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A Run for Mom

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by
Sarah Lucy Lindner-Infante

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Submitted in Partial Fulfillment
of the Requirements
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Buffalo State College
State University of New York
Department of Creative Studies
ABSTRACT OF PROJECT

This project consists of my training, and running in order to participate in the Marine Corps Marathon in honor of my mother. It will require much motivation and hard work. I am relying on my network of family and friends as well as the works of several creative thinkers in the concept of intrinsic motivation.

________________________________________
Sarah L. Lindner-Infante

________________________________________
Date
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Dates of Approval:

______________________
Mary C. Murdock
Project Advisor

______________________
Sarah L. Lindner-Infante
Student
Dedications:

This project is dedicated to my family, especially my mother who gives all of us the strength to meet anything we wish to reach.

I would also like to thank the Creative Studies Faculty and Master’s students, especially the May 2007 Masters Project girls: Jen P., Jen N., Joyce, Marina, and Lauren. We were in it together!!!

And to Rebecca Lucy, it will be a long run but I am glad we are in it together.

"Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, and night. But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night, and the body was never tired...You've always got to make the mind take over and keep going."

- George S. Patton, U.S. Army General and 1912 Olympian
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SECTION 1: BACKGROUND

Purpose

Physical fitness has always been important to me, but in 1994 it became a must.

That was the year when my mother became a quadriplegic after she and my father were
hit by a drunk driver (See Appendix B). After this happened to her I always wanted to make sure that I followed the example that she set for me prior to the accident. That example was to work hard, maintain your body and health.

It took me several months after the accident to even acknowledge my mother. What I saw in the intensive car unit was someone who looked familiar, but whom I did not know. Even after 13 years I still cannot truly hug my mother, only when I am kidding around. I realized that I need to show her that I do appreciate her, that her strength has been instilled, and that I don’t always need to be the family protector. I just need to realize that when I was 14 years old, my life changed forever, and made me into who I am today and made my mother who she is as well.

Prior to the car accident my mother was exceptionally physically fit and active. After the accident she was unable to maintain her fit and active life style and the example that she set for her children. I always wanted to make sure that I followed that example. I realized just how important physical fitness is and how many people take it for granted. There is not a day that goes by when she doesn’t say “I wish I could get up and go for a walk”. When she says this, it always strikes a cord with me. I feel that I should take advantage of the fact that I have the ability to walk each day or run for that matter. Therefore this project was about my training to complete the Marine Corps Marathon in Washington, D.C. on October 28, 2007 in her honor.

I think that every person should pick something in her life that she has thought about achieving and actually go after that. Being able to say that I have completed one of the most vigorous and strenuous tasks the human body can go through is a pretty
honorable achievement. I believe that that honor will transfer to my mother for strength to get through the ups and downs of being a quadriplegic.

**Description**

The training process for a 26.2 mile run is quite intense and very time consuming. Therefore, running is not only a skill, but an art. This project has defined me as a person but also has shown my mother that I dearly appreciate all of the values that she has instilled in me. This could not have been completed without a lot of help and support.

My best friend Rebecca has been very supportive from the beginning discussion of this endeavor. Throughout our childhood Rebecca and I always depended on each other to get through the good and bad days. We have always been playing sports together, running through the neighborhood together and keeping each other focused on what we want to achieve. Rebecca was there through the most difficult experience I have ever had my mother’s accident.

This project has allowed me to put everything that I ever think about on a day to day basis to the test. What should I eat, how should I dress, where should I go, how long will I be gone, who will come with me and hundreds more. The mental challenge that training for a marathon has forced me to take on, has been one that has allowed me to use my creativity to gain success. The understanding of my leadership abilities, the never ending divergent and convergent rules and reminders were what led me to my success.

I also realized that there was a need to utilize the tools that I have learned throughout the program. I felt that S.C.A.M.P.E.R would be a good way to work through some of the difficult days that I had. Once I employed a creativity tool, I found the
training process to be much easier. It was the following the rules that gave me a challenge.

The deferring of judgment was put to the test day one. I needed to find a way to handle this immediately. I chose to test myself by giving up something I love- sweets. Usually when I set a goal for myself, I cut out just before the end. Not this time. When I reached my goal of one month I knew that I could seriously take on this challenge. This in turn helped me keep in mind that whenever a challenge arises, like the one with my mother, I can find a way to overcome it, whether it is big or small. This was key for me. In order to take on something of this magnitude I needed any kind of positive reinforcement I could get. It came in all shapes and sizes, but in the end it all allowed me to reach my goal that I set for myself.

SECTION 2: PERTINENT LITERATURE

Narrative Introduction
Seeing that my knowledge about running was at a beginner level, I needed to immerse myself into the world of running. There are several thousands of resources out there whether it was in the form of books, internet, or magazine. This was definitely overwhelming so I limited it to what applied directly to me a beginner to intermediate runner.

**Selected Bibliography for Project**

**Creativity**


**Accident Related**


(G Bryniarski, personal communication, April 8, 1995)

(Kathleen Lindner, public presentation, December 6, 1995)


**Running**


**Literature Summaries**

This section is a compilation of all of the books that I read relating to marathon training. I pulled pertinent information from the books that I found would be the most helpful for anyone training for a marathon.

**Complete Book of Women’s Running**

**Chapter 1- The Need for a Women’s Running Book**

- Women develop a bond with the road based on “acceptance, an appreciation of how far they have come, a knowing wink that says how much is yet to be gained.” (Page 1)

- Women’s hormones allow us to withstand more pain (page 4)

- Some women are more prone to knee and foot injuries because we have wide hips.

**Chapter 2- Dress Like a Runner**

- No need to make huge investments, but good running shoes area a must and so are good bras.
  * Go by personal preference not brand and price
  * Try several brands

- If you don’t go to a running store, you should know whether you “overpronate (foot collapses inward upon landing), supinate or are a normal pronator. I am a normal pronator!!!

  * A normal pronator has a semi curved line from heel to toe. (Page 12)

- When buying running shoes----Run in them don’t just walk.
*Wear socks the same thickness in which you run
*Check for proper sizing

-Bras (page 14-15)
*Minimize bounce
*Band around rib cage should be snug (Raise arms band should not move)
*Fabric over breasts should be snug not stifling
*Good seams, if not chaffing will occur
*Choose bra lines that have wicking
*Cost will be between $15-$30
*Replace it when it needs to be replaced!

-Tops choose cool max or ones that vent.

-Socks should be synthetic blends like polyester, acrylic, Cool Max or Teflon

Chapter 3 A Beginners Guide to Frequently Asked Questions (page 21)

-See your doctor
-Don’t be stuffed when you run
-Dress according to the weather
-Remind yourself, everyone is not watching you
-Where to go (Duh)
-Pace yourself
-Speed should not be a concern
-Breath through your mouth (page 25), your nose cannot deliver enough oxygen long deep breaths will help you take in more air and prevent side stitches.
-If it hurts=WALK

Chapter 4 The Principles of Training

-Know why you run: Time alone, time with others, fitness, sanity, freedom, health, eat without gaining, worry less, stay young, push/eliminate limits (page 30)
-Set short and long term goals
-Balance efforts with rest
-Expect peaks and plateaus
-Be consistent
-Practice patience
-Train your entire body

Chapter 6 From Jogging to Running: Training for the Intermediate (page 50)

-Your reason for running changes
-Longer, shorter, faster
-Reach new limits (For me its running a marathon.)
-Too keep going:
  Try a new route
Check out your local runners club
Incorporate flexibility
Start traditions
Cross Train 1 day a week
Consider attending a women’s running clinic
Run for time NOT miles
Keep easy days in the mix

- Variety and Intensity
  - Long Run Sundays
  - Fartlek (Swedish for speed play - vary speed and intensity)
  - Hills

Chapter 8 On Racing Well

- Running is a learned skill
- Mental Readiness
  - Worry only about yourself
  - Face your fears in practice
  - Listen to your body objectively
  - Visualize yourself relaxed
- Choice
  - Choose where you want to run
- Taper
  - Two weeks before long runs, cut back mileage but keep running
  - Resist temptation

Chapter 9 Conquer the Marathon

“A Greek soldier in 490B.C. named Pheidippides ran 26 miles from Marathon to Athens to deliver word of a Greek victory over the invading Persians. After uttering the words “Rejoice, We conquer” he collapsed and died. Some doubt of truth but from legend came the marathon” (page 106)

- Marathons have become two events: The sports world biggest block party and running’s greatest challenge

- Now is a good time
  - To purchase a second pair of running shoes and alternate them.
  - Train self to eat and drink on the run
  - Get creative with a training partner
  - Eat right, take a good multivitamin, and get plenty of sleep

- Beginner Marathon Training Schedule (page 115)
- Quality not quantity! Focus on long runs!
- Road Runners Club of America www.rrca.org
Chapter 11 The Balancing Act

-“Exercise is not a selfish thing” says Susan Kalishi executive director of ARA. “You become a better person, and that ultimately helps your family, work and everything else.” (Page 138)
-Make the commitment

Chapter 12 Staying Motivated and Beyond: Mental Aspect of Running

-When boredom strikes, fight back
-Take the few first steps
-Make running a priority
-Be social
-Dwell on past runs
-Prepare the attire for your run
-Have a goal
-Maintain a positive attitude
-After every run, find one success

Chapter 13 Eat Right to Run Your Best

-Healthy balance
  *Spread toast lightly with peanut butter instead of butter (p162)
  *Not too much coffee
  *Try the gels before your run; take one after 1 hour then after each 30 minutes
  *Fat after runs

Chapter 14 Lose Weight on the Run

-Make wise food choices
-Treat yourself
-Eat out less often
-Watch calorie intake
-Supplement running with strength training

Chapter 15 Body Images Issues

Media is a huge influencer→If you’re not happy with something change it!
-Instead love your body—come to terms with your physical self can contribute to your well being. (Page 178)
-Resist comparing yourself to anyone else
-Emphasize health rather than weight
-Understand your body type and know what it is to be healthy with that body type
-Choose body appropriate role-models
-Emphasize positive
-Appropriate clothing
-Practice Yoga

Chapter 16 Caring for your Body (Page 191)

