

• Spirited Walkers! Eugene's Premier Marathon Walking Group •

Walk the Eugene Half/Full
& Portland Marathons
with Friends!



A group of Eugene Marathoners-in-training

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Our motto:
I AM a Marathoner!
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Spirited Walkers

Group members receive training mileage logs for Beginner, Intermediate and Advanced levels.

The cost is \$175 for the 8 month training. To register, please call Kay Porter at 541-342-6875 or email her at <KayPorter1@comcast.net>. Bring friends and come join us for fun and good walking training...even if you don't plan a Marathon yet!



Mid-Marathon – We're still smiling!



We DID it!!

Led and coached by Kay Porter, Ph.D., a long time runner, walker and Sport Psychology Consultant, each month the group gathers for an informational meeting and then does one long weekend walk together.



Spirited Walkers, Kay Porter, Ph.D., Carolyn Kortge (center), author of *The Spirited Walker*, and Amy Gibson.

"The Spirited Walker" name is registered by Carolyn Scott Kortge, author of *The Spirited Walker: Fitness Walking for Clarity, Balance, and Spiritual Connection* (HarperSanFrancisco 1998). It is used in this marathon training program with her permission.



Kay Porter, PhD

Kay Porter owns Porter Performance Systems, a sports and organizational counseling firm in Eugene, Oregon. She teaches mental training techniques to athletes, teams, businesses, and school districts. She has also worked as a sport psychology consultant to the University of Oregon Athletic Department, USA Track and Field, and the U.S. Tennis Association. Speaking engagements have included keynote addresses at the Women's Olympic Marathon Trials, wellness conferences, women in business conferences, and sales conferences, as well as to marathoners in Boston, Houston and Pittsburgh. She is a sports therapist, counselor and executive coach in private practice.

She is the author of *The Mental Athlete: Inner Training for Peak Performance*, (Human Kinetics, 2003) and *Visual Athletics*, (W.C. Brown). She co-produced two teaching videos, "The Mental Athlete" and "Change Your Mind!! Inner Training for Women in Business," and has created downloadable audios of specific guided visualizations for goal achievement, stress reduction and healing of sports injuries, available on her website. She has written and published over 30 articles for national magazines and journals such as "Physician & Sports Medicine," "Runner's World," and "World Tennis." Go to www.thementalathlete.com for more information.

Dr. Porter holds her Ph.D. in Human Developmental Psychology from the University of Oregon and was a professor at the University of Oregon Center for Gerontology for eight years. She is a member of the United States Olympic Committee Sport Psychology Registry and a certified consultant in Sport Psychology for AASP. She was a competitive tennis player in high school and college and has been a competitive masters runner having completed eleven marathons. One of her passions is helping women get fit and finding their inner athlete.

Spirited Walkers

Particulars:

Train to walk the Eugene Half/Full (May) and Portland Marathons (October) with the Spirited Walkers of Eugene. We begin training in mid-January each year and train steadily to be able to enjoy walking the half and full marathons.

Led and coached by Kay Porter, Ph.D., a long time runner, walker and Sports Counselor, the group meets every month for an information meeting and meets for one long weekend walk together every weekend.

Group members receive monthly training mileage logs for Beginner, Intermediate and Advanced levels.

Spirited Walkers

Porter Performance Systems

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www.thementalathlete.com

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& Portland Marathons
with the

Spirited Walkers of Eugene

with Kay Porter, PhD



• _____ •
"Without the training schedule and group support I probably wouldn't have followed through with it."

— Marathon participant

• _____ •
"Walking the marathon wasn't anything I had planned, but somehow I knew the time had come..."

— recent participant