



BROOKLYN_BORN

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I am the Phantom Racer

Sunday, March 13, 2016

My first race of the season was interesting. I never race in winter or in the heat of the summer. I'm a weather wimp. My goal during those months is simply to maintain a fitness base.

So yesterday DH & I drove 75 miles to a city where DD#2 and family live. I ran their Shamrock 5k to get a benchmark as to my fitness level and test out my new shoes and orthotics in a real situation.

These races are small, always under 200 participants and not even chip timed - just a community event to promote fitness. DH watched the start and went to take a nap in the car. We had to get up early to get to the start on time and he was tired.

The race began at the "Community Market" in an old warehouse, part of the "reimagination and repurposing" of the central city. More about this later.

The first quarter mile was on COBBLESTONES. I hate cobblestones! It's easy for me to roll an ankle. I have "floppy" ankles. Oh well, it was a benchmark race and I was careful.

We continued over a bridge and down to the "Riverwalk Trail" nicely paved and flat - my favorite surface. I settled into a nice pace following a teenage girl. We hit 2 miles at exactly 20:00. Just about what I expected. I followed her until we headed back up over the bridge. She took off and I remembered the cobblestones.

So I fell back to join and talk to 3 guys, one of whom was juggling! Yeah, he was juggling bowling pins. Fascinating!

At the finish line the clock read 31:40. I really did relax that final 1.1 miles, but my ankles are fine. I walked a total of 2:30 during the race. I always take walk breaks to sip some water and wipe my nose (allergies).

Then out of nowhere a guy comes running in and passes us. The workers put us back in finish order, gave us cards with our finish position (#52 for me) and tore off the info strip on our race bibs. Very old school - remember, no chip timing - just a friendly community event.

DD#2 was at the finish line with DH. She had just run 10 miles. She prefers distance, not 5ks.

Then we browsed the community market where local people sell homemade products. DH bought some wine and bread and enjoyed talking to the vendors.

I kept an eye on the awards podium since I always win something. I'm old and this is a small race.

They gave out the overall awards and a few more and announced that there would be a delay. No problem for us. Our 2 grandsons were with the HS soccer team in another city and wouldn't be returning until the afternoon. Back to the market for more browsing.

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Still the results weren't complete, although some were given out. They announced that the results would be posted and awards could be picked up at the Free Clinic, a sponsor of the race.

We hung around until the end. Then surprise! I wasn't even on the list. I showed them my #52 finish card and verified my time and they gave me my AG 1st place medal (65-69). A very unique award - it was a blue ribbon with a flat, metal medal that could be used as a bottle opener. It had the event name but no date. I thought that was cool, useful and smart. Unclaimed awards could be used next year.

Anyway, the posted race results are correct and I'm in the list at #51 (out of 125). A very nice start to the season and visiting with family. The bread and wine were good too.

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CD14181646

WTG! That is great time! I'm at 12 minutes/mile and I know I can get to 10 in a few weeks when allergies die down. I actually run with tissues in my sports bra! I'm slow in the Fall too. SMH. But I do enjoy 5ks so much! My goal this spring is to hit 10/min miles by May 1st and I would love to be at an 8-9 mile run by July! I have goals! HA!

1910 days ago



SUNSET09

 and  Sounds like a good day to run and spend time with family and

friends!
1914 days ago



WILSONWR

You did great. Congratulations!

1914 days ago



GINIEMIE

Cobblestones get me frequently too. I seem to mess my ankle up in Europe most visits. Sounds like you had a wonderful day. And you did something for your health too. Run and wine



1914 days ago



DOVESEYES

What a great day to spend doing what you love, glad you got your medal too :) !!

1914 days ago



DR1939

Cobblestones have caught me up a couple of times when I was just walking. Fell flat on my face on them at the harbor in Casablanca. Broke my glasses and blacked my eye. Luckily I had an old pair in my luggage-- glasses that is, not eyes.

1914 days ago



LIVEDAILY

Congratulations!! Good show for the first race of the season, and if DH was tired after the drive, I imagine you were a bit tired too. Plus you got to visit with DD#2 and family!! Yay!!

1914 days ago



MARYJEANSL

Congratulations! Very nice result, especially since you ran more carefully than usual. :-)

1914 days ago





PHEBESS

Sounds like a fun day! And congrats on your medal!!!
1914 days ago



POLSKARENIA

Well done you! Sounds like a good day all round.
1914 days ago



PHOENIX1949


1914 days ago



1CRAZYDOG

It sounds like you had a good time!
1914 days ago



MTN_KITTEN


Sounds like a great day.



1915 days ago



IAMSUNNYHOWARD


1915 days ago



PRNCSCUP1-2FULL

Next time you drive that 75 miles, let me know and we can meet face to face! They really need to promote these things more! I didn't even hear about it except thru you! I love our river walk and our community market! Thought I've walked from the market to the trail and don't recall the cobble stones.... Hmmmm. glad you had such a great finish! We aren't the most up to date around here, but we do promote community fitness! Glad you enjoyed your race and the visit with family! I went to the Catholic School fundraiser last night and bid on some local wine, but was out bid! Glad you had a nice time at your first race of your season!
1915 days ago



WATERMELLEN

Lovely!! And smart of you to watch out for those cobblestones!! (Maybe the organizers would reconsider that part of the route for next year if you suggested it gently?)
1915 days ago



GLORYB83

Congrats!
1915 days ago



MISCHAKEO

That was a fun event..even if it was somewhat unorganized with the awards.
1915 days ago



HARROWJET

It sounds like fun. My first event will be April 10. It is called Spring Thaw and will be 5K. I don't do summer or winter either although I have signed up for the Canada D'eh 5K Run which will be July 1. That was my first event 4 years ago.



Judy
1915 days ago



HOLLYM48

Sounds like fun and excellent time!!! Cobblestone is very hard on ankles so I am glad you took it easy through that! Congrats on 1st place in your age group. You are an inspiration! Have a great Sunday.
1915 days ago



BBEAGAN

Sounds like a great day! And congratulations on the award as well as on running the race you wanted to run!
1915 days ago





SLIMMERJESSE

Congrats!
1915 days ago



CD4114015

Sounds GREAT for sure...I don't/can't run but I also have "rolling ankles" and even walking now, I have to be SO careful! You did excellent though and no, I don't DO hot weather (actually



only if humid) but humidity and I do NOT get along at ALL! But I get CRANKY
1915 days ago



IMTHINNOW1

Great family time, that's a plus on top of getting an award
1915 days ago



CD12068097

Sounds like a really nice day.
1915 days ago



ANGIEN9

Sounds like a good baseline. I used to have a floppy ankle until the did surgery. They tightened my tendon. No more able twisting when just walking normally. Yeah!! Glad u had a good day with DH and DD#2. Have a great Sunday!!
1915 days ago



TERI-RIFIC

Nice. The running season starts! If I lived in the south I wouldn't run in the summer,either.
1915 days ago



ONEKIDSMOM

Sounds not too different from the event I ran yesterday... venue was different, of course (we were on a nice limestone trail in a park, with a few muddy spots)... but the size was small, and it was "old-school" in terms of no chip timing. You and I have run long enough ago we remember "old-school". But our event was even MORE low-key: no age-group awards, just top 3 finishers! Which was fine by me.



Congrats on your award... and many happy runs ahead in the season!
1915 days ago



RO2BENT

Sounds nice
1915 days ago



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