



# BROOKLYN\_BORN

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## Sparked to Go For It!

Sunday, April 09, 2017



I login to Spark every morning for my daily dose of motivation. I especially like the list of new blogs. Those are the people from all around the world who are sparking right along with me at that very moment.

However, yesterday was the only time that the first blog in the list has ever been directed right at me and just in time too.

Friday night we went out to dinner with family and friends. We had a great time, but I stayed up too late. I was registered for a 5k in a city 75 miles away which meant getting up extra early. At 5 am on Saturday it was cold and dark and I was tired. I considered rolling over and pulling the covers over my head. Heck, I'm 69 and 10 months old.

The race starts and ends in "old town" which means - cobblestones - slow and careful for me. It's a popular race which I expected would attract the "young ones" (only 65 or so). But DH had made coffee, so I logged into Spark and began to read the first blog in the "new" list.

"Go for it"  
[www.sparkpeople.com/mypage\\_public\\_journal\\_individual.asp?blog\\_id=6345422](http://www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6345422)

It was a trip down memory lane written by Hayburner1969 who happens to be my daughter who introduced me to Spark 8 years ago. It described a woman who didn't give up 35 years ago. Hey, that was ME!

OK, I might as well give it a shot.

I admit that when I race, I want to win hardware. It's a tangible result that I did well

But there are intangible rewards too. I always applaud excellence and congratulate those who have done better than I even if I secretly wish that I could have matched their speed

Still, "80% of Life is Showing Up" and deep down I wanted to participate in the event. Because:

I like running  
I like being part of an event to encourage fitness and contribute to a worthy cause and I CAN.

So off I went with this LOTR quote in my mind  
"There will come a day when I cannot do this. Today is not that day"

There are a lot of ways to "Go for It!"

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### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

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Maybe a small step forward? Maybe a great leap?  
Go for it and seize the day whatever you enjoy, whatever your goals.

Note:  
I did win 1st place in my age group even with those cobblestones.  
My 31:16 was only 25 seconds ahead of a 66 year old.

However, the best result was that there were enough women in the oldest age groups of the 5k RUN to award 3 trophies in each (65-69 and 70+).

Walkers were in a separate category on a separate route

We were ALL still "in the race" and regardless of time, faster than anybody home on their couch.

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## Member Comments About This Blog Post



**TRAILRIDERKJ**

"Don't be afraid to be ambitious about your goals Hard work never stops, neither should your

dreams! "



1311 days ago



**BOREDA**

You have a fantastic daughter! It must be lovely to have her being so supportive. And congratulations on not only doing so well in the race but also getting out of bed in the first place!

1401 days ago



**KATHRYNGC**

I had read your daughter's blog just a few days ago. What a full circle blessing to be inspired by your own child that contributes all she is has been inspired by you. Thank you for sharing so much with us.

1488 days ago



**GMADONNA70**

CONGRATS!!! Not only on winning but on pushing yourself to go no matter how tired you felt.

You are a great inspiration to me as I will turn 71 in August. I have never run for anything, it is just not my thing, but you showed me that if we at least try we CAN do something to make us a better person. I just started making myself do 15 minutes of exercise daily and I like it. Thank you being a great "SPARK"

1503 days ago



**MILPAM3**



1506 days ago



**MARYJEANSL**

Well done! Good for you, and for your daughter, for being strong enough, mentally and physically, to go for it. :-)

1507 days ago



**AMBER461**

Thanks for sharing your great blog.

1508 days ago



**1STBUCKETITEM**

I always enjoy your wonderful blogs.

1511 days ago



**ANNIESADVENTURE**

I find motivation in surfing the blogs here, too. I call it my happy place.

How wonderful to find a blog just for you! It worked. I loved reading both you and your daughter's blogs.

1513 days ago





**KICKINGMYHEELS**



What an inspiration!  
1515 days ago



Congratulations on your win/win!



**NEW-CAZ**



1515 days ago



**SHAWFAN**



1517 days ago



**BUTTONPOPPER1**



I really admire you for challenging yourself. You get up, you go, and you WIN! That is very motivating.



