



BROOKLYN_BORN

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Mind games and shoe games in a 5k

Saturday, December 03, 2016

My streak is intact. I have won some age group award every year that I've run in our town's annual Christmas Classic 5k including 10 straight since retiring in 2007

It's been my good fortune to share the course and my age group with some very competitive women from a nearby city. Years ago I blogged that even if I could not dream of catching the fastest of the "energizer bunnies," my goal was to at least keep them in sight. I gave them that title once when I watched them power up the long, steep hill (1/3 mile). They just kept going and going and going. I meanwhile took walk breaks.

This year I trained on that big steep hill for a few weeks. The top represents the halfway point of the 5k. My first mile was 9:15, probably went out a little too fast, but I felt good. Even with SOME walking, I reached the top of the hill at 15 flat. Oh boy, maybe there's a course PR in my future?

It was not to be. I did go out a little too fast and then my SHOELACE became untied! The same as at my last 5k in October! That really messed up my head as I maneuvered over to the side to retie it thinking how could I not have checked my laces. I'm not a novice at this. I've been running for 30 years!

On the final uphill I reverted to my "walk some now so I can finish really strong" mentality. 31:40 was good enough for 3rd place in 65-69 age group and actually 40 seconds faster than last year when I didn't have any "equipment failure."

First place ran a 28 and 2nd place a high 30. I'm happy. While I do like to get hardware as a reward, I also want to finish feeling good and smiling for the camera. I did that. Also I beat all the "energizers" in one respect. I'm the first one to "age up." I'll be 70 in June. They have a few years to go.

Here we are. I love the useful awards - a ceramic mug and a tree ornament.



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DD#1 won 2nd place in the 45-49 age group. She's Hayburner1969 on Spark but not very active now that she's returned to piano competition.



Here's our team or as many of the 54 who arrived in time for the picture. I just learned that we were a close 2nd in the team competition to the "Blue Ridge Trail Runners"

The top 5 runners on each team score points. Not bad for a group which is together because of something other than athletic ability.



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KRISSEY82

Great job!!
1646 days ago



SUNNYBEACHGIRL

How great that you keep doing this and doing so well
1648 days ago



CD4114015



and You ALWAYS amaze me at the feats you accomplish! And what beautiful MOTHER and DAUGHTER! SO proud of you both so know you both have to be SUPER proud of each other!



1648 days ago





ECOAGE



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DR1939



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WILSONWR

Congratulations! That is some streak you have going!

1648 days ago



CD15641307

Well done!

1649 days ago



ANAKIE

I've only ever walked a 5K while DD2 ran as part of her summer training and she came in second for the women and walked back to where I was and finished the race with me as her cool down. That was a fun and rewarding day. Congrats on your time.

1649 days ago



LIVEDAILY

Excellent!! Not being a runner, I have great respect for those who are! I admire your ability to pound the pavement and push yourself past those obstacles - hills!

1649 days ago



SPEDED2



1649 days ago



PHEBESS

Nice job! Long hills are killer, aren't they?

And I almost always double knot my shoelaces, just because they tend to get untied during the day. So maybe you could start doing that and thus not have this problem again?

1649 days ago



SMILINGEYES2

Great job. I believe the Blue Ridge group is from Lynchburg--my old stomping grounds. Do not know how folks do the hills.

1649 days ago



DOVESEYES

Great day all round congrats on times, placing and prizes. Love the smiles and the group photos :)

1649 days ago



MORTICIAADDAMS

You all look great - healthy and fit and happy. Congratulations!!!

1649 days ago



PEGGYO



1649 days ago



HOLLYM48

Congrats on a race well run! You are an inspiration! Way to go. Enjoy your Saturday!

1649 days ago



JEANKNEE





Congratulations to you, HAYBURNER1969 and Holy Name of Mary Catholic Church.
1649 days ago



MIRAGE727
And THAT's why I double knot my run shoes!



I love that you are happy and pleased after a race! I get bored and tired of runners complaining. I'm elated each time I cross the Finish Line! Outstanding streak, Eileen!



1649 days ago



ALICIA363
40 seconds faster even with the shoelace issue?



Sounds like you trained really well!



1649 days ago



CD8113065
Congratulations! Wow, 10 years is a fantastic age group win streak. Well done!



I "aged up" in August of this year, but quickly discovered that there are a lot of fast 70 year old's in the Chicago area.

1649 days ago



ONEKIDSMOM
I'm settling for riding on shoulders today, so very happy with your bronze cup here. I, too, love unusual awards!



1649 days ago



PHOENIX1949
1649 days ago



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