry at you is condemnation. So, the quickest way to "melt" the tension is to simply bless the person, thank them inwardly for being in your life and move on to other projects; like the next leg of your triathlon! Arguing with them is like being caught in some barbed wire and thrashing feverishly all the while getting more and more entangled with each movement. Be still and cut loose; it's the best way.

A very helpful tip in side-stepping "entanglements" is to avoid telling others about your mishap. Keeping the experience to yourself will keep it from growing and possibly getting worse; the last thing you need is to involve others' egos, as well. When you stop and think about what happened, it's probably really silly and should be something to laugh about. Getting really serious and making a "mountain out of a mole hill" is not what you need to create here. Remember rule #6? Don't take yourself so damn seriously.

The final thing to recall when attempting to live and race at higher levels is to remain in a constant state of gratitude. Imagine all of the people who are unable to race because they have no legs, food, home, eyes, money, etc. When we remember to be grateful for our life miracles occur (large and small) and we begin to exist on a plain based upon spiritual laws rather than our ego's tyrannical rules. So, the next time someone clubs you in the swim, cuts you off on the bike or steals your water at the aid station during the run be a master and silently thank and bless them. You'll be surprised at how good you'll feel. See ya out there!

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