1517 days ago



**DONNALEE-53**



1518 days ago



**MOMMY445**



congrats! woo hoo!  
1518 days ago



**PLCHAPPELL**



Thank you for a great blog!  
1518 days ago



**HMBROWN1**



Sounds like a great day! Congrats!  
1518 days ago



**KITTYHAWK1949**



good for you!  
1518 days ago



**MMWUSA**



good going!  
1518 days ago



**VISUALLYRICS**



Wow! What a perspective! Wonderful tips and inspiring choices for YOU! Congratulations for

showing up.....and making first place in your age category!  
1519 days ago



**SUNSHINE20113**



This is such an inspiring blog. Thank you.  
1519 days ago



**MERMAIDSPIRIT**



i love your quote...  
"There will come a day when I cannot do this. Today is not that day"

1519 days ago





**BLUEFOO**



1519 days ago



**MJREIMERS**



1519 days ago



**JUNETTA2002**



Thank you for sharing.  
1519 days ago



**CD10676776**



on your WIN!  
1519 days ago

blog, for sharing. Persistence paid off.



**KACEYSW**



Thank you for this! I needed it today!  
1519 days ago



**STARGAZ3R**



Congrats!  
1519 days ago



**DANAPRIME**



1519 days ago



**ARTJAC**



1519 days ago



**MAKEITBE**



Wow.....you are awesome!!!!!!  
Reading this made me feel like I can do it. I am 67 years young.



Brenda  
1519 days ago



**PRNCSCUP1-2FULL**



Congratulations! first, on getting out there and then for your awesome performance even with cobblestones! Always nice to be motivated personally!!  
1519 days ago



**MARYM1962**



awesome!  
1519 days ago



**ELSIEO62**



I too loved the quote, "There will come a day when I cannot do this. Today is not that day".  
Thanks for the encouragement. Great blog. Wonderful attitude.

1520 days ago



**MCFITZ2**



Love the one day quote. Congratulations on your young spark.  
1520 days ago



**1DAY-ATA-TIME**



Congratulations on winning first place. You are my role model and although I'm on injured-



reserve with a back injury. I plan to return to running by 2018, irrespective of what my doctors say!  
Keep on running Brooklyn\_Born, I right behind you..  
1520 days ago



**STEVIEBEE569**



1520 days ago



**JEANKNEE**

Congratulations! Love that you got up and were Sparked by your daughter!! Yes, that would be you she mentioned. Good going Mom.  
1520 days ago



**ANNIE1114**

Congratulations! 69 and still running races that is very inspirational! You are a role model.  
1520 days ago



**PRECIOUSPEG**

You are the YOUNGEST 69 and 10 month old I've ever had the privilege to get to know (virtually, through SP). You have that "go get 'em" attitude I want. YOU are an INSPIRATION!  
1520 days ago



**CD17462428**



1520 days ago



**BELLATRIX16**



1520 days ago



**MARGIEB221**



1520 days ago



**MSPOOH404**

This was wonderful! And congratulations on your 1st place win!

I've never been much of a runner, but I aspire to be. I'll be walking in the 5K for the Komen Race for the Cure and then a week later, I'll be doing the Heart Association's Heart Walk. (I think that's 5K, too.)

Overweight with knee issues (that I declare are temporary, despite what my knees think!) and

more than 20 years your junior, I am inspired and encouraged by you!



1520 days ago



**JVANAM**

Changing habits takes time, but it is time well spent.  
1520 days ago



**SUSIEQ14072**

Thanks for the motivation!  
1520 days ago



**DEEGIRL50**



You've found something you enjoy doing and you "Go For It." You're an inspiration.  
1520 days ago



**LIVINTODAY**

Congratulations on winning the race! Congratulations on having a wonderful, loving daughter also; I enjoyed her blog!  
1520 days ago





**CHANGINGHORSES**

Well done! Keep up the great work and never give up. You inspire many!



1520 days ago



**LOPEYP**



1520 days ago



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