

## Finding Your Ultra Mindset

Travis Macy



## Evergreen



## Ultra Endurance Racing? China, 2012

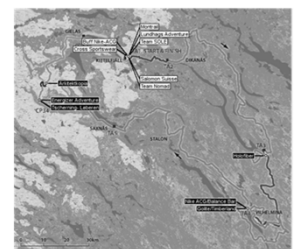


## "Ultra Mindset"



## Our Route

- Story
- Principle
  - Evidence
- Application
  - Your RUNNING
  - Your LIFE



### Evergreen, 1988



### It's all good mental training.

Viewing your challenges as positive, essential elements of building a winning mindset makes all the difference in the world. When suffering, tell yourself, "This is good mental training."

### It's all good mental training

- *Succeed: How We Can Reach Our Goals* by Heidi Grant Halvorson, Ph.D.
  - Self-control is a foundational element of reaching success
- Do what you don't feel like doing → Reach a goal
  - Intentionally train self-control
- "Cognitive reappraisal"
  - OPPORTUNITY VS. OBSTACLE

### Danelle Ballengee



### Danelle Ballengee

"I survived sub-freezing temperatures (in my jogging outfit) and extreme internal bleeding due to a shattered pelvis after a 60 foot fall. Why? I stayed positive. I fought away death. Doctors claim most people die due to internal bleeding or hypothermia alone, in a quarter of the time that I was out there. Once I was rescued, I was told I might not walk again. But 5 months later, just two months out of a wheelchair, I competed a 12 hour adventure race."

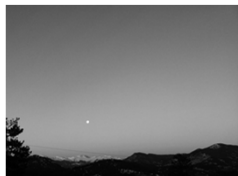
### Reflect: It's all good mental training.

- List the three biggest challenges or concerns in your life right now.
- Write down what's making you angry or anxious about each one.
- For each of your three concerns, reappraise.
  - Write your response, and start each with the words, "It's all good mental training because..."
  - This will force you to reappraise the situation into a challenge.
  - And you can conclude each with some action steps. "I will meet the challenge by...." and list two or three logical next steps.

### It's all good mental training.

- Connections to your running.
- Connections to your life.

**HOKA ONE ONE**



### Leadville, 2014



### Think about your thinking: WHAT & WHY



### Think about your thinking: WHAT & WHY

Program yourself to think about the right things at the right time:

- Detail-oriented →WHAT
  - Increase effectiveness and avoid error
- Drawn-out and grueling→WHY you are doing it.
  - Maintain inspiration

### Samantha Skold



### Samantha Skold: WHAT

"I soon found myself face to face with an older, aggressive, male instructor, who was yelling at the top of his lungs , just inches from my face, commanding me to sound off. At that moment I realized this was my reality for the next seven plus years of my life. I didn't know what to think or do. I had no one to talk to. I was cut off from all civilization."

### Samantha Skold: WHAT

"The only thing I focused on was what I was doing. I was running and dropping to my face whenever told to. I was following every monotonous order, from showering in a minute's time to folding my uniforms in perfect 10 inch squares. I was miserable and had no hope of continuing."

### Samantha Skold: WHY

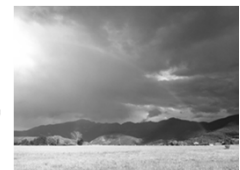
"But things changed once I realized why I was doing all this. I didn't join the Air Force to become just a runner or just a student; I entered to show my parents what kind of a daughter they had raised."

### Reflect: Think about your thinking: WHAT & WHY

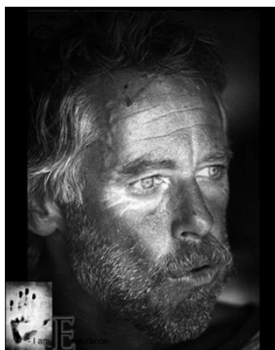
SETTING	WHAT thinking (detail-oriented)	WHY thinking (common, boring, drawn out)
Work		
Around the house		
Parenting		
Exercise		
Other		

### Think about your thinking: WHAT & WHY.

- Connections to your running.
- Connections to your life.



### Borneo, 2000



Having kids is a reason to  
follow your dreams.

Do you really want to tell them,  
"I had this great dream, and then  
*you* came along"?

Having kids is a reason to  
follow your dreams.

- *Raising Resilient Children* by Robert Brooks, Ph.D., and Sam Goldstein, Ph.D.
- Key trait = resilience
- Resilience: “the inner strength to deal completely and successfully, day after day, with the challenges and demands they encounter.”
- Charismatic adult → “Never underestimate the power of one person to redirect a child toward a more productive, successful, satisfying life.”
- Kids are *always* watching us 😊

EXAMPLE:  
**YOU**

One thing you have recently done at work that you would like to see your children (or kids you care about) emulate at some point.