- Figure out causes of injury
  * For me I know that my knees and hips are a problem
- Reduce mileage
- Stretch
- Take painkillers
- Cross Train
- Birth Control
  * Can help or hinder you
- Chafing
  * Poor wardrobe
- Runner’s Knee
  Cause: “Poor biomedics…kneecap glides up and down in a smooth grove of cartilage.” (Page 211)
  Treatments: Change shoes, ice, anti-inflammatory, stretch

Chapter 17 Safety

- Pay attention
- Ditch headset
- Follow intuition
- Project confident attitude
- Leave contact information
- Watch out for animals and drivers
- Run in familiar areas
- Leave jewelry at home
- Ignore verbal harassment
- Carry an alarm or pepper spray
- Be proactive
- Pay attention to terrain

Chapter 18 The Well-Rounded Runner

- Cross train
- Stretch (Calves, Hams, Shin, Thigh, Butt, Back, Groin, Hip, Abs, Arms)
- Resistance Training
- Drills
- Pool Running
- Massage
- Strength Training
  Squats
Leg Curl
Leg Extension
Calf Raise
Push Up
Pull Down
Bicep Curl
Lateral Raise
Triceps Extension
Upper and Lower Abs
Back Extension

-Drills
   Exaggerated strides
   High knees
   Butt kick
   Stride
   Sidewinder
   Hopping

Running Injury Free

Chapter 1 Why Runner’s get hurt

- Most injuries result from training mistakes that can be prevented or corrected.
- Misalignment can be cured with proper shoes
- Few injuries are serious enough to disrupt everyday life (Page 2)
- Injuries I know that I am susceptible to: Knee (21.3% women sustain) Hip (14.7% women sustain) (Page 3)
- Gender makes a difference
   *“Women’s tissues are more elastic than men’s…makes women more liable to ligament and joint damage”
   *Women have specific stretches
   *More weight=more stress

Chapter 2 Reading and Heeding your Pains

- Pay attention to those pains (page 22)
- When your body says STOP, Listen!!

Chapter 4 Running Shoes: Where form meets function

- Shoe terms to know (Pages 49-51)

Chapter 5 Matching the Shoes to Meet your Needs

- Bargain shoes are not necessarily a bargain
  -“Corrective Shoes”
*Hip Pain-need better shock absorption, soft midsole and slip lasting (More flexible type of shoe construction.
*Knee Pains-Outside knee look for dual-intensity midsole
*Ideal Shoe Chart page 68-69

Chapter 7 Products that work (and some that don’t)

Pills-anti-inflammatory and pain killer
Rubs-Don’t do much
Taping-Pre-wrap then tape for support
Wraps-offer little support
Braces-Per doctor

Chapter 17 Chondromalacia Patella: Runners Knee (Page 179)

-Ice
-Elevate
-Quarter Squats
-Step Downs
-To Prevent
  Change shoe
  Change Training
  Knee Brace

Chapter 20 Hip and Groin Pain (Page 205)

-Take time off
-Stretch
-Shoe Lift
-Ice
-Don’t run through pain

Chapter 22 Training While you Heal (Page 223)

1st Walk
2nd Walk/Jog
3rd Slow Jog
4th Run
Try other sports

Chapter 23 A 7-Step Plan for Running Injury Free (Page 234)

  1. Find a friendly surface
  2. Warm Up and Cool Down
3. Stretch gently but firmly
4. Keep a flexible training schedule
5. Alternate “Hard” and “Easy” training
6. Pace and Space Races
7. Keep records of your running

Running Your Best

Part I: Getting the Most Out of Training

Chapter 1 Average Runners have Potential (page 4)

-Fight the odds
-You must really want it
-Set Goals
-Innovating (Page 15) Find different places and ways to run

Chapter 2 ABC’s Of Training

-Keep a log
-This chapter was really not helpful

Chapter 3 Supplementary Training

-Series of rapid jumps in sets of 10
-Stair running

Chapter 4 Running Technique

“Flawless marathon running form of Carlos Lopes…attitude exudes relaxation, symmetrical arm action, gaze on road ahead, his un-tense shoulders and foot plant” (Page 66)

Page 80 Points to Remember about Style
1. Always feel smooth and relaxed
2. Don’t tilt head back
3. Keep your rear in
4. Keep thumbs on top of hand with a cupped, relaxed fit
5. Arms should be at 90 Degrees
6. Don’t swing arms across chest
7. Drop shoulders and Draw

Chapter 6 Mind Games (Page 111)

-Visualization
-Concentrate
-Exude Confidence
-Program your subconscious
-Access Words (chant)

Part II: A Blueprint for Training

Chapter 7 Major Methods

Fartlek (Page 129) “Play-of-Speed”
-Should be aerobic
Lydiard System (Page 135)
-“A large volume of relatively slow training could eventually result in fast racing”

Chapter 9 Laying Out a Season’s Training

-Up/Down Hills
-Springing and Bounding

Chapter 10 Balancing Day-to-Day Training

Sunday-Long
Monday-Short
Tuesday-Fast
Wednesday-Short
Thursday-Fast
Friday-Short
Saturday-Fast

Part III: Racing

Chapter 14 Pre-Race Preparations

-Cut back the training
-Avoid overly processed foods
-Fresh fruits and veggies
-Avoid Preservatives
-Avoid Fats and High amounts of refined sugars
-Eat a balanced diet
-No Grease, No Red Meats.
-Drink a lot of Water
-No junk food

(Page 248)
Chapter 15 During the Race

- Practice Etiquette
  * Saying the word “track” out loud tell slow movers to get out of the way (Page 252)
- After the Race (Page 264)
  * Rest
  * Stretch
  * Eat Carbs

Chapter 16 Special Considerations: Altitude and Heat

- Dress warm 2-3 weeks before race to try to make yourself uncomfortable hot (Page 273)
- Get water in by 20 to 21 miles (Page 275)

Epilogue

- Use your head, use emotions (Page 277)

Running for Dummies

Chapter 3 A Body in Motion

Page 19
  1\textsuperscript{st} Source Carbs
  2\textsuperscript{nd} Source Glycogen from liver
  3\textsuperscript{rd} Source Fat as fuel

Chapter 5 Cruising for shoes and other Equipment

- Wet test (page 36-37)
- How long should your shoes last? About 300-600 miles.
  “Running on worn-out shoes is live driving on bald tires” (Page 41)

Chapter 6 Nutrition for Runners

- Thirst Trap (Page 46)
  * Signals of Dehydration
    - Headache
    - Urine that is amber or yellow, you want clear
    - Dizziness
    - Weakness
    - Chills
    - Cramps
    - Nausea

- The Brew Crew
*Beer is not as great for carbohydrates as one might think (Page 47). But 1-2 won’t hurt post celebration!!! (Page 48)

-Eating on the Run
*The Night Before
  -Dinner (Pasta or Rice)
*The morning of the race
  -Pancakes, Oatmeal, Bananas

TEST THESE BEFORE THE ACTUAL MARATHON!!!

-Experience foods/gels before the race (Page 50-51)
-Make simple changes to your diet (Page 56-57)

Part II: Basic Training

Chapter 7 Elements of Style

-Cruise in comfort ➔ Good Form
  (Page 63) Your head should be level, shoulders square, back straight, jaw relaxed.

Chapter 8 Warm Up, Stretching Out and Cooling Down

Warm-Up
  -Brisk Walk
  -Slow Jog

Stretching Out
  -Hold for 15-30 seconds

Cooling down
  -Walk

The Flexible 5
  1. Lower back
  2. Hip
  3. Groin
  4. Hamstrings
  5. Calves

Up hill eyes should be straight don’t focus on the top of the hill (page 79)

When you go down hill you should feel like your flowing down the hill!

Chapter 10 Running in the Elements

-Heat: Water, Light colors, Head Band
-“Triple-H Factor” (Page 92)
Heat, Humidity, Hills

Chapter 11 Safety First

- Don’t wear head sets (Page 98)
- Run against traffic
- If you run at night make yourself visible
- Watch for stopped cars
- Stay cool around loose dogs

Part III: The Competitive Edge

- Don’t be a slave to your training log, listen to your body
- Watch your heart rate
- “Talk test” to judge effort, you should be able to hold a conversation (Page 112)

Chapter 13 A Day at the Races

- Set out racing gear
- Experiment with what you eat
- Tour the course (page 120)
- Keep inner demons at bay
- Relax

Chapter 14 Marathon or Bust

- 3 weeks and counting 23 miles before the race
- Start of race is exciting—hang tight for the finish line
- One last tip for race day. Have fun that night. You’ve earned it; you’re a marathoner (Page 137)

Part IV Fine-Tuning

Chapter 15 Injuries and How to Treat Them

- Stay hydrated
- Proper shoes
- Train, don’t strain
- Too much, too soon can be bad.

RICE (Page 144)
R-est.
I-ce
C-ompression
E-levate

After 48-72 hours see a professional

RICE is good for Chondromalacia (Runner’s Knee) Page 146

Chapter 16 Cross Training and Treadmill Training

Best cross training exercise for runners
  -Cycling
  -Soccer
  -Deep Water Running
  -Stair Climbing

Treadmill Training (Page 164)
  -Better surface
  -Safe Environment
  -Begin by walking

Chapter 17 Strength Training

-Lifting weights is important
  *2-3 times a week
-Exercises to do:
  *Squats
  *Lat Raises
  *Shrugs
  *Bench Press
  *Bicep Curl
  *Triceps Extension
  *Back Extension
  *Curls

Chapter 18 Running for Women, Kids and Seniors
-Women pay attention to your bra.
-Prescription for Life-Long Running
  1. Stay consistent
  2. Quality not quantity
  3. Pump Iron
  4. Get off the roads occasionally
  5. Don’t be afraid to take the day off
  6. Pamper your body
  7. Practice good running form

Part V The Part Of Tens

-Remember who you are
-Think long term
-Say motivated (Page 199)
  1. Plan one scenic run a week
  2. Run regular route in reverse
  3. Avoid over-racing and overtraining
  4. Lay off the watch
  5. Join a running club
  6. Plan a weekend social run
  7. Read a book, post up running pictures

-Get an attitude, think positively
-Go to the moves in your mind (Page 201)→Practice Everyday

-Don’t stay down
  * No moping
  * Cross Train
  * Keep a watchful eye on your diet

Chapter 20 10 Beautiful Races

1. Beach to Beacon 10-k (Cape Elizabeth, Maine: 1st Saturday in August)
2. Big Sur International Marathon (California)
3. Catalina Island Marathon (California)
4. Cooper River Bridge Run 10-k (Charleston, SC: April)
5. Falmouth Road Races (Massachusetts)
6. Garraen of Gods 10 Miles (Colorado: June)
7. Mackinac Island 8-Mile (Michigan-Flat course)
8. Mt Washington Road Race
9. Run through History 10k- June
   a. Sounds really neat!!!
10. NYC Marathon

Chapter 21 10 Great Races for Women

1. Avon Mini
2. Avon Running
3. Alaska Run for Women 5k
4. Freihofers 5k (Albany-May/June)
5. Idaho Women’s Fitness Celebration
6. Lehigh Valley 5k (Allentown, PA)
7. Race for the Cure
8. Revlon Walk/Run
9. Tufts Health Plan for Women 10k (Columbus Day)
10. Women’s Distance Festival

Chapter 22 10 Friendly First Time Marathons

-Marine Corps Marathon is one of the 10 1st time friendly marathons (Page 216)
Chapter 23 10 Good Websites

www.runnersworld.com
www.jeffgalloway.com
www.waddleon.com
www.halhigdon.com
www.rrca.org
www.nyrra.org
www.gssiweb.com
www.newrunner.com

I LOVED THIS BOOK!!!!

