



View from the Couch

Bill Wende
Section6Runs Chief Cook and Bottle-washer
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Inspiration, you'll find it in the darrest places!

Sometimes you reach a point where you need a little bit of motivation to get you through all aspects of life, work, school, family issues and yes, given the nature of this site's content, competing in track & field. You try to find ways to get through a practice or a race and you will sometimes use a song that you like, a book that you've read or a movie that you've seen. Sometimes it's a phrase or words that someone has spoken to you. Whatever it is, the objective is to use that "one thing" to inspire you to do well.

I went to high school with Iroquois shotput/discus coach, Scott Rollo. Scott and I played football and competed in track & field together, I ran and Scott competed in shotput and discus. At that time, that was Scott's life...he ate, drank and lived for those events, well, football too. The man never quit. He was always working at perfecting his technique and motivated his teammates to do the same.

He would get in your face if you didn't try your best but it wasn't in a very demonstrative way. Scott had a quiet (sometimes) nature to his method. Yes, he yelled to psyche up the guys but he did most of inspiring through his actions. He was a leader on the team and a lot of the guys, especially the younger underclassmen looked up to him. Fast forward to today and Scott is still working the shot and discus and motivating his charges in the same manner.

As a contrast, Lancaster's George Rak has created a fraternity of throwers that is truly evident at any indoor or outdoor meet. It is really inspiring to watch not only his Lancaster athletes compete, but he is instructing, encouraging, motivating and inspiring the other school's athletes as well. I was complimenting George at the WNY Relays about the way he takes over the "pit" and is always teaching the others. He looked at me, and simply said, "we're all cut from the same cloth, man".

It's really something to watch as each one of the athletes are helping one another, discussing technique and in a very primal way, yelling in guttural fashion to psyche themselves, and each other, up for the throw. Each week, I've seen at least one of the competitors either reach a personal best or break a school or section record. No disgust from the competitors when someone else throws farther, no, they're all there congratulating (mobbing?) the individual. Truly inspiring.

Inspiration, it's out there in many different forms and what works for one doesn't necessarily work for others but whatever form of inspiration "floats your boat" seize it and use it to your best of ability. You won't be disappointed.