



Guide to Haters

HATER

CERTIFIED

BY JON NICHOLSON

Hater (n.):

A person that simply cannot be happy for another person's success. Instead of giving acknowledgment in courtesy, a hater often pursues his/her point by exposing a flaw in the target subject.

The term "Haters" popped up in the late 90's in a Will Smith song. In 2000 band "3LW" dropped the term "Haters Gunna Hate" in their timeless holiday classic "Playas Gon' Play".

So what's a Hater? (or H8R as the kids refer to it on the interwebs)

In your running and civilian life, you're going to come across these people all the time.



If you've surrounded yourself with loving and supportive people, you can minimize this to a large degree, but those Haters are relentless. They'll find you. That's what they do. Without you, they are invisible.

So how do you know the difference between Runhole's cheeky *wink* at the dopey stuff we runners do and a real Hater?

It's not difficult: Haters don't laugh at themselves- just other people. And they normally aren't even laughing.

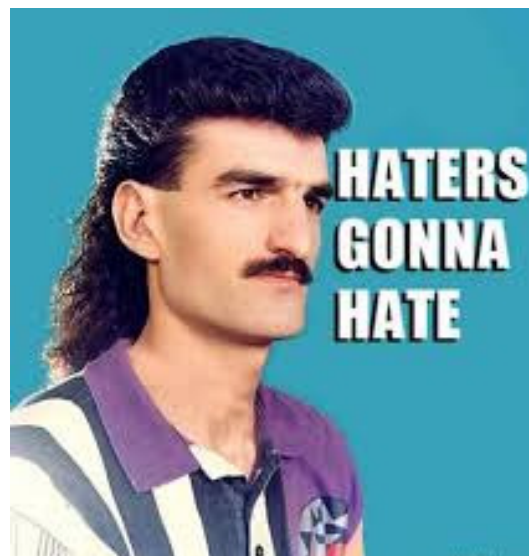
They are serious.

The TRUTH About Haters:

- 1- They are deeply insecure people.
- 2- They have the mistaken belief that a success for someone else means LESS for them.
- 3- They believe that other's accomplishments are veiled criticisms of their lives.

The TRUTH About Change:

- 1- When you change, you are rebuilding the architecture of you. This fundamentally upsets people's understanding of both you and their own place in the world.
- 2- When you improve on yourself in any facet of life, insecure people take it personally and get defensive about their own issues.
- 3- Often the people closest to you will struggle with your change and create resistant efforts against you. Change is unsettling by nature. Be consistent, positive, and relentless. Others will eventually adapt or drop away from your life.
- 4- Don't take other people's resistance to change personally.



Simple Checklist for Hater Comments on Social Media:

- Is their reply to your goal or accomplishment?:
- a) Funny
 - b) Interesting
 - c) Supportive

If not, it's a Hater. Very simple.

1- You sign up for a race and post the registration on Facebook.

Hater comments with details about the 10 other races they have done that are more difficult.

2- Through exhausting research, you figure out your detailed hydration plan for your race.

Hater tells you he can run 40 miles with no water.

3- You run a marathon.

Hater tells you ultra-marathons are the real races and his friend has completed 87 of them.

4- You watch running transform your life, expand your social circles, and enrich your happiness and experience.

Hater tells you you're obsessed and neglecting them and that running is bad for your knees.

5- You post your PR distance on Facebook.

Hater ignores this but will happily "Like" a picture of you passed-out drunk from your college days.

6- You express excitement over upcoming Ragnar, Warrior Dash, and Color Runs.

Hater tells you why relays are stupid, Spartan Races are better, and how the colored dyes cause cancer in Tibetan rats.

Hater Says:	You Reply:
Too much running is bad for you.	Too much running your mouth will be bad for YOU.
Hokas look like clown shoes.	Shut up and pile into my tiny car.
Compression sleeve are just a fad.	Hula-hoops and yo-yos are fads. I'd wear those if they helped.
I heard running makes you gain weight.	Only if you don't run.
You're obsessed with running.	I'm obsessed with MTV's "Teen Mom 2". Running is what I do between episodes.
All your posts on Facebook are about running.	All yours are about easy crock-pot recipes and life-hacks. Let's call it even.
Soon you'll be too old to run.	Depends.

Runholes can handle Haters. They just can't handle us.

Next up: Winter is Coming