

Newton's Handy Dandy Alibi Laws

Runners need to take their sport seriously but also need to take a little time to laugh at themselves. With this in mind I have this alibi sheet that provides a lot of explanation they might need for a subpar effort. The idea, of course, is never to have to use any of the alibis.

- 1 Weak from lack of nourishment
- 2 Need Wheat Germ Oil
- 3 Needed Vitamin C
- 4 Too much weight training
- 5 Too much Core training
- 6 Building up slowly for the end of the season
- 7 Building up slowly for Track season
- 8 Building up slowly for next year
- 9 Don't want to peak too soon
- 10 Saving myself for (name of event)
- 11 Got leg cramps
- 12 The bus was too quiet
- 13 I started to kick too soon
- 14 I started to kick too late
- 15 I couldn't kick
- 16 I was worried about my girlfriend
- 17 My girlfriend has been unfriendly lately
- 18 My girlfriend has been too friendly lately, couldn't concentrate
- 19 I didn't eat all day
- 20 I couldn't think
- 21 I didn't think
- 22 I thought too much
- 23 (Name) cut me off
- 24 I cut him/her off and I thought I was DQed
- 25 I fell down
- 26 They all got a good start but me
- 27 I thought they jumped and the race would be recalled
- 28 Poor starter
- 29 Poor Finish Judge
- 30 Course too soft
- 31 The footing was too hard
- 32 It was too warm
- 33 It was too cold

34 My shins hurt
35 I got a blister
36 My neck was sore
37 My back was sore
38 I got a headache
39 I forgot my good shoes
40 The course was bright and I forgot my sunglasses
41 My feet were cold
42 I thought I was having a heart attack
43 My glasses fogged up
44 I thought I had one more lap to go
45 I can't run well when I am behind
46 I can't run well when I am ahead
47 I can run very well right now
48 There was too much competition
49 We have had too many meets
50 We haven't had enough meets yet
51 I only run for medals
52 The medals were too cheap to run hard for
53 Too many people were depending on me
54 No one cared how I did
55 I don't like organized athletics
56 I only run for exercise
57 I only run for fun
58 I didn't feel like running
59 I felt great, and that scared me
60 I couldn't get excited about the race
61 I was too excited, too nervous about running
62 I was overanxious
63 My mind was too tense
64 My mind was too relaxed
65 Coach, you don't understand me
66 I don't understand you coach
67 I don't like my teammates
68 The team doesn't like me
69 I am looking forward to track
70 I slipped at the start
71 I can't stand too much success
72 I can't stand failure
73 I have emotional problems I need to work through
74 I never had to run hard before

75 I have a bad cold
76 I am basically a 800 runner and this XC stuff is hard for me
77 I had to stay home and babysit
78 I couldn't keep up with the pace
79 I don't know how to pace myself
80 I need to have more desire
81 I guess I don't have the desire
82 I drank too much pop yesterday
83 I didn't have enough salt in my system
84 I didn't have a good breakfast
85 I ate too much
86 I have to quit to get a job
87 I have to quit to get better grades
88 My doctor told me not to run
89 My mother told me not to run
90 I needed water
91 Not enough time to warm up
92 I warmed up too much
93 I needed more sleep
94 I slept too much
95 The bus was too crowded, I couldn't relax
96 I got a cramp
97 I forgot where I was on the course
98 I heard what we were doing after the meet and got upset
99 We didn't train this way in junior high
100 I got lost on the course
101 I worked too hard this week
102 I need yogurt
103 I'm here to study, not be a athlete
104 Too many tests today in school
105 I don't have money for dates and that is worrying me.
106 You did not prepare me right for this race
107 The course was too sandy
108 I am not getting along with my parents right now.
109 Too many hills on this course
110 Not enough hills on this course
111 Not enough people cheered for me.
112 When I was in the front of the pack I panicked
113 I got a ticket on the way to school today
114 I didn't remember that we had a meet today
115 I don't like to race in the morning

116 I don't like this course so I always run poorly here.