How to Run your First Marathon

Chapter 3 Taking Inventory

-1 day of the week is an extended run
-Need patience this is a time consuming process (Page 23)
-You need commitment, but won’t know you have it until the day of the marathon when you take your first step towards 26.2 miles (Page 24)

Chapter 4 The Need to Simplify

-Avoid “runner’s talk” (to talk like a runner means you are a good runner, Page 26)
-Words to describe running a marathon
  *Get in the habit of running for a long time therefore you will be able to run long distances (Page 28)

TRAINING NEEDS TO BE A HABIT
-“The Wall” theoretical point (around 20 miles) where your body is going to struggle
-Carbohydrate loading: No evidence it works…but always two sides to the story (Pages 31-32)
-Runner’s high is the euphoric feeling during the long run
-Pounds=minutes in world of running
-Use a stopwatch run for time not distance (Page 34)
-Record running times (Page 35)
-Week Date/AM/PM Time Weather Route Comm.
-Good Shoes are a necessity, Preference over Ratings!!!
-Vary Routes
-Keep yourself well watered
-Cool down with some type of stretch

Chapter 5 Warm-Up Stretches
Major Groups: Legs

- Hamstrings
- Groin
- Knees
- Ankles/Calves

Offers a 5 month plus 2 week program based on time not distance.

Missed days: were a concern for me they say “there are days you can’t run for some reason or other…don’t worry about it. If you stick to the program you will still have the stamina.” (Page 49)

Boredom:
1. Remember the state capitals of the United States
2. Make as many words as you can out of the word elephant
3. Limericks
4. Multiplication Tables
5. Name the first 7 astronauts
6. Say the alphabet backwards
7. Smile at people and see who smiles back
8. Count number of lane stripes on the road
9. Name the Presidents
10. Hum or sing

Work plus rest is key to success!!! (Page 53)

Chapter 7 Warm-Up Races

- Good way to test yourself
- Good idea 6 weeks of running
  * Nothing over four miles the first time out.
- Eating
  * 2 Hours before the race
  * Good ideas
    - Toast with a little butter, fruit, some juice (for short runs)
    - No grease
    - Eat Light
- Pace
  * Worry about yourself NOT other runners even if they are as old as your grandma
- Drinking
  * Try to drink a little while you run: SIP DON’T GULP
- At the finish
  * Step up pace, but no need to sprint
  * Don’t flow down on the ground keep walking

Post Race
*Take it easy
*Pamper Yourself
*Stretch

**Chapter 8 Training Without Running**

- Specificity: Because I want to run distance I need to train for distance.
- Weight Training Exercises (Pages 60-66)
  1. Squats (12 times with 25lb bar)
  2. Overhead Press (Back straight, head up)
  3. Forward bends (Same as overhead press but its including when you pick up the barbell)
  4. Dumbbell Swing
- Other exercises
  Biking: Most difficult gear for 30 to 40 minutes
  Rope Skipping: Remember to flex knees, push from toes, and use a mirror to develop your skill
  Swimming:
    - Warm-Up 5 Minutes
    - Swim 200 Yards, Rest every 50 yards
    - Swim 400 Yards, Rest for 1 minute and repeat
    - Swim 100 yards, 3x’s using 3 different strokes
  Bench Skipping
    - 5 minutes

**Chapter 9 Eating to Run and Running to Eat**

Basic 4
  1. Veggies/Fruit→Long run foods
  2. Bread/Cereal→Long Run foods
  3. Milk/Cheese→during long run
  4. Meat/Fish/Poultry→during Training Foods

All in all be well balanced!!!

**Chapter 10 Minor Injuries—What to do about Them**

- Strains—Rest
- Muscle Soreness—Rest (Page 78)
- Blisters—Vaseline (Page 78)
- Cramps and Stitches—Slow down, press side, then if pain is still bad bend at wastes and breath deep. (Page 79)
- Shin splints—Rest 2 weeks
- Runner’s Knee—Rest, wear good running shoes, soft surface runs

**Chapter 11 Planning your Race**
-Practice on the Course
- Pacing
- My goal 10 minute miles - 4.22 hours
  11 minute miles - 4.48 hours
- Don’t run fast just because everyone else is!
- 2 glasses of water before leaving home
- Try to pass first water stop
- Also ERG is passed out—has additional electrolytes
- The last miles
  * Be ready for “The Wall”: Your body is out of Glycogen
  * You may experience:
    - Excruciating pain
    - Mind may wander
    - Burst into Tears
    - Stop running and walk
    - Violent mood changes
  * A courtesy would be to move to the side! Check lanes!

**Chapter 12 The Day Before the Day**

**Vacation Day**
- Do sleep late
- Do eat a big breakfast
- Drink Liquid
- No alcohol
- Stretch
- Running
- Do eat lunch (low fat)
- No race talk
- Stay off your feet/Elevate
- Stay In
- Keep mind off race
- Good sized dinner (Get full not bloated)
- Get gear together and double check it
- Go to bed early
- Relax
- Set alarm clock
- Arrange contact person for race day
- Bring money with you

**Chapter 13 Race Day**

- Light breakfast
- Use bathroom
-Check weather
-Pin # to shirt
-Old clothes to strip off during race
-Pay attention to sock and getting dressed
-Light meal 3 to 4 hours to start
-In chutes jog lightly, shake arms out, roll head in small circles
-Chaos: be prepared for gagging, vomiting etc.
-See how you feel then move on to the reunion area → If you feel sick seek medical assistance
-Drinking and Eating
  *No cold Water
  *No eating fast
  *Drink a Beer if you want, it replaces carbohydrates.
-At home
  *Soak in bath
  *Stretch
  *Massage

Chapter 14 The Next Day-the Next Week

-Take it easy (sleep)
-Drink water and juice
-Light stretching

The New York Runners Club Complete Guide to Running

Chapter 1 For Beginners

Cliff Temple’s 6 Golden Rules (Page 8)
1. Run more slowly than you think you should.
2. Don’t run as far as you think you should.
3. Run more often than you think you should.
4. Exchange experiences with other runners.
5. Try to find a local running club.
6. Read running magazines.

Gordon Bloch’s Convenience Approach (Page 9)
1. Find a Training Partner
2. If necessary, join a health club and run on an indoor track or treadmill.
3. Seek out local road races.
4. Join in on group runs, or set up groups of your own.
5. Take a fitness vacation, or attend a running camp.
6. If you’re injured, try to adopt a “Zen-like” attitude. Keep in shape with cross training.
Chapter 5 Your Training Diary

- Very valuable
- Create a racing schedule

Chapter 8 Running Form

- Proper Arm Swing
- Relaxed Shoulders

Chapter 9 Ultimate Strength and Flexibility Exercises

- Buddy Stretching

Chapter 11 Cross Training

- Prevents Injury

Chapter 12 Deep Water Running

- Workouts (Page 121)

Chapter 14 Overtraining and Over Racing

- Symptoms of Training-Related Overtraining
  * Lack of desire to train
  * Inability to complete training session
  * Unusual muscle soreness
  * Performance Plateau
- Symptoms of Lire-Related Overtraining
  * Increase tension, anger, complaining, and negativity
  * Decreased enjoyment of life
  * Poor quality of sleep
- Symptoms of Health-Related Overtraining
  * Increased incidence of illness
  * Decrease in body weight and appetite
  * Constipation or diarrhea
  * Swelling of lymph nodes
  * Increased morning pulse.

Part II: Racing

Chapter 15 Why Race?
- Pick a race you can handle

**Chapter 16 Strategies for Better Racing**

- Plan schedule
- Focus/Concentrate
- Pace Yourself
- Rest/Recover
- Check list of Racing Do’s and Don’ts (Page 159)

**Part III The Distances**

**Chapter 21 The Marathon**

- “In the late 1970’s and the 1980’s, the marathon captured the spirit of the nation in search of the ultimate personal challenge” (Page 195)

**Part IV The Psychology of Running**

**Chapter 24 Motivation**

- Don’t lock yourself in
- Be spontaneous
- Break the rules
- Set completion goals NOT time goals.
- Find new challenges
- Remember, running is a state of mind
- “The Rut” (Page 246)
  * Find new pastures
  * Bare your wrist
  * Find a new direction
  * Change the time of day you run
  * Don’t become a running bore
  * Find some company
- Imagination
- Inspirational Reminders (Mine is my MOM!!)
- Health and Well Being

**Chapter 25 The Mental Edge**

- Relax
- Think positively
- Concentrate
- Get the feeling
- Plan and Study
- The Psyching Team (Pages 255-256)
  1. Don’t worry about worrying
2. Say all of your fears out loud
3. Go over all pre-race and race details in your head
4. Body Scan
5. Decide what to wear in advance
6. Imagine yourself having a great run
7. Plan to take music breaks during the race
8. Do some relaxation exercises at the start
9. Plan to affirm yourself during the race
10. Enjoy fellow runner’s company at the start and during the race

Part V Nutrition

Chapter 26- Physical Fuel

Chapter 28 Hydration

-Prior to race 12-16oz. of fluid
-During the race 4-8 oz every 15 to 20 minutes

Chapter 30

Massage Benefits (Page 328)
1. Increases blood circulation, thus allowing muscles to function more efficiently
2. Relaxes muscles and relieves cramps
3. Increases Flexibility
4. Decreases nervous tension
5. Reduces post-run soreness
6. Gives a sense of general well being

Part X Women’s Running

Chapter 39 Women’s Help

-For women “adding muscle will both speed up metabolism and make it easier to do routine chores”

Part XIII Running Equipment

Chapter 43 Shoes

-Bring your socks
-Lasting “what a shoes is shaped around”
-Flexibility “bend of the shoe surrounding the ball of your foot”
-Shock Absorption-cushion
-Insoles-Add to shock absorption
- Heel Counters
- Quality Control - Must be a balanced shoe

Chapter 44 Running Apparel

-Sports Bras
  *Jogbra Classic is supposed to be the best for me!

