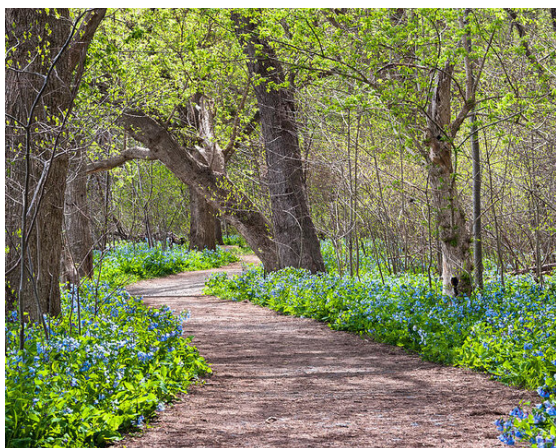
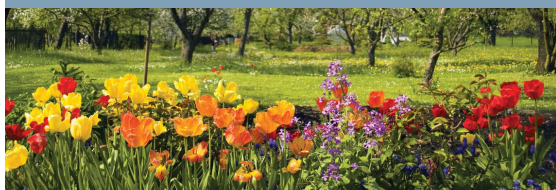


# April Newsletter

**"Embrace the struggle & let it make you stronger. It won't last forever." - Tony Gaskins**



Racing may be cancelled, but running isn't. Take this opportunity to embrace the cool mornings and rainy runs. Summer will be here before you know it!



## Running and Training in Uncertain Times: Rediscovering your "Why"

We're now more than one month into the pandemic - schools have been closed for weeks, teleworking has become the norm for some of us and for the most part, we've all had to learn to adapt to this new way of life. For runners, especially those of us who were looking forward to spring races, this may be an especially frustrating and difficult time.

As our DNS lists grow and uncertainty continues to loom, it's OK to feel however you're feeling. For some of us, this an opportunity to rest and regroup. For others, we've had to adapt to training in new ways - either at different times of the day, or on different routes or surfaces. Whatever your method, now is the perfect time to rediscover your "why": why do you run? Is it because you love running, or want to get fit(ter), faster or stronger? Is it an escape or a form of "therapy" for you? Do you enjoy running in new places and/or meeting new running friends?

If your "why" is comraderie, you may be having a particularly tough time finding your motivation in this time of social distancing. A fellow UESCA coach, Rachel Laymon, recently posted some great tips on embracing the suck of solo-running:

"Did you know there are perks of running solo? Here are a few of my favorites: **You pick!** The distance, pace, time of day—you essentially get to decide everything about the run! **You're not on anyone else's time except yours.** Your breathing will be in check. It's always fun having conversations with a run buddy, but without talking, you'll be able to keep your breathing in check, more easily evaluate your fitness & your pace might actually feel easier without additional conversations! It's just you and the road! **Mental training** is an essential part of training and needs to be practiced, especially if you plan to fly solo on race day! "

from: [instagram.com/runwellbewell](https://www.instagram.com/runwellbewell)

Take this time to refocus on your "why" - maybe come up with a list of some new things you enjoy about running. I've really enjoyed coming up with new road running routes & try to run a different one each day. What about you?

## Athlete Referral Program

Do you know of anyone looking for the support and guidance of a running coach? Do you have a friend who wants to get into trail running but doesn't know where to start?

Every athlete who you refer to Unleashed Endurance Coaching Services who completes 3 months of training earns you one month of FREE coaching! No limit on referrals. Spread the word!

### Contact:

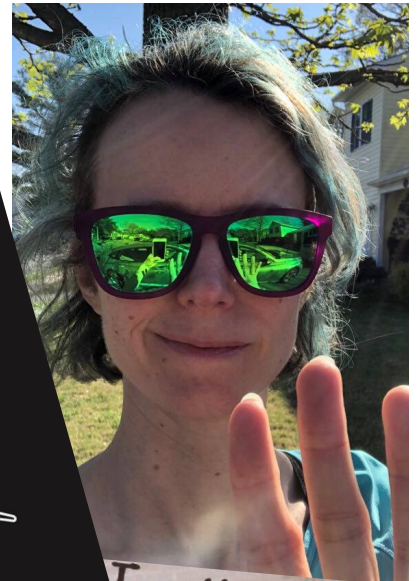
unleashed-endurance.com  
(703) 253-6112

# Challenge Accepted

## Yeti Ultra 24-Hour Challenge

2 Unleashed Athletes took on the Yeti Ultra 24-Hour Challenge this month, logging 30+ miles each over the course of 1 day (to the tune of 5 miles every 4 hours).

You can still join the Challenge! Register here:  
<https://ultrasignup.com/register.aspx?did=76840>



## NEW Product Discounts

Available exclusively to  
Unleashed Athletes:

**JUST STRONG** Clothing: a line of fitness clothings and accessories designed for strong women. Take 10% off when you use my discount code: **JESCREE10**. Use this link to order: <https://www.juststrong.com/?rfsn=3852236.acc4ec>

**Skratch Labs:** Awesome sports nutrition that uses real food! Discount amounts vary based on the product ~ up to 50% off! Contact for details.

**RoadID:** Always having your ID with you when training or racing is of critical importance. Go to [www.roadid.com](http://www.roadid.com) and use code **MVXXVNZ61BTW** for 20% off.