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It's Not Where You Start, It's Where You Finish

Tuesday, July 18, 2017

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That's the title of a song from the musical "Seesaw." I've learned from Spark People that even if things are going badly, just keep your eye on the goal and keep going. That's just what happened on Saturday.

Even though I just celebrated turning 70 with a 16 day European cruise, I wanted to celebrate again by running in the Virginia Commonwealth Games simply because I CAN

I'm a weather wimp who never races in the summer. I keep up a minimal level of running fitness from May through August (usually in AC) and start up again in September.

But 70 is a milestone event so I registered. I did run short distances in the cool weather of the cruise on nice, flat, paved trails by the rivers, but Holland is very different from the hills of VA.

Saturday it was 75* by 7 am with 90% humidity. The race started at 8 - on a very hilly 5k course.

My DD Jeannie (Hayburner1969) was registered also so I parked my car in her driveway so we could drive together. She wasn't used to having a car parked in that area and promptly backed her car right into my side passenger door. Thud! Smoosh!

How's that for a bad start? We checked out the damage, but nothing to be done then, so off we went. About 4 miles down the road she realized she was wearing sandals. Her running shoes were at home. So back we went, fortunately missing my car this time. We arrived at the race with about 10 minutes to spare.

I lined up near the back of the pack since my plan was to walk up the hills and run down. I wanted to finish smiling for the camera and feeling good.

Jeannie was doing this race as part of a challenge series, something she undertook after getting "resparked" earlier this year, so she lined up closer to the front. I saw her once as she was on her way back and I was trudging along behind 2 forty year old guys who hated those hills as much as I did. I didn't even look at my watch. This wasn't about time.

Jeannie met me at the finish. We were both drenched in sweat, but still smiling.

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You know how that song ends?
"Your final return will not diminish
And you can be the cream of the crop;
It's not where you start, it's where you finish,
And you're gonna finish on top"
And we did!



Jeannie won the overall Masters trophy for her 24:50.

I won my age group easily because I was the only 70+ woman there. Once again, the oldest woman running. It may have been my slowest 5k time by quite a bit (36:02), but how's this for a positive spin? I've never run that course before, so I now have a "course PR" (personal record) LOL

It's a benchmark to improve on if I decide to do it again next year. Besides, although I appreciate awards, I realize that as I get older my main goal is to continue participate in activities as much and as long as I CAN.

I suppose it would have been more of an achievement if there had been competition in my age group, but 3 quotes come to mind.

"80% of Life is Showing Up"

"There will come a day when I cannot do this. Today is not that day" and

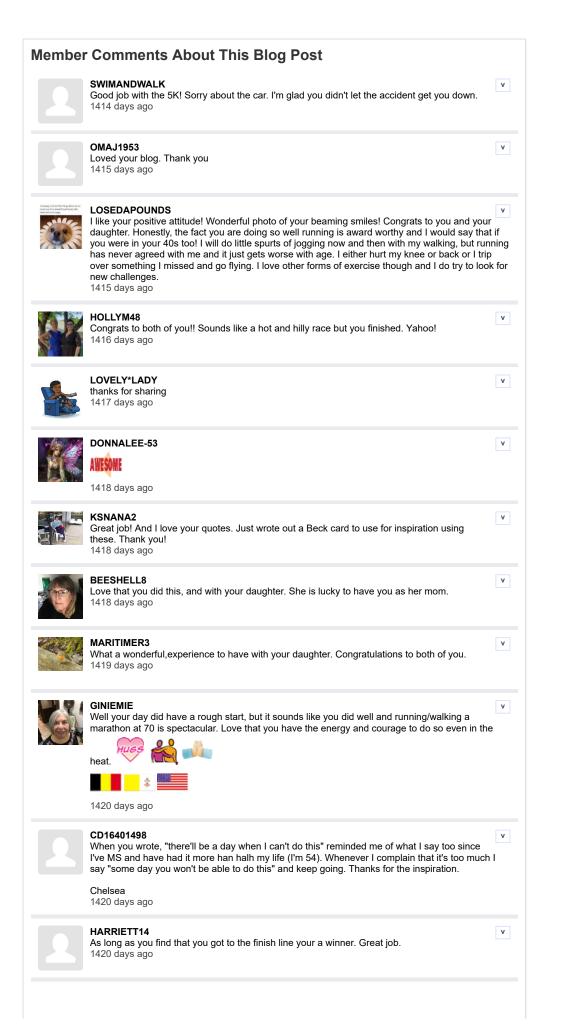
"No matter how slow you go, you are still lapping everyone home on their couch"

