

****RRC Alibi Sheet ****

- ___ Ate too much
- ___ I was weak from the lack of nourishment ___ course too hilly
- ___ course not hilly enough
- ___ didn't run on course
- ___ not enough time to warm up
- ___ warmed up too much
- ___ not enough training
- ___ overtrained
- ___ Not enough sleep
- ___ Too much sleep
- ___ need wheatgerm oil
- ___ need yogurt
- ___ not enough weightlifting
- ___ too much weightlifting
- ___ I'm building up slowly for 4 yrs from now
- ___ I don't want to improve too rapidly
- ___ Saving myself for _____ (name of girl, event, etc.)
- ___ Started my kick too soon
- ___ Started my kick too late
- ___ Worried about studies
- ___ Worried about finances
- ___ Worried about worrying
- ___ Girl friend unfriendly last nite
- ___ Girl friend too friendly last nite
- ___ When I saw that ___ was running
- ___ I choked up
- ___ I didn't think
- ___ I thought too much
- ___ He cut me off
- ___ I cut him off & thought I was disqualified. ___ too warm
- ___ too cold ___ footing too hard
- ___ footing too soft
- ___ I'm a mudder & the track was dry
- ___ I can't run on a muddy track
- ___ trained with Jack Barry
- ___ didn't train with Jack Barry
- ___ didn't train
- ___ shin splints
- ___ blisters
- ___ spikes too short
- ___ spikes too long
- ___ I don't have red shoes
- ___ Nail in shoe
- ___ forgot to bring shoes
- ___ wanted to set myself up for handicap run
- ___ handicap too tough
- ___ handicap too easy
- ___ I heard we were getting a meal after the race.
- ___ Cramp in leg
- ___ cramp in (fill in location)
- ___ chicken
- ___ cold feet
- ___ I thought I was having a heart attack ___ snowblindness
- ___ got lost
- ___ I can't run when I'm ahead
- ___ I can't run when I'm behind
- ___ I can't run
- ___ too much competition
- ___ no competition (bunch of hamburgers) ___ too many meets
- ___ not enough meets
- ___ didn't take vitamin C
- ___ turned into an orange
- ___ didn't have New Balance shoes
- ___ Ran in New Balance Shoes
- ___ ran without shoes
- ___ course longer than stated dis.
- ___ course shorter than stated
- ___ fooled because course was the distance they said it would be
- ___ started too fast
- ___ started too slow (30 mile run)
- ___ didn't start
- ___ I'm too young to be good (can be used by only those above 30)
- ___ I'm too old to be good (can be used by only those under 20)
- ___ I worked too hard for the RRC before the race
- ___ when I saw ___ was 4 miles ahead, I gave up (6-mi race)
- ___ cheap medals
- ___ wanted to see what other place medals were like
- ___ my coach is an American and he doesn't understand foreigners
- ___ my coach is a foreigner & doesn't understand American athletes
- ___ my coach is a _____
- ___ I got discouraged when ___ of ___ Jr. H.S. passed me
- ___ too many people were depending on me
- ___ nobody cared about my performance
- ___ I felt great and that's always a bad sign
- ___ I couldn't get excited about the race
- ___ I can't stand too much success
- ___ My psychiatrist says I'm determined to be a failure