



BROOKLYN_BORN

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Very Happy with my "Benchmark" 5K

Saturday, October 29, 2016

I recently began running again as a way to reduce the stress in my life as Joe recovers from brain surgery. As I posted in my status, I decided to run the "I Am Woman" 5K this morning for a benchmark time to improve on and also because:

It is sponsored by the hospital that saved his life

It's for a great cause (Children's Miracle Network)

It's so great to see 600 women all out there together running and walking and celebrating fitness.

(Note, men can enter and a few do, but the awards are all female categories)



I knew I was not trained well enough for this hilly course. Lynchburg, VA is called "Hill City" for a good reason. I knew I would walk up the steepest parts of the hills and I did - about 5 minutes walking in total.

While I always want to do my best, my goal is also to finish smiling and feeling good. I'm never the one to "lay it all out there." Still, my 31:12 (10:03 pace) was good enough for 3rd place.

I may have followed those 2 ladies the entire way, but they are "youngsters" at 65 and 66. I'll be 70 in June. The goal is to stay fit, run happy and stay in the race.

This is also a very unique trophy. Instead of the runner figure usually on top, it's a witch on a broom over a pumpkin. Very cool and "Trick or Treat"

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INCH_BY_INCH



1665 days ago



CD17264479

Wowza--awesome time, especially for not training the way you would have liked. Love the award, too. You did good!

1680 days ago



CD17249221

What a wonderful run! I started a program here at Spark to help me with my running--someday I may see a 10 (heck, I'd take an 11) minute mile. Congratulations, even though you didn't train as much as you wanted, you still pushed on through and I bet it felt great. Wonderful trophy, too :).
1681 days ago



1STBUCKETITEM

Congrats! What a great race. Last year I was able to "walk" the Nevada Day 8K (always held on October 31st before the parade in Carson City), but unfortunately not able to this year. Something for my other SP buddy and I will set as our goal again next year. I have to thank SP for that opportunity, since I met her through the SP blog almost three years ago. Although we're on

opposite ends of the state, we keep in contact daily through SP.



Happy Halloween!!



P.S. I turn 66 in a few days. Can't believe I still weigh less now than I have weighed most of my life. Although I am heavier than last year, I know what I can accomplish when I focus on a goal. It's

always a "work in progress."

1682 days ago

Comment edited on: 10/31/2016 1:50:06 PM



AUSFAM



1683 days ago



CD4114015



GREAT job and REASON to help your stress! GLAD it is working...I can only imagine! WOW, I knew we were CLOSE in age but thought it was almost two years! NOT

SO....I will be 69 next year in July!!!! SO proud of both of us!



And, BTW came back because I forgot to say you are looking AMAZING!

1683 days ago

Comment edited on: 10/30/2016 11:09:41 AM



SLENDERELLA61

Congrats! Well done. At this point I aspire to get back to your pace!! Best wishes for great training. My best advice is to very gradually increase time, distance, incline, any factor. Very gradually. Injury free. Again, congrats. You should feel very proud.

1683 days ago



BBEAGAN

Congratulations on running your race your way!

1684 days ago





HOLLYM48

Wow! Great time on your run. Way to go. Love the trophies. Keep up the awesome job of relieving stress in such a healthy way!
1684 days ago



DOVESEYES

Congrats whata great day !!!
1684 days ago



SMILINGEYES2

Lynchburg VA is quite hilly. My sister did the annual race when she lived there.
1684 days ago



PHEBESS

What a fun trophy to have as a memento of this benchmark run - and that's a very impressive time!
1684 days ago



PEGGYO



1684 days ago



BRIGHTSPARK7

Wow! I am SO impressed! You seriously rock! Health is a great blessing and merits continued celebration. Love the magical trophy. Wishing your dear hubs great well-being.
1684 days ago



LIVEDAILY



You did really well!!
Love the trophy idea - what a hoot!
1684 days ago



MARYJEANSL

Congrats! That is pretty darned good for 'not trained well enough.' :-)) Pretty soon you will be trained well enough for the next race. I'm so glad your husband is doing well, and look forward to continuing good news.
1684 days ago



SYLPHINPROGRESS

You're quite a chick.
1684 days ago



MISCHAKEO

What a worthwhile great event. What a healthy thing for you to do while your husband is recovering.
1684 days ago



WATERMELLEN

What a super "benchmark" and celebration of your DH's recovery!! You did GREAT!!
1684 days ago



TERI-RIFIC

I knew it!! LOL (if you remember)
1684 days ago



DR1939



1684 days ago



JEANKNEE



Love the trophy!

Like you, I am not one "to lay it all out there" either. I am just not that competitive. I want to do my best, stay fit, run happy and stay in the race as well. It remains to be seen if my body will tolerate a return to running.

It continues to amaze me how aware many runners are of who's ahead / behind them and what's going on around them. I am oblivious while I am running. Running is a very Zen like experience for me even in race environments.
1684 days ago



SWEETENUGILL

That's a great bench-mark time for a 5k - and in your age-group it's excellent! Well done!
1684 days ago



PRNCSCUP1-2FULL

Congrats! I think your time is phenomenal with little to no training! And, what a cool trophy! Yay You! I'm impressed! Great reasons to run this race too!
1684 days ago



ALICIA363

What a cool trophy!
Glad you're staying in the race!
1684 days ago



TSHAWGER

Job well done. You are an inspiration, running at your age.
1684 days ago



GINIEMIE

Good for you, you did amazingly well. You will need to work hard to improve on that.



1684 days ago



ONEKIDSMOM

Love the trophy, and well done! My goal for next weekend's HM is to not break myself so I can keep training for a full 26.2 next Spring... and my goal for *that* one is to finish! Finish smiling is

the BEST goal!
1684 days ago



NUMD97

Love it! B_B, you are ALWAYS inspiring! Glad you had a blast.
1684 days ago



TERESATB

Great
1684 days ago



PHOENIX1949

1684 days ago



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