SECTION 3: PROCESS PLAN

Narrative Introduction
For the training of a marathon, a person must begin immediately, no matter how far off it is. The researching phase is exceptionally important. This allowed me to choose a program that I wanted to follow and enable me to reach my desired goals. The time line below is a simple way that I organized myself in order to reach the needed fitness level. In addition I needed to keep all supporters up to date with my progress as well as help me stay on track. I researched a training schedule that I felt would meet the level that I am at. The completed time line can be seen in my concept paper (Appendix A), but the timeline including my schedule up to the end of the Master’s Project date is as follows.

**Timeline**

**Phase I**

February 5- February 11
- Workout at Gym 3 days
- Run (According to Mileage Schedule 1)
- Call/Email Rebecca about Progress
- Call/Email SBP Jennifer Phillips
- Begin Research

February 12- February 18
- Workout at Gym 3 days
- Run (According to Mileage Schedule 1)
- Call/Email Rebecca about Progress
- Call/Email SBP Jennifer Phillips
- Research

February 19- February 25
- Workout at Gym 3 days
- Run (According to Mileage Schedule 1)
- Call/Email Rebecca about Progress
- Call/Email SBP Jennifer Phillips
- Organize Research into Notes

February 26- March 4
- Workout at Gym 3 days
- Run (According to Mileage Schedule 1)
- Call/Email Rebecca about Progress
- Call/Email SBP Jennifer Phillips
- Organize Research into Typed Notes
- Worked on Sections 1-3 of paper
March 5- March 11
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Work on Sections 4-6

March 12- March 18
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Project Work All Sections

March 19- March 25
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Work on draft and presentation
  Look at Flights to Visit Rebecca

March 26- April 1
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Work on draft and presentation

April 2- April 8
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Work on draft and presentation

April 9- April 15
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Work on draft and presentation

April 16- April 22
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Submit Drafts of Sections 1-3

April 23- April 29
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
Call/Email Rebecca about Progress
Call/Email SBP Jennifer Phillips

April 30- May 6
Workout at Gym 3 days
Run (According to Mileage Schedule 1)
Call/Email Rebecca about Progress
Call/Email SBP Jennifer Phillips
Submit drafts of sections 4-6
Present Project

May 7- May 13
Workout at Gym 3 days
Run (According to Mileage Schedule 1)
Call/Email Rebecca about Progress
Register for Marine Corps Marathon
Determine where I will stay during marathon
Sign off on project

Mileage Buildup Schedule (Schedule I) February 5- June 1

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http://www.marathontraining.com-marathon/m_mile.html

**Time Spent: 112 Hours**

Estimated Time after Masters Class ends until Marathon: 300 Hours+

**SECTION 4: OUTCOMES**

**Introduction**
The outcome of this project will be my running the Marine Corps Marathon on October 28, 2007 in honor of my mother. I will through this process also have developed my self-discipline and, of course, my ability to run. However, this project needs to be benchmarked due to the fact that the marathon does not take place until October.

The way that I have chosen to benchmark this project is to demonstrate the steps I took to cover all aspects of marathon training: the running, the workouts, the wardrobe, the shoes and the eating. The chart below will help you understand what I found worked the best for me and recommendations from my research.

**List of Outcomes**

<table>
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<tr>
<th>The Running</th>
<th>What I did: I followed a rigorous two part training schedule that I found on the internet after researching books and other internet sources. (See Appendix C for training photos)</th>
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**Mileage Buildup Schedule (Schedule I)**

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http://www.marathontraining.com/marathon/m_mile.html
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<td>Marathon Week</td>
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http://www.marathontraining.com-marathon/m_sch_2.html

### The Workouts

What I did:  I love to vary the work outs.  It can be really boring to just run all the time and it is not recommended.  Some of the activities that I did to pass the time were:

- Biking: Most difficult gear for 30 to 40 minutes
- Rope Skipping: Remember to flex knees, push from toes, and use a mirror to develop your skill
- Boxing
- Rowing
- Tennis
- Volleyball

(See Appendix C for training photos)

### The Wardrobe

What I chose:  I still have not fully decided on what to wear.  But I am looking at the following qualities of clothing:

- Tops cool max or ones that vent.

Still researching socks, but I am looking for:

- Synthetic blends like polyester, acrylic, Cool Max or Teflon
## The Shoes

What I chose: ASICS 2120

ASICS means: "Anima Sana in Corpore Sano"

At the beginning of the second century BC, a Roman coined a famous phrase, which translates as "If you pray to God, you should pray for a sound mind in a sound body."

In the original phrase, the word used for "mind" was "Mens." However, the Asics Corporation decided to replace this with "Anima," as it promotes a more active nuance for mind, and took the acronymic form of this phrase ASICS ("Anima Sana in Corpore Sano"). (Adapted from [http://www.asics.com/global/philosophy.html](http://www.asics.com/global/philosophy.html))

(See Appendix D)

## The Eating

How did I eat: Eating before a marathon is quite interesting

* Eat 2 Hours before the race
* Good ideas
  - Toast with a little butter, fruit, some juice (for short runs)
  - No grease
  - Eat Light

Basic 4

3. Veggies/Fruit → Long run foods
4. Bread/Cereal → Long Run foods
3. Milk/Cheese → during long run
4. Meat/Fish/Poultry → during Training Foods

All in all be well balanced!!!

## The Music

My preferred beats are 1980’s, Techno and anything in the hit list always helps you move along.

## Strategies to Stay Motivated

Try something you have never done before.
- I tried Yoga.
Buy something cool for running
- I bought a face mask for cold days.

When you run play games or think about random things
- Ideal Breakfast
- Ideal Date
- Presidents and what they did
- What it will be like when you run the marathon
- What you want to improve on while running
- Word games
- I spy
- Change songs = Change pace

Boredom:
- Remember the state capitals of the United States
- Make as many words as you can out of the word elephant
- Limericks
- Multiplication Tables
- Name the first 7 astronauts
- Say the alphabet backwards
- Smile at people and see who smiles back
- Count number of lane stripes on the road
- Name the Presidents
- Hum or sing

I have also developed a weekly log to record my mental and physical progress.

This will allow any person interested in running a marathon see what they need to do many months ahead of time. My log is documented in Appendix E however a blank model is serving as an example.
Sarah’s Weekly Log
Week of: ____ - _____

Mileage Chart

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Workout Chart

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Mental Feelings of the Week:

Physical Feelings of the Week:
SECTION 5: KEY LEARNING’S

Introduction

Before I began this project I wanted to identify some goals for myself that would keep me motivated to succeed, they were:

○ Finish what I start
○ Train mentally and physically for a marathon
○ Increase mom’s strength

Content

I then answered each question with the following answers:

I will achieve the goal, finish what I start by:
Registering for the marathon which is a good start because it certainly is not a cheap venture, this marathon costs $100 as well as the cost of flight, room and food.

I will achieve the goal, train mentally and physically for a marathon by:
Researching training programs-I think that reading some literature about mental toughness for running a marathon might be an excellent chance for me to already confront the mind over matter ideas around running 26.2 miles.
I think that I will feel different while taking on this task, and I will emulate a more confident persona.

I will achieve the goal, give my mother more strength by:
Knowing that even though, I can never make my mother walk again I can at least help her get through her days a little easier by a phone call or a visit to her at home. But I think that my running in a marathon to honor all that she has taught me will truly show that I have reached this personal goal.

Process

The more important question was did I actually do these things. I have not registered for the marathon because the registration period has not come up so that made doing this difficult. I have arranged my overnight accommodations; I am staying with Becky seeing that she lives quite close. We are going to take the metro to the start of the race. Flights are not yet posted. I will be purchasing that in June. I have researched training programs- I read about mental toughness for running a marathon which helped
me beat mind over matter ideas around running 26.2 miles. I am definitely emulating a more confident persona. Lastly knowing that even though, I can never make my mother walk again, I did at least help her get through her days a little easier by a phone call or a visit to her at home. I think that my running in the marathon to honor all that she has taught me has truly shown her that I appreciate all she has done.

All of the goals that I set for myself were begging for a creative twist. I really enjoyed using the tool S.C.A.M.P.E.R., so I gave it try while focusing on my training program. I did need to go back and revisit what the tool did entail. What is SCAMPER? A divergent tool used during the CPS process in the generating ideas phase. SCAMPER, originated from an idea of Alex Osborn’s but the acronym actually grew more popular upon the use by Robert Eberle in 1971. These prompts are given to stimulate new thinking.

**SCAMPER stands for are:**
- S - Substitute - components, materials, people
- C - Combine - mix, combine with other assemblies or services, integrate
- A - Adapt - alter, change function, use part of another element
- M - Modify - increase or reduce in scale, change shape, modify attributes (e.g. color)
- P - Put to another use
- E - Eliminate - remove elements, simplify, reduce to core functionality
- R - Reverse - turn inside out or upside down, also use of reversal.

**(Sternberg, 1998)**

**How do you use Scamper?**
*Ask your group a question from the checklist.*
*Ask your group to answer the question to generate additional options*
*Use as many questions as necessary to trigger new thinking.*

(Generated from Toolbox for Creative Problem Solving: Basic Tools and Resources)

**A more specific way of using SCAMPER:**
Step 1. State the Challenge. Write on flip chart and resource group can write it on their SCAMPER worksheet.

Step 2. Pick a letter from SCAMPER. State the word it represents and ask, “What new ideas for this challenge might this word suggest?” Encourage all group members to write it down.

Step 3. Use several probing questions for this word to help the group stretch.

Step 4. Choose additional letters from SCAMPER if you need more help. Once the group exhausts its possibilities you know you can review the list of options.

