

Healing Choices/ Diane MacKinnon, MD, ACC/ 603-809-4673

## Hello!

Happy Summer! Despite some rain, I've been outside a lot, enjoying my garden, the beach and the waves of the Atlantic Ocean. I hope you have been able to experience the nature that surrounds you, wherever you are.

I'll be at True North in Falmouth, ME, offering my Hummingbird Habits workshop on September 27<sup>th</sup>, and again on October 11<sup>th</sup>. I hope to see some of you there!

Warmly,  
Diane

## Being Willing To Suck At It

On August 16<sup>th</sup>, I did a sprint triathlon with my husband, Tom (and almost a thousand other people). It was my husband's first triathlon and my first that wasn't women-only. My husband was very nervous because, as he will readily tell you, he's not a very good swimmer. I was more nervous about the bike ride, since that is my weakest link. My goal was to ride my bike up every hill (not walk it), and, otherwise, just finish.

Despite early rain, it turned into a sunny day. Tom was in the 9<sup>th</sup> wave (group of swimmers that start together) and I was in the 10<sup>th</sup>. I watched him hang behind the rest of the group, wearing his light blue swim cap, which carried the slogan "Live Free or Tri." Get it? He inched forward until he was just behind his fellow first-timers. As soon as the starting horn sounded, he threw himself forward and started swimming. Many of his fellow swimmers were walking forward, as they were only chest-deep in the water. Turns out you could touch the bottom for most of the 1/3 mile swim. Then it was my turn to walk out into the cool water of Lake Winnepesaukee.

After the swim, my husband and I saw each other in the transition area where we left our bikes and running shoes. We dried off, changed and grabbed our bikes. Before I left, I saw a young man returning from the bike ride. He racked his bike and sprinted out of the transition area to start the run. Then I heard the announcer herald the first woman finisher. Finisher! I hadn't even started the second leg of the race, and people were already finished!

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## Healing Choices

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***"If you're being  
dragged, let go  
of the leash!"***

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up an appt.

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Even though we started the bike ride together, my husband quickly pedaled past me. Once he was out of sight, I stopped feeling like I was chasing him, and started to enjoy the ride. What a beautiful day! I admired the colorful flower gardens, the New England cottages and dark green woods I passed. The hills were long and steep, but I changed gears and chugged slowly up each one. The down hills went by in a blur and pretty soon I was dismounting and running with my bike toward the transition area.

I racked my bike and headed out on the three-mile run. It was out and back, so I met my husband as he was on the return leg of the run. We slapped hands and kept going. Running after riding a bike 15 miles feels like "running with my knees tied together," as one friend put it. But I kept going and pretty soon I was turning into the finish chute. It was long and grassy. People cheered and I heard my name called as I ran as fast as I could across the finish line.

I was thrilled with my "performance" in the tri. I finished; I swam, biked, and ran the whole way; and nothing really hurt when I was done. Whoo-hoo!

Then, the next day, my husband told me my rank in the race. I finished 978 out of 988. My first reaction was: How could I do so badly?! Within a few minutes, though, I snapped out of it. Before I knew my time, I was proud of my accomplishment; after, I was embarrassed. What changed? Only my thinking. Well, I can damn well change it again! So I did.

I did a triathlon on Saturday and I did a great job. I finished and I'm going to do another one in three weeks. I'm not going to let my thoughts stop me from doing all the things I enjoy.

How about you?

## Coaching In The Woods

**For all my clients and potential clients in the Nashua area:**

Mine Falls Park is a beautiful, shady, 325-acre park in Nashua, with wide trails along the river and canal. If you'd like to schedule a Moving Coaching Session, give me a call. We can take a walk and have a coaching conversation there through the fall. It's a peaceful place to spend an hour during an otherwise hectic day.

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