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Overcoming anxiety and just getting out there

Saturday, December 05, 2015

There wasn't any serious reason for me to be anxious, but I was. Our town's annual 5K was at 8:30 this morning in 30 degree temps. It's a fun event held annually for the last 36 years.

However, it is a killer course - very hilly - and I hate hills. Also, because of our recent month vacation in Europe and resulting jet lag, I was not well trained and still I wanted to do well (a competitive gene inherited from my Dad).

Our church gets a team together each year. We were 44 strong for this year's event (ages 5 to 75). There's also a kids' mile and quarter mile fun run.

This morning Spark Guy's Ultimate Challenge blog was about his son overcoming anxiety and doing well in his class presentation.

www.sparkpeople.c om/mypage public journal i ndividual.asp?blog_id=6042 276&utm_source=sparkpeople &utm_medium=email&utm_camp aign=best-of-sparkpeople

My comment confessed my own anxiety and that I decided to take my own advice. Speed doesn't matter, just get out there, 80% of life is showing up etc.

Here I am with my DD (Sparker Hayburner1969). Neither of us did a PR, but I got 1st place in the 65-69 age group and DD was 3rd in 45-49.



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DD is our team captain so she's holding the bling for other team members. The race is followed by the Christmas parade and some had to rush off to join the procession or get a good viewing location to see their kids. She and I reverse walked the route to encourage those still on the course, especially our own team members. DH walked it in 45:45. We're proud of him for getting out there too (He hates the cold).

Checking my watch I see that my 32:24 included walking a total of 6 minutes - carefully chosen breaks for the steepest part of the hills.

This race is significant in my SP history because it was exactly 7 years ago that my personal worst time was the "aha" moment that caused me to find SP and lose the extra weight I had been dragging around.

Thank you SP. You continue to provide me motivation.

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CD4114015









Love the Pic for sure! Beautiful ladies!



FORZACHANDMATT

You did so great! 2013 days ago



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MARYJEANSL

Congratulations to you both! And I have to say that your smile in *this* picture looks genuine. Well done!

2013 days ago



PHEBESS

Wonderful photo!

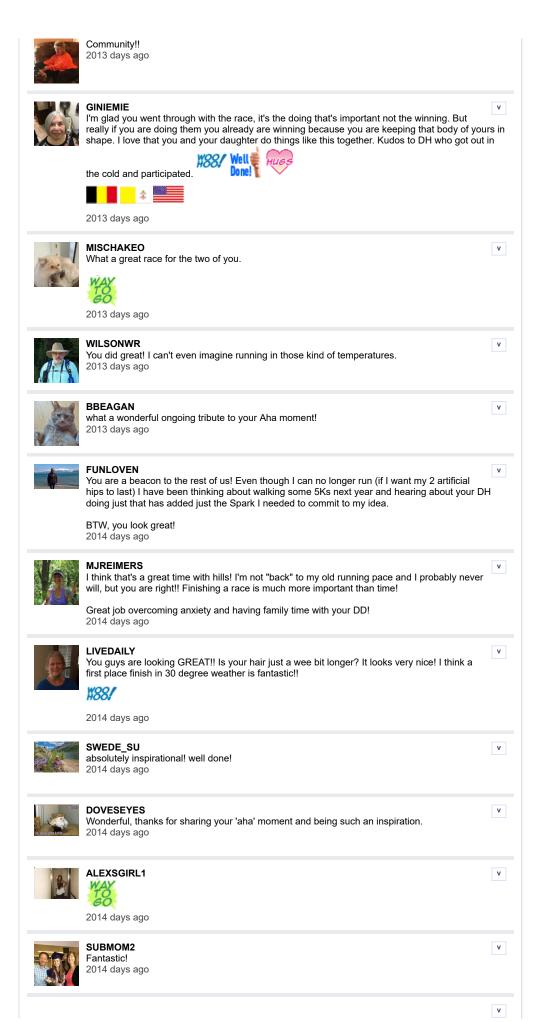
And even though you were anxious, you placed first in your age bracket - wonderful!!! Sometimes our anxiety is justified, sometimes it's misplaced. So this is a good reminder! 2013 days ago

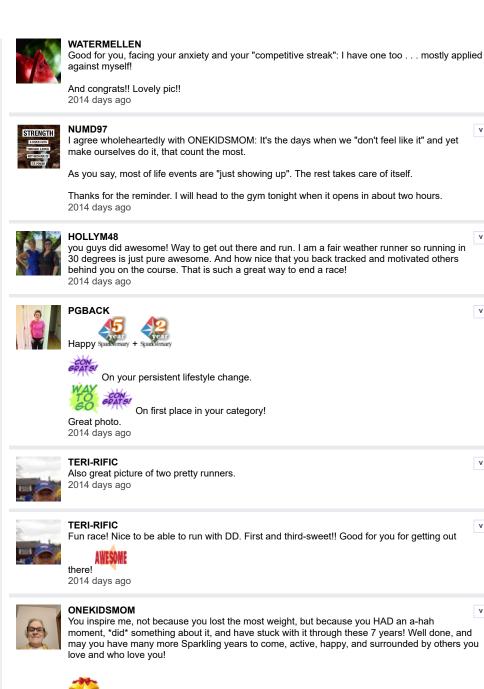
PRNCSCUP1-2FULL

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Awesome! I love, love, love that it was not only a personal triumph for you to just get out there and do it.... But, it was also a family event! How wonderful for the 3 of you! Winning is completing a 5K! Yay You!! Yay Hubby of Yours!! Yay Daughter of Yours!! Yay Family!! Yay church!! Yay





٧ You inspire me, not because you lost the most weight, but because you HAD an a-hah moment, *did* something about it, and have stuck with it through these 7 years! Well done, and may you have many more Sparkling years to come, active, happy, and surrounded by others you

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2014 days ago



GEORGE815 Congrats on #1. 2014 days ago



JULEY0129 Great job!! 💍 🏂 2014 days ago



STEPHANIEPL89 Great Job! 2014 days ago

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