Reflect: Having kids is a reason to  
follow your dreams.

- What three words would you like your children to use when describing the way you relate to the world?
  - Currently, what three words would they actually use?
  - What do you hope your children say about you when they think back on their childhood?
- How can you work alone to be a charismatic adult? How can you work with your spouse to be a charismatic adult?
- What will you have to give up to simultaneously provide your children with time and love and also devote time and love to pursuing your own big goals?

Having kids is a reason to  
follow your dreams.

- Connections to your running.
- Connections to your life.

**HOKA ONE ONE**



Abu Dhabi, 2009



**The 4:30 a.m. Rule:  
Make the choice to give up choice.**

When the alarm goes off at 4:30 a.m., literally or figuratively, you **MUST** get up and take action, even—and especially—when you don't feel like it. You made a prior commitment to yourself, and in doing so made the choice to give up choice.

**The 4:30 a.m. Rule:  
Make the choice to give up choice.**

- Angela Lee Duckworth, Ph.D., Positive Psychology Center and Duckworth Lab at the University of Pennsylvania
  - GRIT is essential for students—and anyone who wants to go big
- Scott Stanley, Ph.D., University of Denver
  - Sliding vs. deciding
  - Commitment is essential
- The runner who didn't finish Leadville...

**Pam Smith**



**Pam Smith**

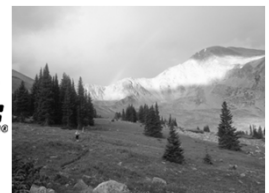
"Though I was proud of that finish, I certainly didn't want a repeat of that experience for the Western States Endurance Run in 2013. I took that experience and the mistakes I made to motivate me. I trained harder than ever, I became very regimented with my nutrition, and I picked apart every little detail to have a rock solid race plan."  
Pam had to get up at 4:30 a.m...a lot.

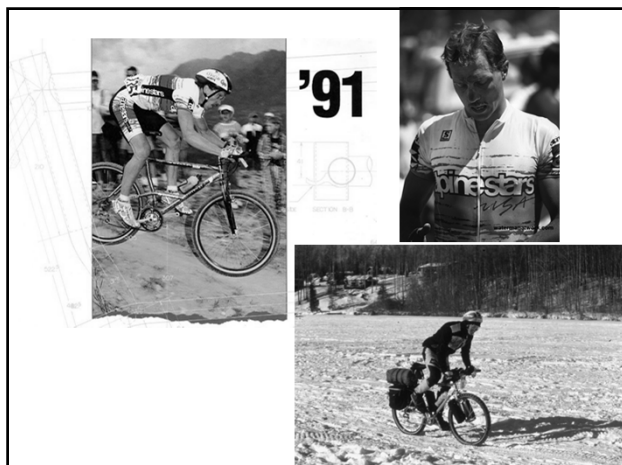
**Reflect: The 4:30 a.m. Rule:  
Make the choice to give up choice.**

	TASK I want to accomplish	Why it's important	Why it's HARD in the moment	How I will COMMIT NOW (including stories for when going gets tough)	Who I will rely on for accountability, and how
1.					
2.					
3.					
4.					
5.					

**The 4:30 a.m. Rule:  
Make the choice to give up choice.**

- Connections to your running.
- Connections to your life.





Quebec, 2006



### Be a wannabe.

Get close to be people  
you want to be like--  
make the most of *goal  
contagion*.



### Be a wannabe

- Jealous of success?
  - “Fixed” mindset
- Stanford psychologist Carol Dweck, Ph.D.
  - Mindset book
  - “GROWTH” mindset
- Goal contagion

Emma Roca



Emma Roca

“I look to Joane Somarriba, a cyclist who won the Tour de France, the Giro d’Italia, and the World Time Trial Championship, who is also a mother of three. Paula Radcliffe is an inspirational mom who also happens to hold the world record in the marathon. Josune Bereziartu is a world class Basque rock climber who inspires me by rivaling the men in her sport. Whether I am training for or racing in an ultra, fighting fires, doing medical research, or raising my own family, I find value in looking to others for positive examples.”

### Reflect: Be a wannabe

Person	Why I want to be like him or her	Goal(s) we share	How I will follow or stay close

### Be a wannabe.

- Connections to your running.
- Connections to your life.

**HOKA ONE ONE**



### Sweden, 2005



EGO  
(a.k.a. MOJO)





## 2015 HOKA ONE ONE Endurance Crossroads Clinic - Travis Macy



Have an ego and use it—  
until it's time to ask for help.

Accomplishing big goals requires  
perseverance, and that requires a high  
view of self.

AND, ask for help—OFTEN.

Have an ego and use it—  
until it's time to ask for help.

