



# BROOKLYN\_BORN

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## Some heavy and totally unexpected race hardware

Sunday, May 01, 2016



With all the excitement about music events lately, I've neglected to mention that I've been rehabbing another one of my freak yoga (over-stretching) injuries which occurred on April 7th. DH calls my approach to this activity "competitive yoga" - not competing with anyone else only myself.

I was really mad at myself for being so stupid AGAIN since I had registered for a half marathon on May 1st. My hamstring/glute muscle was so overstretched I couldn't run a step. Walking was only possible slow and easy.

After a week of little improvement I got a referral for physical therapy and got 6 sessions in. Fortunately, the therapist is also a runner and gave me the OK to participate in the race as long as I did an easy run/walk pace. DH & I had planned a long weekend at Myrtle Beach, SC as part of the race event and I really wanted to go.

On Tuesday before the race I tested the pace (4min run/1 min walk) plus extra walking on any steep or prolonged uphill (extra strain on the hamstring). 6 miles went OK with only some discomfort.

However, my longest training run was 12 miles way back in March.

The weather was way too warm for my liking (70 at the start, 75 at the finish). I just followed the plan happy that I was able to participate at all. I knew it would be a personal worst time and IT WAS - by more than 10 minutes (2:37 something) but almost exactly what I planned to do.

I couldn't find DH at the finish line or anywhere else, so I walked back to the hotel. Finally he showed up

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and asked why I didn't get my medal. I showed him my finisher's medal. No, he was standing at the awards area because he saw the results that I was 3rd in my age group (65-69). So we went back, got my AG medal and took the above photo. "80% of Life is Showing Up" and I did that.

I didn't aggravate my injury, but I did get a huge blister on my toe that I didn't even notice until a few hours later. That will heal.

This was my first experience with the DIVA series. It was a lively, fun time even if I didn't wear my tutu.

These medals are surprisingly HEAVY!

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**MARYJEANSL**

I am very late to the party (piles of unopened e-mail from our trip, during which I only opened the most important e-mails and did the absolute minimum online), but most sincere belated congratulations to you! I think that's fabulous!

1835 days ago



**CD14815535**

Holy-moly--that's one big medal!

1859 days ago



**EGRAMMY**



1863 days ago



**ANGIEN9**



great job!!

1864 days ago



**HARROWJET**



1864 days ago



**MILLEDGE2**

Good for YOU! Your discipline in rehabbing your injury is an inspiration! Congratulations on a job well done!

1865 days ago



**PHEBESS**

Great job at showing up, and doing so well despite the injuries!

Love those trophies!

1865 days ago



**WILSONWR**

Congratulations on completing the race! That is quite the accomplishment with your injuries!

1865 days ago



**KELLIEBEAN**

WOW! I have tears, how cool is that?! I'm so happy for you!

You are my inspiration!



AWESOME

1865 days ago



**GINIEMIE**

Great job, and sweet hubby. Glad you did as well as you did and were conscious of caring for



your body-it is the only one you have...



1865 days ago



**IFDEVARUNS2**

Well done!

1865 days ago



**BBEGAN**

Congratulations! You are awesome! It's hilarious your husband had to take you back to get your medal!

1865 days ago



**LIVEDAILY**

Congratulations!! Well, you know divas love their "bling"!! lol

1865 days ago



**TERI-RIFIC**

I ran that race 2 years ago. (5 K) Very nice and fun. Of course I didn't win an age group medal!! Way to go-congrats. North Myrtle beach has awesome pickleball courts. The Diva bling is, indeed heavy!

1865 days ago



**CD4114015**

You are even MORE of an inspiration to me now! WOW, and didn't even go to pick up your

medal!



So you are extremely humble too (is that the word I want?)



Ain't life grand???? Yes, and so are you!

1865 days ago



**ALICIA363**

BTW, just reading the title, I feared an injury and a boot!

1865 days ago



**ALICIA363**

You are my SHERO!!!

Made me laugh out loud. Way to do a great job and show up and take care of your own body and run your own race. I gotta like this blog now.



1865 days ago



**DR1939**



1865 days ago



**IAMSUNNYHOWARD**



!! You rocked it!

PT is my favorite!! I managed to find an excellent practice here in Mesa. They are really starting to push me now that I am recovering. I will continue as long as I am medically qualified. But WOW-such a big difference!

Good for knowing you needed to back off and get some professional help. That is so much better in the long run!

1865 days ago





**KRISBY82**

Wow! You are such an inspiration. Great job!  
1865 days ago



**SUBMOM2**

Good for you!! I'm glad you went and I'll take heart from your story. Next Saturday is the Mermaid Run; I'm in the 5k, and not fully prepared. But I CAN walk/run it! Have a great week!!  
1865 days ago



**JEANKNEE**



Now how cool is that?!



Love it! Took care of yourself and rewarded with AG swag to boot.

Hope you and your DH have enjoyed your stay in Myrtle Beach. Take care!  
1865 days ago



**HOLLYM48**

How cool is that! Congrats on doing it regardless of whether you could run the whole time or not. Sounds like it was fun anyway. I hope your hamstring feels better soon!  
1865 days ago



**SYLPHINPROGRESS**

Your photo is so cute. Temps in the 70's are way too high, but you outdid the weather.  
1865 days ago



**DOVESEYES**

Congrats, glad you had the ok to proceed. Love the medals.



1865 days ago



**PRNCSCUP1-2FULL**

Congrats!! Even with a healing injury you went, completed and even got some heavy metal!!  
Awesome!  
1865 days ago



**WATERMELLEN**

Fantastic!! So happy to see that "heavy metal"!!

And you're more sensible than I was with the bikram over-stretch injury through the left rib cage initially believed to be a heart attack . . . still undergoing follow-up testing actually!!

1865 days ago



**PHOENIX1949**



1865 days ago



**ONEKIDSMOM**

Woo-hoo! I think I would have preferred YOUR race-day weather to mine! You are so right



about showing up!  
1865 days ago



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