Step 5. Review the list of options generated by the group to determine if they have met the stated challenge.

Step 6. Decide the next step for dealing with the challenge.

Adapted From: Toolbox for Creative Problem Solving: Basic Tools and Resources.

Task or Challenge: It would be great if I could finish this marathon in honor of my mother and myself.

<table>
<thead>
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<th>Substitute</th>
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<tr>
<td>Combine</td>
<td>Honoring my mother myself=family</td>
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<tr>
<td>Adapt</td>
<td>Do a half marathon</td>
</tr>
<tr>
<td>Modify</td>
<td>Do a half marathon</td>
</tr>
<tr>
<td>Put to Other Uses</td>
<td>Loose weight</td>
</tr>
<tr>
<td>Eliminate</td>
<td>Stress in my life</td>
</tr>
<tr>
<td>Reverse or Rearrange</td>
<td>It would be great if I could honor my mother and myself by finishing the Marine Corp Marathon</td>
</tr>
</tbody>
</table>

This defiantly helped me put things into perspective. I needed that because it was getting difficult with the weather not breaking and trying to fit in all of my graduate work and responsibilities as a teacher and wife. I also needed to look more into intrinsic motivation but then felt it was more of my leadership qualities that would aide me in the journey. I came across a book that made me feel as if I could control the task I wished to accomplish. The book 12 Secrets to Highly Creative Women offered me a new outlook. As I read, I summarized the ideas Gail McMeekin had shared.
Secrets: My understanding of Secret:

| Secret 1 Acknowledging Your Creative Self | Respond, Experiment, Seek Successes in creativity. |
| Secret 2 Honoring Your Inspirations | Cultivate, Practice, Take time, and Ritualize your creativity. |
| Secret 3 Follow Your Fascinations | Take risks and follow your creative heart. |
| Secret 4 Surrender Your Creative Cycles | Patience and observing. |
| Secret 5 Committing to Self-Focus | Don’t be afraid to be alone. |
| Secret 6 Conquering Saboteurs | Love yourself and don’t let others tell you what to do. |
| Secret 7 Consulting with Guides | Find someone to help; get inspired. |
| Secret 8 Selecting Empowering Partnerships and Alliances | Collaborate with people that will help you get ahead, not bring you down. |
| Secret 9 Transcending Rejections and Roadblocks | When you fall you get back up. |
| Secret 10 Living in Abundance with Positive Priorities | Be grateful for what you have, not what you don’t |
| Secret 11 Subtracting Serenity Stealers | Test Yourself-Burnout, Assessing and Negative Choices |
| Secret 12 Planning to Achieve Your Goal | Organize your plan of action. |

This captured the essence of what I wanted to achieve. Each element made me realize that any endeavor one wishes to get into needs to be totally understood. I was able to apply all of the secrets to my marathon training and share them with my mother.

**Conclusion**

To conclude this experience and my Master’s program I feel that I have achieved everything that I have set out to. Even though the marathon is not until October I feel that I have learned how to you the program to benefit me in my everyday life. This is something that cannot be taken away but only improved with each passing day. I think that every person should pick something in her life that she has thought about achieving and actually go after that. Being able to say that I have completed one of the most vigorous and strenuous tasks the human body can go through is a pretty honorable
achievement. I believe that that honor has transferred to my mother for strength to get through the ups and downs of being a quadriplegic.
Appendix A
A Run for Mom

Name: Sarah Lindner-Infante  Date: March 2, 2007

Develop a Skill, to improve the quality of life for myself

What Is This Project About?

Physical fitness has always been important to me but in 1994 it became a must. In 1994 my mother became a quadriplegic after being hit by a drunk driver. After this happened to her I always wanted to make sure that I follow the example that she set for me prior to the accident. Therefore this project is about me training, running and completing a marathon in her honor as well as mine. The convergent and divergent skills will certainly be of use. Deferring judgment I know already is something that is going to be put to the test. I am also particularly interested in how this will intrinsically motivate me so that I can keep this going not only for the duration of the project but also something that I can keep within my life. This in turn will help me keep in mind that whenever a challenge arises, like the one with my mother, I can find a way to overcome it.

Rationale for Choice:

Prior to the car accident my mother was exceptionally fit and active. After this was taken from her I always wanted to make sure that I followed the example that she set for me. I also realized just how important physical fitness is and how many people take it for granted. There is not a day that goes by where she doesn’t say “I wish I could get up and go for a walk”. When she says this, it always strikes a cord with me. I feel that I should take advantage of the fact that I have the ability to walk each day or run for that matter. The training process for a 26.2 mile run is quite intense and very time consuming. Therefore, running is not only a skill but an art. This project certainly will define me as a person but also show my mother that I dearly appreciate all of the values that she has instilled in me. I definitely needed to enlist in some help.

My best friend Rebecca was very supportive of this endeavor. I began talking with her about locations for a marathon that would be exciting and I decided on the Marine Corps Marathon in Washington, D.C. on October 28, 2007. Because I am a history teacher, I feel that this location will be a perfect place to keep me going through the long tough miles ahead. I also gained a running partner and training buddy in Rebecca.

What Will be the Tangible Product or Outcome?
The outcome of this project will be my running the Marine Corps Marathon on October 28, 2007 in honor of my mother. I will through this process also have developed my self-discipline and, of course, my ability to run. Self-discipline is something I lack, whether give up sweets for a week or not want to eat after 9 I always fail. Not this time, I feel ready more than ever to accept this challenge for myself.

I will also develop a weekly log to record my mental and physical progress. This will allow any person interested in running a marathon see what they need to do many months ahead of time. I also am going to create a chart of the “stuff” that every female runner should have-whether it be the type of shoes she wears or the clothes she runs in. I will also do this through the use of photographs to document this process.

**What Criteria Will You Use to Measure The Effectiveness Of Your Achievement?**

As a result of a rigorous training schedule, I will be able to complete a marathon. I will need to very closely monitor my progress both mentally and physically. Mentally I will give myself small tests to see I can handle the test I set forth. The mental part will usually be me giving up something that I love. If I cannot do that then how can I expect to run 26.2 miles?

In terms of physical criteria, I am certain I will notice a change in my figure, my strength and my ability to complete a long run.

**Who Will Be Involved or Influenced; What Will Your Role Be?**

I will obviously be the main person involved because it will be me running, but I have also developed a team of supporters. My husband and family will play a huge role in my success. They mean the world to me and nothing is possible without their support. My best friend Rebecca who will be running in the marathon and training for it as a well will be a constant support too. The clinch is, she lives in Virginia so our motivation methods must be good ones because we do not get to see each other everyday to make sure we are staying on point.

The other person that will be greatly influenced will be my mom. She hopefully will build strength from this experience by going through the process with me. My mother will be up to date with everything. I am not putting my mother on the timeline, because family relationships should happen each day and not be scheduled.

**When Will This Project Take Place?**

The training for this project will begin immediately. Marathon training schedules usually go four to five months long but since I am not an experienced runner I need to start off as soon as possible. In doing this I will have built a base for myself both physically and
mentally. My goal however during the process of the masters project will be to be able to run over 10 miles without any problems. This will help me stay focused for the marathon which is on October 28, 2007.

**Where Will This Project Occur?**

This project will take place on the streets in Batavia, New York wherever I can run and at the Batavia YMCA to which I belong. Communication will take place over the phone and internet to correspond with my training buddy and best friend Rebecca. My husband will be my support at home to help get me through the days where I feel that I want to give up. The marathon itself will take place in Washington D.C.

**Why Is It Important to Do This?**

I think that every person should pick something in her life that she has thought about achieving and actually go after that. Being able to say that I have completed one of the most vigorous and strenuous tasks the human body can go through is a pretty honorable achievement. I believe that that honor will transfer to my mother for strength to get through the ups and downs of being a quadriplegic.

**Personal Learning Goals:**

- Finish what I start
- Train mentally and physically for a marathon
- Increase mom’s strength

**How Do You Plan to Achieve Your Goals and Outcomes?**

In order to achieve the goal of running in and completing the Marine Corps Marathon I need to set goals that are reachable. I know that I will not win nor come close but what I want is to finish!

I will achieve the goal, finish what I start by:
Registering for the marathon which is a good start because it certainly is not a cheap venture, this marathon costs $100 as well as the cost of flight, room and food.

I will achieve the goal, train mentally and physically for a marathon by:
Researching training programs—I think that reading some literature about mental toughness for running a marathon might be an excellent chance for me to already confront the mind over matter ideas around running 26.2 miles.
I think that I will feel different while taking on this task, and I will emulate a more confident persona.

I will achieve the goal, give my mother more strength by:
Knowing that even though, I can never make my mother walk again I can at least help her get through her days a little easier by a phone call or a visit to her at home. But I think that my running in a marathon to honor all that she has taught me will truly show that I have reached this personal goal.

**Evaluation:**

I do not want to evaluate myself on my time completion of the marathon but what I would like to evaluate myself on is that I cross the finish line and meet all of the weekly goals I set. This is how I will know that I was successful and built my inner strength as well as my mother inner strength.

