

News Highlights

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Cindra Kamphoff helps runners overcome mental blocks

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Cindra Kamphoff, Ph.D., of Mankato, Minn., recently started a sport psychology consulting practice, The Runner's Edge, located in Mankato. This practice is one of the only in the nation focused on runners. She established The Runner's Edge to support the development of mentally tough runners locally, regionally, and nationally and to bring awareness to the psychology of running.

Dr. Kamphoff helps runners of all abilities by teaching them tangible strategies to help them reach their potential and overcome mental roadblocks. She works with runners face-to-face, via Skype, email and phone. She meets with runners individually and in small groups. She provides talks at marathons and other road races, and presents to teams and running clubs.

The mental toughness skills she teaches help all runners, whether they are running their first 5K, training to qualify for the Boston Marathon, competing in a triathlon, or working to qualify for the Olympic Trails.

Dr. Kamphoff is a Certified Consultant through the Association for Applied Sport Psychology. She recently received the Dorothy Harris Award from the Association for Applied Sport Psychology which recognizes the outstanding work of a young professional in sport and exercise psychology. She specializes in the psychology of running and marathoning, and is an accomplished runner herself. She was an Iowa High School state champion and was a collegiate Division I cross country and track runner. She holds a 3:17 personal best time in the marathon.

Dr. Kamphoff is organizing two community initiatives including The Sport Psych Team for the Mankato Marathon and The RunSmart program . The Sport Psych Team will provide runners with mental strategies and mental toughness tips before and during the 2011 Mankato Marathon to help runners run their best. The RunSmart program provides runners with education on the psychological, biomechanical, physiological, and nutritional components of running. More information about The Sport Psych Team can be found here: <http://www.mankatomarathon.com/training-think.shtml>

Dr. Kamphoff is currently conducting two studies specifically related to the psychology of marathoning. The first study addresses how recreational marathoners overcome pain and adversity while training and competing. She is also interviewing qualifiers for the 2012 Olympic Trials in the marathon on how they have developed and maintained their mental toughness.

Dr. Kamphoff is an Associate Professor in Sport and Exercise Psychology in the Department of Human Performance at Minnesota State University. She received her M.S. and Ph.D. degrees in Sport and Exercise Psychology from the University of North Carolina at Greensboro, and her B.S. from the University of Northern Iowa. She is a resident of Mankato, Minnesota.

To read her recent newspaper column visit www.mankatofreepress.com.

For more information on The Runner's Edge visit www.runnersedgemn.com.

For the online RunnersWeb story, click on http://www.runnersweb.com/running/rw_news_frameset.html?http://www.runnersweb.com/running/news_2011/rw_news_20110818_Dr_Kamphoff.html.

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