- Take on great challenges, regardless of your resume
- Jim Collins in *Good to Great*
  - "Level 5 Leaders" are insanely committed to the cause, not their egos

Josiah Middaugh



Josiah Middaugh

"Applying Travis's principle of giving up your ego and asking for help, I had to admit that I didn't have all of the answers. I decided to pursue a Master's Degree in Human Movement at the A.T. Still University of Health Sciences in Mesa, Arizona. I jokingly call my education a Master's Degree in Triathlon, since I decided early on to direct all of my efforts into answering as many questions as possible regarding endurance training."

Reflect: Have an ego and use it—  
until it's time to ask for help.

- Identify a key goal.
- Regarding the goal, rank your EGO on a scale of 1 to 10.
- Does your ego need a boost?
  - What stories will you tell yourself?
- Or maybe a reduction so you can ask for help?
  - How will you make this happen?
- What's your next step?

Have an ego and use it—  
until it's time to ask for help.

- Connections to your work with Oracle.
- Connections to your life outside of work.



Have an ego and use it—  
until it's time to ask for help.

- Connections to your running.
- Connections to your life.



Moab, 2005



Find your carrot.



Utilize extrinsic motivators, especially when the self control muscle tires.

Find your carrot.

- Edward L. Deci and Richard M. Ryan, U of Rochester in New York
  - “Extrinsic motivation has typically been characterized as a pale and impoverished form of motivation.”
  - *Instrumental* value
  - Looping mechanism: extrinsic rewards lead to a feeling of competence and that in turn enhances the intrinsic motivation.

Dave Mackey



Dave Mackey

“My old high school cross country coach used to say that 90 percent of the time, when you think you can’t go any faster, you probably can. I think that’s true about life, work, career. You probably can do more than you thought. You just need to find that carrot.”

### Reflect: Find your carrot.

One meaningful pursuit is \_\_\_\_\_.

I am motivated intrinsically because \_\_\_\_\_.

but I can tell this intrinsic motivation is tiring when \_\_\_\_\_.

When that happens, I could utilize extrinsic motivators by telling myself \_\_\_\_\_.

### Find your carrot.

- Connections to your running.
- Connections to your life.



Zion, 2013



Most of your demons are just stories.  
Fight them with better ones.

Hire some good voices  
inside your head.  
(INNOVATION)

Most of your demons are just stories.  
Fight them with better ones.

- “Wild track”
  - Silence/background noise in film recording
  - Slow down and listen to it!
- Shawn Achor, psychologist and teacher at Harvard and CEO of Good Think, Inc.
  - “The lens through which your brain views the world changes your reality. Seventy-five percent of job successes are predicted by your optimism levels, your social support, and your ability to see stress as a challenge instead of a threat.”
  - Happiness → Success

Ray Zahab



Ray Zahab

1. Never underestimate yourself.
2. Be resilient.
3. Remain humble.

Reflect: Most of your demons  
are just stories.  
Fight them with better ones.

1. Sit down and write out the negative story.
2. Look at it there on the paper. Recognize it for what it is: just a few words...just a story.
3. Write out positive alternatives that can be used to battle it.
4. Turn one or more of these positive alternatives into a mantra. Write it, say it, post it where you'll see it.
5. Maybe the most important, go out and do something that proves the negative story is not true.
6. Actually, this is the most important, repeat actions above, in any order, as many times as they need to be repeated. If necessary, for years and years.

Most of your demons are just stories.  
Fight them with better ones.

- Connections to your running.
- Connections to your life.

**HOKA ONE ONE**



### Leadman, 2013



Don't let your life be ruled by fear.

How many of your thoughts and actions are driven by fear? Acknowledge your fears. Break daunting tasks into manageable chunks.

### Robyn Benincasa



### Robyn Benincasa

"Nobody knows what's going on inside your head but you. Remember that to the outside world you appear 100% to be the businessperson, triathlete, writer, (enter your dream here). View yourself the way you want people to see you: confident, smart, talented. Then, BE that person."

### Reflect: Don't let your life be ruled by fear.

- Would overcoming one or more fears—probably by calling them out for what they are, which is nothing more than stories—bring change to your life?
- Which fear will you overcome first? What steps will you take to do that?
- Who can support you in overcoming your fears?
- What will your life look like when fear is diminished?

Don't let your life be ruled by fear.

- Connections to your running.
- Connections to your life.

**HOKA ONE ONE**



Boulder, 2012



Help someone.

### TRANSITION AREA

- Talk to someone new.
- Tell him or her about something you want to do but are not doing and one fear that's holding you back.

### Review

- It's all good mental training.
- Think about your thinking: WHAT & WHY
- Having kids is a reason to follow your dreams.
- The 4:30 a.m. Rule: Make the choice to give up choice.
- Be a wannabe.
- Have an ego and use it—until it's time to ask for help.
- Most of your demons are just stories. Fight them with better ones.
- Don't let your life be ruled by fear.
- Help someone.

ACTION:

What's your first step?

Thanks!

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