**Project Timeline:**

**Phase I**

February 5- February 11
- Workout at Gym 3 days
- Run (According to Mileage Schedule 1)
- Call/Email Rebecca about Progress
- Call/Email SBP Jennifer Phillips

February 12- February 18
- Workout at Gym 3 days
- Run (According to Mileage Schedule 1)
- Call/Email Rebecca about Progress
- Call/Email SBP Jennifer Phillips

February 19- February 25
- Workout at Gym 3 days
- Run (According to Mileage Schedule 1)
- Call/Email Rebecca about Progress
- Call/Email SBP Jennifer Phillips

February 26- March 4
- Workout at Gym 3 days
- Run (According to Mileage Schedule 1)
- Call/Email Rebecca about Progress
- Call/Email SBP Jennifer Phillips

March 5- March 11
- Workout at Gym 3 days
- Run (According to Mileage Schedule 1)
- Call/Email Rebecca about Progress
- Call/Email SBP Jennifer Phillips
March 12-March 18
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Begin draft

March 19-March 25
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Work on draft and presentation

March 26- April 1
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Work on draft and presentation

April 2- April 8
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Work on draft and presentation

April 9- April 15
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Work on draft and presentation

April 16- April 22
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips
  Submit Drafts of Sections 1-3

April 23- April 29
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
  Call/Email SBP Jennifer Phillips

April 30- May 6
  Workout at Gym 3 days
  Run (According to Mileage Schedule 1)
  Call/Email Rebecca about Progress
Call/Email SBP Jennifer Phillips  
Submit drafts of sections 4-6  
Present Project  

May 7- May 13  
Workout at Gym 3 days  
Run (According to Mileage Schedule 1)  
Call/Email Rebecca about Progress  
Register for Marine Corps Marathon  
Determine where I will stay during marathon  
Sign off on project  

**Phase II**  

May 14- May 20  
Workout at Gym 3 days  
Run (According to Mileage Schedule 1)  
Call/Email Rebecca about Progress  

May 21- May 27  
Workout at Gym 3 days  
Run (According to Mileage Schedule 1)  
Call/Email Rebecca about Progress  

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http://www.marathontraining.com/marathon/m_mile.html  

May 28-June 3  
Workout at Gym 5 days  
Run (According to Mileage Schedule 2)  
Call/Email Rebecca about Progress
June 4-June 10
   Workout at Gym 5 days
   Run (According to Mileage Schedule 2)
   Call/Email Rebecca about Progress

June 11-June 17
   Workout at Gym 5 days
   Run (According to Mileage Schedule 2)
   Call/Email Rebecca about Progress

June 18- June 24
   Workout at Gym 5 days
   Run (According to Mileage Schedule 2)
   Call/Email Rebecca about Progress

June 25- July 8
   Workout at Gym 5 days
   Run (According to Mileage Schedule 2)
   Call/Email Rebecca about Progress

July 9- July 15
   Workout at Gym 5 days
   Run (According to Mileage Schedule 2)
   Call/Email Rebecca about Progress

July 16- July 22
   Workout at Gym 5 days
   Run (According to Mileage Schedule 2)
   Call/Email Rebecca about Progress

July 23- July 29
   Workout at Gym 5 days
   Run (According to Mileage Schedule 2)
   Call/Email Rebecca about Progress

July 30-August 5
   Workout at Gym 5 days
   Run (According to Mileage Schedule 2)
   Call/Email Rebecca about Progress

August 6-August 12
   Workout at Gym 5 days
   Run (According to Mileage Schedule 2)
   Call/Email Rebecca about Progress

August 13- August 19
   Workout at Gym 5 days
   Run (According to Mileage Schedule 2)
   Call/Email Rebecca about Progress

August 20- August 26
   Workout at Gym 5 days
   Run (According to Mileage Schedule 2)
   Call/Email Rebecca about Progress
August 27- September 2
  Workout at Gym 5 days
  Run (According to Mileage Schedule 2)
  Call/Email Rebecca about Progress

September 3- September 9
  Workout at Gym 5 days
  Run (According to Mileage Schedule 2)
  Call/Email Rebecca about Progress

September 10- September 16
  Workout at Gym 5 days
  Run (According to Mileage Schedule 2)
  Call/Email Rebecca about Progress

September 17- September 30
  Workout at Gym 5 days
  Run (According to Mileage Schedule 2)
  Call/Email Rebecca about Progress

October 1- October 7
  Workout at Gym 5 days
  Run (According to Mileage Schedule 2)
  Call/Email Rebecca about Progress

October 8- October 14
  Workout at Gym 5 days
  Run (According to Mileage Schedule 2)
  Call/Email Rebecca about Progress

October 15- October 21
  Workout at Gym 5 days
  Run (According to Mileage Schedule 2)
  Call/Email Rebecca about Progress

October 22- October 27
  Rest (According to Mileage Schedule 2)
  Call/Email Rebecca for confidence building

October 28
  Marine Corps Marathon and Celebration
  Call Jennifer Phillips and let her know I completed my goal.

Total Project Hours: 150+

**Marathon Training Schedule (Schedule II)**

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**Pertinent Literature or Resources:**


Appendix B
Hilton man gets maximum for DWI crash

Paralyzed victim: I'll never forgive

By MICHAEL ZEIGLER
Staff writer

Kathleen Lindner and Thomas W. Johnson are living proof that bad things happen to good people.

The two met the day before Thanksgiving last year when Johnson was delivering turkeys to the poor and Lindner was driving home with the fixings for her family's holiday dinner.

Johnson, who was drunk, side-swiped Lindner's car on West Ridge Road in Greece, causing it to overturn and inflicting injuries that paralyzed her.

Lindner and Johnson met again yesterday in Monroe County Court as Judge William H. Bristol ordered Johnson to prison for 2 to 7 years, the maximum sentence, for his guilty plea to seven charges.

A courtroom crowded with the family and friends of both people hushed to silence as Lindner recounted the pain she has faced and Johnson apologized for his actions.

"As we sit here today, we all need to realize that no one in this room is a winner," said Lindner, who spoke from a wheelchair.

"The impact that you, Mr. Johnson, have had on me will never in my life forgive you for," she said. "I can only hope that through your time spent in jail a lesson will have been learned not only by you, but by our children. I would ask that my children and your children never forget this day and what drinking and driving has done to both our families."

"I'm very sorry," Johnson said. "I've continued to keep you in my prayers and my heart."

Johnson, 39, of 24 Fraser Drive, Hilton, admitted drinking two beers and a mixed drink before the crash. Lindner, 44, of 59 Thorncliff Road, Spencerport, was pinned in the wreckage more than an hour with a broken neck.

Johnson said he wanted to spare both families the trauma of a trial when he pleaded guilty to second-degree assault, vehicular assault, leaving the scene of an arrest and property-damage accidents, reckless driving, and two counts of driving while intoxicated.

Lindner has endured months of hospitalization and physical rehabilitation. Her legs are paralyzed and she has limited use of her hands and arms, but she is determined to walk again. She hasn't returned to her job as an administrative assistant at Eastman Kodak Co., but works four hours a day at home.

Johnson, a welder, has spoken at welding shops over the years to drum up pledges during annual United Way fund drives. He also received a heroism citation 30 years ago for breaking up a grocery store robbery in Greece.

The backgrounds of Lindner and Johnson compounded the tragedy, Bristol said.

"You've led a pretty exemplary life," the judge told Johnson. "But your exemplary life can't outweigh the ramifications of this one incident . . . Many people have been punished as a result of what you did . . . your wife, your family, the Lindners. They're all innocent. You're the only one who is guilty."
Life rebuilt after crash

Paralysis fails to limit her goals

By KELLY PATRICK
Staff writer

Kathleen Lindner and her husband, Mike, were driving west on Route 104 toward their Spencerport home when the car slammed into the back of their vehicle.

Suddenly, their car careened off the road, spinning out of control. The impact was so forceful that it sent Kathleen flying through the car, landing in the back seat. She was airlifted to Strong Memorial Hospital in Rochester, where she underwent multiple surgeries to repair her injuries.

"I was in shock," Kathleen recalls. "I couldn't believe what had happened."

Kathleen was diagnosed with a severe spinal cord injury, leaving her paralyzed from the waist down. She was confined to a wheelchair, dependent on others for basic daily tasks.

"It was a difficult time," Kathleen says. "I had to learn to depend on others for everything."

Despite the challenges, Kathleen remained determined to recover and return to her normal life. She began a grueling rehabilitation program at Strong Memorial Hospital, working with physical therapists to regain her strength and mobility.

"It was a long road," Kathleen admits. "But I never gave up on my goal of walking again."

Kathleen's determination paid off. After months of hard work, she was able to start walking again. She returned home to Spencerport, where she continued her rehabilitation at home.

"I was so grateful to be back in my own house," Kathleen says. "It was a huge step forward."}

Mike Lindner listens to his wife, Kathleen, talk about life as a quadriplegic. Their daughter Megan, 17, holds Kathleen's hand.}

Mike Lindner also played a crucial role in Kathleen's recovery. He was there by her side every step of the way, providing emotional support and encouragement.

"I was there to offer my love and support," Mike says. "I was there to hold her hand through this difficult time."}

Their family and friends also rallied around Kathleen, providing a supportive network of care.

"It was amazing to see how many people came together to help," Kathleen says. "It was a true act of kindness."}

Kathleen's story of courage and resilience inspired others, and she became an advocate for spinal cord injury awareness.

"I want to help others who have gone through what I went through," Kathleen says. "I want to spread awareness and hopefully make a difference."}

Today, Kathleen is living a full and active life, thanks to the support of her family and friends. She continues to inspire others with her strength and determination.

"I'm grateful for every day," Kathleen says. "I'm grateful for the support of my family and friends."
Healing through the tears:
Kathleen Lindner comes back

We survive in the kind acts of others. And we treasure each single act of kindness in our memories because it is in the care and concern of others that we heal.

by Barbara Carder

Spencerport's Kathleen Lindner is a person of exceptional presence. Her neck severely fractured in an automobile accident on Ridge Road the day before Thanksgiving 1994, uncertain paralysis below that injury setting in, she sits almost serenely in a motorized wheelchair, soft neck collar in place, legs Velcro-strapped to the chair, and talks about her journey back to life.

"In a split second, everything changed," she said from the Strong Memorial Hospital Rehabilitation Unit last week referring to the accident last November near North Greece Road. Pinned in the car for an hour and a half, crew from the North Greece, Greece Ridge and Greece Volunteer Ambulance companies worked tirelessly to extricate her. Air-lifted by Mercy Flight helicopter from the Gears Baseball Park field, she drifted in and out of consciousness only to wake up three weeks later in Strong's Intensive Care Unit.

Two little bruise marks on her forehead are the reminders of the metal "halo" which immobilized her head and spine for three long months while bones mended and the serious trauma to her body started to heal.

Waking up in intensive care
"I was in shock," she said, but aware enough at week-three that the ventilator was being removed from her throat. She then spoke each of her four children's names... "I made all the kids cry."

Demian, 22, Jessica, 19, Megan, 17, and Sarah, 14, sit at the table in the physical therapy room at Strong listening to their Mom while at Kathleen's side is

Continued on page 3
Drunken driver
who hurt woman
gets prison term

By MICHAEL ZEIGLER
STAFF WRITER

Kathleen Lindner and Thomas W. Johnson are living proof that bad things happen to good people.
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Lindner and Johnson met again yesterday in Monroe County Court as Judge William H. Bristol ordered Johnson to prison for 2½ to seven years, the maximum sentence, for his guilty plea to seven charges.

