

## What is your motto?

I saw the saying engraved in a stone on a friend's patio table....you know, those decorative landscaping stones that have sayings on them....faith, hope, nature, love, friendship. I even have two in my garden. You can find them at most any Lowes for \$9.99 in the outdoors section..... The stone I saw read "**Believe**". A simple word....defined by Webster's as: 1. to accept as real or true, 2. to Think: Suppose, 3. Trust: Confidence. 4. to hold religious

Think about it...what does the word "**Believe**" mean to you in regards to the team and your abilities? Do you "**Believe**" in the knowledge that you have acquired during your training to understand all of the elements of triathlon; from race prep to the 3 distinct sports, to transitions, to the mental and physical elements of the sport? Do you "**Trust**" in yourself that you are prepared for the race? Do you have the "**Confidence**" in yourself to work through all of the difficulties and challenges that you might face during a race?

The season is now underway. With several events already under your belt and several more to go, now is the time to "**BELIEVE**". You have trained hard and the training may continue to ramp up, but remember to "**Believe**" in yourself, use the goals that you have set and work towards them. Encourage and support your teammates have fun and again, most importantly....."**BELIEVE**"

Believe in yourself and.....Keep Tri - ing!  
Coach Dave