

# ROLLIN' ALONG YOUR ROAD

## Rollin' Along Your Road

What can you do to move along a path to thriving? We know that when you find your spark, and make good choices to grow a set of thriving skills that enhance your spark, you will discover a life purpose and a good feeling of well-being.

It's very difficult to make the best choices to build skills through a random process. The best choices happen when you know your strengths, and you make deliberate choices to improve weak areas. You then set a goal that uses these strengths to pull you into a new stretch of growth on your path. Think of these realistic, yet demanding goals as "stretch" goals.

## It's About Drafting!

As you work towards your "stretch" goal, you can optimize your chance of reaching that goal if you practice a strategy used by many athletes, called drafting. Drafting is the technique of leveraging resources to increase efficiency and one's chance of success in challenging endeavors. This technique is used in car racing, road biking, running, swimming and speed-skating.

When a team of cyclists shares the roles of leading and drafting in a long, hard bike ride, for example, they are able to bike much longer and faster than they would otherwise, because of the energy they've saved. They achieve more challenging goals, strengthen their team, and improve skills.

In car racing, drafting creates a low-pressure area behind the leading car, reducing the resistance on the second car, which allows it to pull closer. As the second car nears the first, it pushes high-pressure air forward, resulting in less

DRAFTING IS A CYCLIST'S RESPONSE TO A MAJOR OBSTACLE TO ACHIEVING THEIR GOAL - A STRONG WIND THAT CAN CHANGE UNPREDICTABLY DUE TO WEATHER, LOCATION, AND TWISTS AND TURNS IN THE ROAD. CYCLISTS GAUGE THE WIND DIRECTION AND STRATEGICALLY PLACE THEMSELVES BEHIND THE RIDERS IN FRONT OF THEM. DOING THIS CAN SAVE 30 TO 40 PERCENT OF THEIR ENERGY!

drag and faster speeds for both cars.<sup>1</sup>

Drafting is used in nature as well! Lobsters use drafting by migrating in a "train" formation to help them travel hundreds of miles. Flocks of birds use drafting by flying in a "V" formation, which increases the distance they can travel by up to 71%!

When working towards your own goal, identify your strengths and resources, and use them as the draft to pull you through challenges to new "wins". Adult guides, or your peers, can play "lead car", "cycling team", or "flock", and increase the distance you travel!

1. [http://en.wikipedia.org/wiki/Drafting\\_\(racing\)](http://en.wikipedia.org/wiki/Drafting_(racing))
2. [http://en.wikipedia.org/wiki/V\\_formation](http://en.wikipedia.org/wiki/V_formation)