Although the judge cited Johnson's long history of community service, he said Johnson deserved the sentence because of the permanent effect his actions had not only on Lindner's family, but on his own.

A courtroom crowded with the family and friends of both people hushed to silence as Lindner recounted the pain she has faced and Johnson apologized for his actions.

"As we sit here today, we all need to realize that no one in this room is a winner," said Lindner, who spoke from a wheelchair that she might occupy for the rest of her life.

"The impact that you, Mr. Johnson, have had on me I will never in my life forgive you for," she said. "I can only hope that through your time spent in jail a lesson will have been learned not only by you, but by our children. I would ask that my children and your children never forget this day and what drinking and driving has done to both our families."

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Since the accident, Lindner has endured months of hospitalization and physical rehabilitation. Her legs are paralyzed and she has limited use of her hands and arms, but she is determined to walk again. She hasn't returned to her job as an administrative assistant at Eastman Kodak Co., but works four hours a day at home.

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The backgrounds of Lindner and Johnson compounded the tragedy, Bristol said.

"You've led a pretty exemplary life," the judge told Johnson. "But your exemplary life can't outweigh the ramifications of this one incident . . . Many people have been punished as a result of what you did — your wife, your family, the Lindners. They're all innocent. You're the only one who is guilty."
In 1994 2,611 men and women in Monroe County were arrested for driving while intoxicated. Of those arrests, 2,308 were actually convicted of DWI and other associated charges related to their decision to operate a motor vehicle while drunk. In 1994 450 innocent victims sustained injuries and 11 people died in accidents caused by drunk drivers. Despite the efforts of our police and sheriff departments, coupled with the media's constant plea for people not to drink and drive, folks everyday chose to operate their vehicles while their ability to do so is impaired by alcohol. Over the past three months think of the number of times you have read in the newspapers or seen on the TV the innocent children and adults who have been killed or seriously injured because some uncaring man or woman chose to drink and drive. Remember that in addition to these victims, their families, friends, and co-workers in addition to our society are also the innocent victims of a crime which should never have happened! We must never forget that DWI is a deliberate act. DWI is indeed a Violent Crime!

Good evening......My name is Kathleen Lindner. I too am an innocent victim of a violent crime......DWI.

On November 23rd., 1994, while returning home after making some last minute purchases for Thanksgiving, the vehicle in which my husband and I were riding was struck by an intoxicated man. I really do not remember many of the details of the accident but what memories I do have are now indelibly etched in my mind.

As is the case with many accident victims, I remember the initial impact of a vehicle striking ours then I remember our vehicle beginning to roll. I was seat belted but felt myself being propelled back. When this happened I remember yelling "Oh No!" Everything then became a blur.
As I lay trapped in the vehicle I really wasn't sure what had happened. I remember calling out to my husband to help me. I didn't realize that my legs were trapped because I couldn't feel them. I also remember wondering why the heck it was taking so long to get me out of our vehicle. After a very complicated extrication, which took almost one and one-half hours, I was removed from the vehicle and flown to Strong Memorial Hospital where a team of nurses and physicians were waiting to treat and stabilize me. I really donot remember my time spent in the Emergency Room but I do know now that the care I was provided there certainly was life saving. I was transferred to the Surgical Intensive Care Unit early Thanksgiving morning. It was here that I would spend the next month were I over came many medical complications. A feeding tube surgically placed in my abdomen to help provide me with nutrition. My breathing was, for the first three weeks, supported by a respirator and I required a tracheotomy because I needed to be on the respirator for such a long time.

Although I do not recall much of my first couple of weeks in the intensive care unit I do remember hearing my husband and children's voices telling me that they loved me and that we were all going to get through this. I thought to myself......"Geez, I know I'm alive because I can hear my family talking to me telling me that everything was going to be o.k..

It was after about the third week in the intensive care unit that my doctor sat down with my husband and I and really discussed the extent of my injuries. I knew that I was wearing a Halo brace screwed into my skull. I knew that I was having some difficulty moving my arms and I really couldn't do much with my hands. I knew that my legs weren't moving too much. But I thought..... they'll get moving when I start to get stronger.
As the doctor began to talk with us I remember him saying........"You have sustained a very serious injury to your spinal cord. As a result you have a complete injury to the cord at C 5 and 6. We can, at this time, only hope to optimize your function with therapy. We really won't know if you will get any better at all." As the doctor sat there talking to us I just wanted to scream out and say........**What do you mean complete**, a word which I suddenly blocked out! What do you mean that I'll never walk or run. Just 3 weeks ago I did aerobics everyday for an hour; I went to our children's school functions; I worked as an Administrative Assistant at Kodak. I'm a member of the Executive Board of Directors for the local chapter of the Professional Secretaries Organization. How am I going to be a chaperone for my youngest daughter's Washington trip in the Spring? How can I hug my children or my husband? How am I going to feed myself, get dressed, put on my makeup? As a million different thoughts raced through my mind I remember my children saying to me as I lay in the Intensive Care Unit............No matter what.....YOUR STILL OUR MOM!

After my transfer to the Rehab floor the real work began. The hours of physical and occupational therapy to help me regain some degree of independence seemed, at times, hopeless. Many nights I would lay in bed wondering what the future held for me. Other times I would lay in bed afraid that I wouldn't be able to call the nurse if I started to choke or felt short of breath. Imagine for a moment that you are now paralyzed and unable to use your arms or legs. That you are unable to feel the warmth of another body next to you. Think of the many ways this would affect your life and I'm sure that I can tell you a hundred more!
With all of this in mind remember.........I did not do this to myself but rather was the innocent victim of another human being who selfishly chose to drink to excess and then drive.

With hard work and lots of love and support from my family, friends, community and my employer, Eastman Kodak, I have improved dramatically. I have returned to work full time where I am using a voice activated computer to do many of the jobs I used to do. I am starting to do small tasks around the house. Give up, quit, or the words "I can't do it" have never entered my vocabulary." I continue to surprise the doctors with my progress. My response to all those things they said I'd never be able to do is very simple..........WATCH ME!!!!

As a victim or a family member of a victim of a violent crime we must never allow ourselves to wallow in self-pity. Instead use this experience, as devastating as it may be, to learn, to share, and to grow as human beings. Greet each day with courage and resolve and relish the challenges which each day brings. If you are a victim who is on the road to recovery view your daily achievements with pride.
We as a society must continue to insist on more stringent punishment for men and women convicted of DWI. We must work diligently to thwart the high paid attorneys who find loopholes in the system to protect their clients from the law only to, in many instances, give their clients back their car keys to again drive while impaired. Curiously I view that in the same light as giving a gun back to a person that shot at someone but missed.

At present the gentleman who caused my injury is serving a sentence of 2 1/3 to 7 years in the state prison system. He becomes eligible for parole in 2 1/3 years yet my sentence will continue. As a victim I must appear before the parole board and justify why this gentleman must serve his entire sentence while his attorney pleads with the board telling them what a fine man he is and how he really does not deserve to serve any further time. Maybe I should first ask the parole board if they can parole me from the lifetime sentence I have been given .......my wheelchair!

As for me.....I am an indeed an innocent victim yet I will allow no one or nothing to block my road to recovery. My life has indeed changed dramatically but I will continue to live! I will prove to all that it takes much more than a spinal cord injury to dampen my spirit and my love of life.

As a mother of four, a wife, a sister, a friend to many, and yes.......a human being....... I will triumph.
Karing For Kathleen

FUND-RAISER

Saturday, May 20, 1995
Spencerport High School, Lyell Road
Noon-4pm

To assist with the purchase of medical equipment and services for Kathleen Lindner, a mother of four and resident of Spencerport, paralyzed in an automobile incident, Thanksgiving Eve, 1994.

Auction/Raffle
Crafts
Refreshments
Children's Games
Entertainment
Clowns
Face Painting
Magician

Donations Can Be Made Out to:
Karing For Kathleen
P.O. Box 344
Spencerport, NY 14559

Co-Sponsored By:
May 12, 1995

Mr. & Mrs. Michael Lindner
59 Thorncliff Road
Spencerport, New York 14559

Dear Kathy and Mike:

At our May 3rd meeting, the Village Board of Trustees proclaimed May 20, 1995 as "Karing for Kathleen" Day. Enclosed is the proclamation that we would like you to have.

Kathy, we are truly impressed with your spirit on the road to recovery as well as the spirit of our neighbors in Spencerport to help each other.

You are in our thoughts, good luck and God bless.

Very truly yours,

Robert J. Kincaid
Mayor

RJK:pjc
enc.
Dear Kathleen:

I enjoyed meeting you last night at the EMS awards banquet. I am one of the fire fighters from the North Greece Fire Department who worked on removing you from your vehicle on Ridge Road. I have thought of you often since that night and wanted to share with you some of my thoughts and feelings.

I just joined North Greece in January of 1994, and spent a good deal of my free time in 1994 training to be a fire fighter. I am a Software Engineer, in Photo CD at Kodak. I am married to Maureen, who is an Estimator at Flower City Printing. We are expecting our first child in July. We have a dog Mickey and a cat Fluffy.

The night of the accident was a drill night. On drill nights we meet at our stations for training. Since that night was the night before Thanksgiving we did not have much to cover. We had just finished drill that night and were hanging around and talking (that happens a lot in the fire department). The call came in as a multiple car MVA (Motor Vehicle Accident) with a car over turned.

As soon as the call came in every one at our station got ready to go to the scene. The first vehicle out was Walt Bedford in his Chief's car. The next truck was Attack 277, this truck had 2 people on it. Then Rescue 278 left, the rescue has the jaws of life on it. I was on the rescue. While we (on Rescue 278) were en route Walt had arrived on scene and confirmed extrication would be necessary. We discussed our plan for starting the extrication process while en route.

We arrived on scene and began to setup for extrication. We setup a staging area for the extrication tools and started to lay out our tools in this area. While doing this I was looking over the scene. I saw three vehicles. Two vehicles one in front of the other and your vehicle upside down between those two.

