

Leading Ladies' Marathon
& Half Marathon
August 18, 2019

May 6 Update

Rebecca Meline

"I grew up as the only girl with three competitive brothers. I've played sports my whole life and have always felt I had to prove I could be playing with the boys. People often say that out of the four kids in the family, I turned out to be the most competitive. I think it comes from constantly having to fight and try to keep up. I failed a lot--but it made me stronger and more determined in all aspects of life. Being a female athlete has given me skills which would be hard to replicate in other arenas--leadership, courage and work ethic. I now have two young daughters and I want to see the world of female sports continue to evolve into an empowering process of success for women." - A quote from our guest speaker who will be presenting at 2:00 on Saturday, August 17 at the expo at the Holiday Inn.



Mental Toughness Training for Runners

Becky Meline is the owner of Focus Therapy, LLC in Omaha, NE and is a Licensed Clinician in the state of Nebraska & Iowa. She has a Sports Psychology Certification in Mental Game Coaching and works with individual athletes and teams across the states. Becky focuses on helping athletes break down mental barriers that prevent them from performing at their best and trains them in mental skills for sports performance enhancement. She is a former collegiate volleyball player at the University of South Dakota where she was Conference Player of the Year, and Female Athlete of the Year for USD in 2004.

She has run the Leading Lady Marathon and the half, and this year is bringing a team to run the relay. She is also my beautiful and wonderful granddaughter!

Be sure to make time for her presentation and a Q&A following.

If you have any friends who want to experience the course but not the distance, we have openings left in the relay...Legs on Legs for Legs...supporting the women runners at BHSU.

Happy Spring... finally!

Elaine

