BROOKLYN_BORN

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My 5K report, thanks to JODROX (and she doesn't even know what she did)

Saturday, December 01, 2012

Yesterday I reported on my fall Thursday night just walking out of my granddaughter's school in the dark. I banged up my elbow and the same knee that had rehab from July-October.

I thought the fall really ended my plan for the 5K this morning – the ONE race I never miss – our town's Christmas Classic.

I have to thank JODROX for my attitude check. A few weeks ago her status read.
"JODROX is ill prepared for today's 5K. I won't be breaking any records today. LOL"

I realized that she was absolutely right. It was time for me to practice what I preach.

I'm a big supporter of this race for myself, my family and our church. The local paper called us the "runningest church in town." I have always enthusiastically encouraged people to register and maintained that it's not how fast you run or walk. The important thing is to get out there.

It's a killer course. . It starts with 1.25 miles downhill and we make up the elevation in the next 1/3 mile. Whew, then we're only half done.

I felt a bit stiff when I woke up, but nothing really hurt. I ran/walked a comfortable pace and finished in 32:15 not my best, but not my worst either. It was my worst time on that course in 2008 which was the wake-up call for my weight loss journey.

I even got 2nd place in my 65-69 age group.
There were only 2 of us in that category. LOL
See, ladies – hang in there and outlast your competition.

Thank you all for your get well wishes and healing thoughts yesterday.

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LOLATURTLE   v
Way to go! I'm glad your knee was feeling well enough!

3115 days ago

MISCHAKEO

Great job on running even if you were not in perfect form from your fall. Woo Hoo,.

Well Done!

3115 days ago

JOYNEW

Hey - way to go!!! I'm so glad I could be an inspiration to you! All that matters is we get out there and try and do our best. Now you've inspired me right back!!

3116 days ago

CELIAMINER

You are such a motivator! I thought of you when I went out today and decided to jog instead of walk. Thanks!

3116 days ago

CD13136117

Outstanding - what determination you have. So very impressive! Congratulations to you!!

3117 days ago

DAISYBELL6

I'm very glad you were able to complete your race with your attitude adjustment. Great Job!

3117 days ago

CHANGINGHORSES

Way to go! You were a winner as soon as you got out there and did it! A winner right from the start, many others would have let that be an excuse.

WOO HOO! Well Done! WAY TO GO

3117 days ago

WATERMELLEN

What an impressive accomplishment! Good for you: love that "second in my age category" win!!

3117 days ago

WILSONWR

What a trooper! Way to tough it out and complete the 5K. Congratulations!

3117 days ago

SUZYMOBILE

OMG, OMG! I knew you'd do it!! I'm so excited!

3117 days ago

COCK-ROBIN

And I hope you get better. This is a great accomplishment for you as well.

3117 days ago

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3117 days ago

CD6966999

Good on you! So proud!!

3117 days ago

BOILHAM

Glad you decided to do the race and had a good time. Plus, you won a 2nd place. wink-wink. Way to be tough!

3117 days ago

PMRUNNER

Yay! Glad to hear that you felt well enough (bodily and mentally) to run!

3117 days ago

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