One of the first things I can remember being done was moving one of the two parked vehicles away from your vehicle. Next we had to stabilize your vehicle. We stabilize the vehicle to prevent it from moving during the extrication process. To do this we used cribbing (wooden blocks) and air bags. We used the air bags to lift the vehicle then place the cribbing underneath the vehicle. One thing that was out of the ordinary was that your vehicle was upside down. This was my first serious MVA, and I had never worked (or trained) on a upside down vehicle. Also during this process I started to notice the items from your vehicle on the ground around it. This hit me really hard. I thought, "Here were two people preparing to celebrate Thanksgiving and now look what has happened". While this was upsetting to me it was motivated me as well.
Once the vehicle was stabilized we started to use the jaws of life to get you out of the car. We used the jaws to take off two of the doors from your vehicle. After this point I don't remember everything that happened. One thing that made things difficult was that the weight of the vehicle was on the roof. But we kept working to get you out as fast as we could.

Once you were removed from the vehicle and placed in the ambulance we packed up trucks and headed back to the fire house. It was when we got back to the fire house that I learned that they were using Mercy Flight. After everyone was back at the firehouse we talked about what had happened. This helped. I know that we did the best we could, but we wished we could have done more.

At some point that evening I found out that your accident was caused by a intoxicated driver. I found this very upsetting. I was angry, mad and outraged. What made matters worse was that this was Thanksgiving.

That night I did not sleep very well. All I could think about was you. I wondered how you were doing. Would you live? If you lived what kind of life you would have. I thought about your family. I thought about your husband and what he must be going through. I love my wife very much and do not how I would react if something like that happened to her. I know I would feel a great deal of loss if I lost here. So I think I saw a little bit of me in him.

The next day I found out that you were alive but would be a quadriplegic. I was glad that you were alive. I hoped that you would get better. I was also very angry that your accident did not have to happen. Since it was Thanksgiving I was also very grateful for my wife, my family and the baby we are expecting. Being part of the accident you were in made even more meaningful.

As time went on I would hear how you were doing. Everything I heard seemed to always be better than expected. I was overjoyed when I heard you were starting to move your hands. This makes me believe that miracles can happen, and I hope that one happens for you.

Seeing you and your husband Friday night at the EMS banquet brought up a lot of emotions for me. For me I felt pride. Seeing you I could see your determination and will to go on with your life. Seeing you and your husband I could see the love that you have for each other. This was special for me because it seemed like a reflection for the way I feel for my wife. It was also nice to hear about your children. I know that the love you and your husband share is passed on to them as well. I hope the family my wife and I are starting will have the love that your family has.

When you talked with us you thanked us for what we did for you and your family. But you have done something for me and my family and I would like to thank you. I see you as a courageous and strong person. You have persevered through this tragedy. Through this I see the love you and your husband have for each other. I hope that the love my wife and I share grows as strong as the love you and your husband have for each other. You have also made all the time and effort I have put
into the fire department even more meaningful. I don't think I have put this into words very well, but I hope you can understand how I feel.

If there is anything that I can ever do for you please ask. I will always be listening to find out how you are doing. I hope that you will always be improving. Every Thanksgiving I will always think of you, I will be thankful for the love you and our husband share, and I will especially be thankful for the love my wife and I share.

Carlos Bryniarski
Fire Fighter, North Greece Fire Department
avoidable tragedy
Struggle to understand "the why" continues

It was exactly two years before the excitement of the holiday season filled the hearts of young and old alike. While the wonderful aromas of the season permeate the air and the laughter and joyous remembrance abound, all of these wonderful scents and emotions have been replaced in our home by a rather sad and subtle melancholy. For this special season, which used to be that time of year which my wife and I so looked forward to, now brings back haunting memories which we will be reminded of for the rest of our lives.

November 23, 1984 - a date which is fiercely etched in the minds of my wife and I, our children and family, and the hundreds of friends and co-workers who knew my wife. It was the day, actually the last day, that my wife would walk, would experience normal sensation from below her neck. It was the last day that she would be able to exercise, to bathe herself, to drive a car or to shop, to fulfill college in the traditional sense, or participate in the many of the activities in which she was involved and loved. Christmas cookies are difficult to make when you're unable to effectively use your arms or hands.

November 23, 1984 was an evening which I spent watching the fire rescue crews and paramedics extract my wife from the tangled tangle which was once our vehicle, and then watched helplessly as she was transported by helicopter to Strong Memorial Hospital. Later I would learn, on that eve before Thanksgiving, that my wife had sustained a fracture of the neck and an associated spinal cord injury which would leave her paralyzed. Thanksgiving of 1984 seemed to have suddenly lost its appeal for my immediate concern was no longer the drummed but - would my wife survive the accident we had been in.

Soon after the accident hundreds of well wishes from the community began to pour in. This display of support certainly helped our family and me to cope. Along with the well wishes were those who offered their support by telling us, "With time it will get easier. We heard it from a number of folks, young and old. We also were told by many that, "Things happen for a reason." Now, I don't want to discredit the many teachers, well intentioned as they may be, but the past two years have disproved their prophecies and words of wisdom.

First, life has not gotten any easier. Each day of our lives is spent performing the many necessary tasks which are required just to get my wife up in the chair to greet each day. The frustration, the anger, the fear, the"..." and now merely add to the sense which my wife resting in her chair or is bed, and the depressed, associated with the injury my wife has sustained endures. What some folks don't realize is that these "symptoms" are9559748986, meaning that many days, although I am not physically sitting in a wheelchair, I too, experience my wife's frustrations and am a passenger on the emotional roller coaster she rides. No one, other than folks in our shoes, can ever know the heartache a spouse endures when your "normal" life has sustained a major injury or has been ravaged by a horrendous illness.

Now for those people who told us that, "Things happen for a reason," we have yet to hear that reason become apparent. Being patient folks, we will wait for the meaning of our misfortune to reveal itself. Until that time, we will continue to question the "why" and "what if" which you often find yourself preoccupied with. As 1985 heads, you will find yourself immersed in many private conversations with a much higher being as you try to rationalize or understand why this accident happened. Nighttime proves to be an excellent time for soul searching and these "private conversations" - but it can be very lonely.

November 23, 1984, is indeed a date not to be forgotten by my wife and me. We also hope that November 23, 1984 will be a date which another human being will never forget. It was the day when my wife's life changed forever and the day that our lives forever changed. Incurability seems like such a kin punishment as I watch my wife slob as she sits in her wheelchair.

My wife and I hope that this holiday season will be a season of joy and peace for all of us. We wish the time spent with your loved ones. Never take life for granted for in a moment, those you love or the life you currently enjoy can be snatched from you.

Should you make the decision to celebrate the holiday season with alcohol and drink and drive. As a proprietor of an establishment which serves alcohol, please closely monitor your patrons and refuse to serve alcoholic beverages to those individuals whose behavior suggests that they have consumed to excess. Be responsible and arrange for those folks to get home safely and not operate their vehicle.

Remember, your decision to act responsibly may spell the difference between drinking and driving may spell the difference between life and death.
Appendix C
Appendix D
Appendix E
Sarah’s Weekly Log  
Week of: 2/03-2/10

**Mileage Chart**

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**Workout Chart**

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**Mental Feelings of the Week:**

I felt really proud of myself that I did so well, I felt like I could have done more.

***On Saturday I went to the gym and it was closed, I was really mad.

**Physical Feelings of the Week:**

I feel a little sore, But I feel really great about beginning this endeavor.
Sarah’s Weekly Log
Week of: 2/11-2/17

Mileage Chart

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Mental Feelings of the Week:
I cannot believe that I could do close to five miles.

Physical Feelings of the Week:
I did a lot of squats this week and I am definitely in pain from that.
Sarah’s Weekly Log
Week of: 2/18-2/24

Mileage Chart

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Mental Feelings of the Week:

I am in the Dominican Republic…can it get any better that this. I did not run that much as you can see but I did visit the gym. I noticed that my sneakers are really hurting me. I am on the hunt for some new ones.

Physical Feelings of the Week:

My knee is starting to hurt. I have been looking at sneakers trying to figure out what will be the best for me.
Sarah’s Weekly Log
Week of: 2/25-3/4

Mileage Chart

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Mental Feelings of the Week:
Glad to be back on track. I have been working hard after being off that one week in Dominican Republic.

Physical Feelings of the Week:
Not too sore but did have a few workouts that I felt for a couple of days.
Sarah’s Weekly Log
Week of: 3/4-3/10

Mileage Chart

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Mental Feelings of the Week:

Great Week-my shoes are breaking in. I really want to get my mileage up so hopefully the weather will start to cooperate with me. I need more support from my running partner. I am planning a trip to see her so we can work out together.

Physical Feelings of the Week:

Not sore…Should I be???
Sarah’s Weekly Log
Week of: 3/11-3/17

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Mental Feelings of the Week:

I got to run outside and that was a great….I found it was quite different from running on a treadmill.

Physical Feelings of the Week:

I felt out of shape running outside. That was frustrating.
Sarah’s Weekly Log
Week of: 3/18-3/24

Mileage Chart

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Mental Feelings of the Week:

I incorporated yoga into my routine. What a totally different feeling, very clear and ready to add miles.

Physical Feelings of the Week:

Sore from Yoga. It did not even feel like I was really doing anything. Weird.
Sarah’s Weekly Log  
Week of: 3/25-3/31

Mileage Chart

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Mental Feelings of the Week:

I feel pretty strong. I just bought some foot inserts for my shoe, found out my left leg is shorter than my right that is why I might have hip pain.

Physical Feelings of the Week:

Got a little bit of hip pain, but am going to push through it using the elliptical machine.
Sarah’s Weekly Log
Week of: 4/1-4/7

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Mental Feelings of the Week:
Really frustrating week at school. So much to do and not enough time to get my runs in. Becky and I have been considering switching to half marathon, because our schedules are so busy. We are going to make the decision in June.

Physical Feelings of the Week:
Feel great, but a little sick.
Sarah’s Weekly Log
Week of: 4/8-4/14

Mileage Chart

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Mental Feelings of the Week:

Feel pretty good about having time this week to work out and run, and the weather is cooperating.

Physical Feelings of the Week:

I have been jump roping a lot this week. It has been a nice break from the regular stuff.
Sarah’s Weekly Log
Week of: 4/15-4/21

Mileage Chart

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Mental Feelings of the Week:
It is a definite de-stress week. I am feeling the pressure of the end of the semester.

Physical Feelings of the Week:
Feeling good, the weather is back to cold and miserable my performance is a reflection of that.
Sarah’s Weekly Log
Week of: 4/22-4/28

Mileage Chart

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Mental Feelings of the Week:

Good, busy week.

Physical Feelings of the Week:

Little pain in the bottom of my foot.