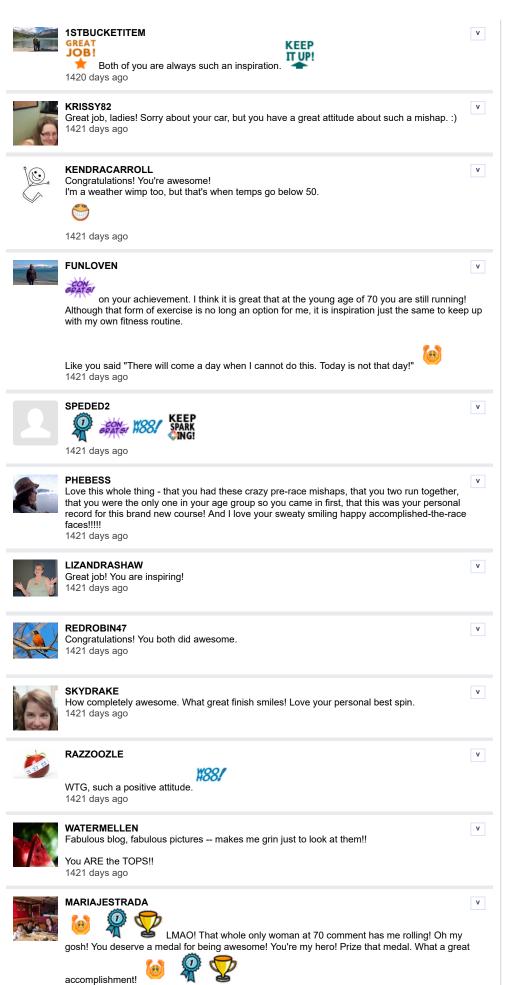
Note: As for my car, I'll probably need a new door, but things can be fixed and we both have insurance. It's not like she hit a person or run over the neighbor's dog or caused inconvenience to a stranger.

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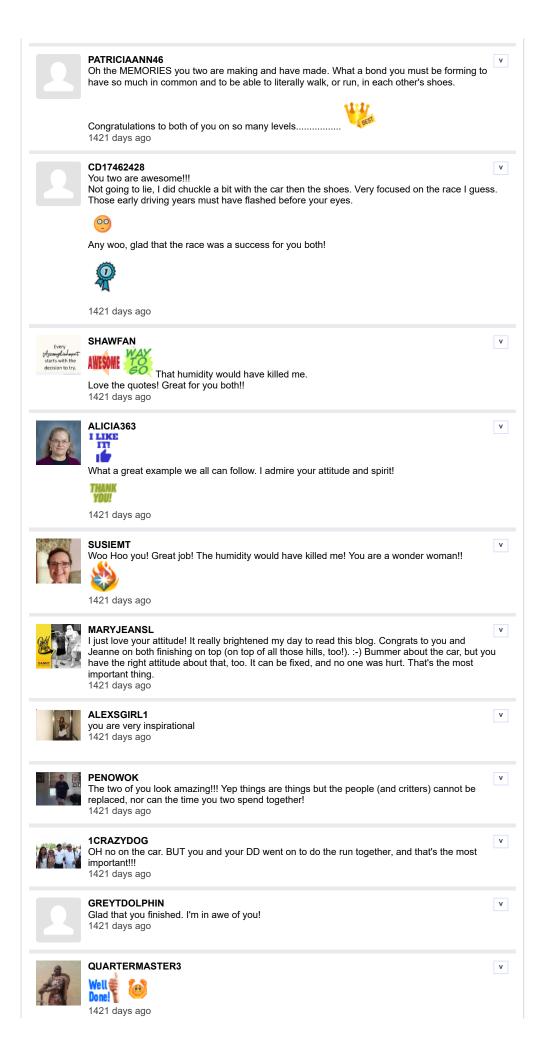
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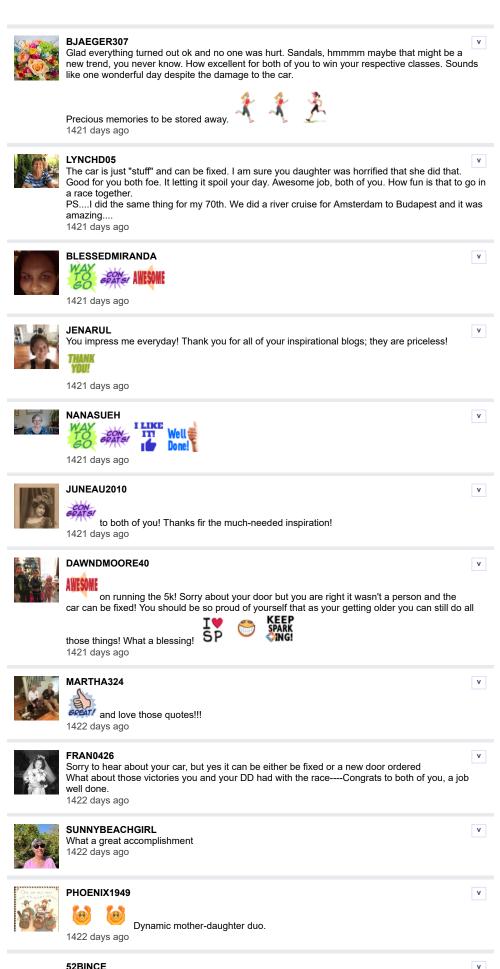
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52BINCE

You prove that age has no restrictions ... and you successfully made the climb up that hilly run!(Glad you kept going regardless of the bashed door and a turn-around to get the tennis

	shoes Wow what a morning but great job for both you and your Daughter! Gr too! 1422 days ago	eat pictures
(20)	SLENDERELLA61 "I realize that as I get older my main goal is to continue participate in activities as much long as I CAN" Thanks. That is just what I needed to read today!! 1422 days ago	and as
	PACEKA1 Great job, especially after such a bad start. Many years ago my oldest daughter came spend the night. Her sister had to get up early to go off to work. She got in the car, pusi garage door opener and backed up - right smack into her sister's car. Then she came i complained that it was Jessica's fault for parking there! Funny now, but not so funny the 1422 days ago	ned the n and
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