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

Tuesday, July 18, 2017



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 "re-sparked" 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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SWIMANDWALK

Good job with the 5K! Sorry about the car. I'm glad you didn't let the accident get you down.
1414 days ago



OMAJ1953

Loved your blog. Thank you
1415 days ago



LOSEDAPOUNDS

I like your positive attitude! Wonderful photo of your beaming smiles! Congrats to you and your daughter. Honestly, the fact you are doing so well running is award worthy and I would say that if you were in your 40s too! I will do little spurts of jogging now and then with my walking, but running has never agreed with me and it just gets worse with age. I either hurt my knee or back or I trip over something I missed and go flying. I love other forms of exercise though and I do try to look for new challenges.
1415 days ago



HOLLYM48

Congrats to both of you!! Sounds like a hot and hilly race but you finished. Yahoo!
1416 days ago



LOVELY*LADY

thanks for sharing
1417 days ago



DONNALEE-53

AWESOME
1418 days ago



KSNANA2

Great job! And I love your quotes. Just wrote out a Beck card to use for inspiration using these. Thank you!
1418 days ago



BEESHELL8

Love that you did this, and with your daughter. She is lucky to have you as her mom.
1418 days ago



MARITIMER3

What a wonderful, experience to have with your daughter. Congratulations to both of you.
1419 days ago



GINIEMIE

Well your day did have a rough start, but it sounds like you did well and running/walking a marathon at 70 is spectacular. Love that you have the energy and courage to do so even in the

heat.



1420 days ago



CD16401498

When you wrote, "there'll be a day when I can't do this" reminded me of what I say too since I've MS and have had it more than half my life (I'm 54). Whenever I complain that it's too much I say "some day you won't be able to do this" and keep going. Thanks for the inspiration.

Chelsea

1420 days ago



HARRIETT14

As long as you find that you got to the finish line your a winner. Great job.
1420 days ago





1STBUCKETITEM

GREAT JOB!



Both of you are always such an inspiration.

1420 days ago



KRISSY82

Great job, ladies! Sorry about your car, but you have a great attitude about such a mishap. :)

1421 days ago



KENDRACARROLL

Congratulations! You're awesome!

I'm a weather wimp too, but that's when temps go below 50.



1421 days ago



FUNLOVEN



on your achievement. I think it is great that at the young age of 70 you are still running! Although that form of exercise is no longer an option for me, it is inspiration just the same to keep up with my own fitness routine.

Like you said "There will come a day when I cannot do this. Today is not that day!"

1421 days ago



SPEDED2



1421 days ago



PHEBESS

Love this whole thing - that you had these crazy pre-race mishaps, that you two run together, that you were the only one in your age group so you came in first, that this was your personal record for this brand new course! And I love your sweaty smiling happy accomplished-the-race faces!!!!

1421 days ago



LIZANDRASHAW

Great job! You are inspiring!

1421 days ago



REDROBIN47

Congratulations! You both did awesome.

1421 days ago



SKYDRAKE

How completely awesome. What great finish smiles! Love your personal best spin.

1421 days ago



RAZZOZLE

WTG, such a positive attitude.

1421 days ago



WATERMELLEN

Fabulous blog, fabulous pictures -- makes me grin just to look at them!!

You ARE the TOPS!!

1421 days ago



MARIAJESTRADA



LMAO! That whole only woman at 70 comment has me rolling! Oh my gosh! You deserve a medal for being awesome! You're my hero! Prize that medal. What a great

accomplishment!

1421 days ago





PATRICIAANN46



Oh the MEMORIES you two are making and have made. What a bond you must be forming to have so much in common and to be able to literally walk, or run, in each other's shoes.



Congratulations to both of you on so many levels.....
1421 days ago



CD17462428



You two are awesome!!!
Not going to lie, I did chuckle a bit with the car then the shoes. Very focused on the race I guess. Those early driving years must have flashed before your eyes.



Any woo, glad that the race was a success for you both!



1421 days ago



SHAWFAN



AWESOME WAY TO GO That humidity would have killed me.
Love the quotes! Great for you both!!
1421 days ago



ALICIA363



I LIKE IT!
What a great example we all can follow. I admire your attitude and spirit!



1421 days ago



SUSIEMT



Woo Hoo you! Great job! The humidity would have killed me! You are a wonder woman!!



1421 days ago



MARYJEANSL



I just love your attitude! It really brightened my day to read this blog. Congrats to you and Jeanne on both finishing on top (on top of all those hills, too!). :-) Bummer about the car, but you have the right attitude about that, too. It can be fixed, and no one was hurt. That's the most important thing.
1421 days ago



ALEXSGIRL1



you are very inspirational
1421 days ago



PENOWOK



The two of you look amazing!!! Yep things are things but the people (and critters) cannot be replaced, nor can the time you two spend together!
1421 days ago



1CRAZYDOG



OH no on the car. BUT you and your DD went on to do the run together, and that's the most important!!!
1421 days ago



GREYDOLPHIN



Glad that you finished. I'm in awe of you!
1421 days ago



QUARTERMASTER3



Well Done!
1421 days ago



BJAEGER307



Glad everything turned out ok and no one was hurt. Sandals, hmmm maybe that might be a new trend, you never know. How excellent for both of you to win your respective classes. Sounds like one wonderful day despite the damage to the car.



Precious memories to be stored away.
1421 days ago



LYNCHD05



The car is just "stuff" and can be fixed. I am sure your daughter was horrified that she did that. Good for you both for it. Letting it spoil your day. Awesome job, both of you. How fun is that to go in a race together.
PS....I did the same thing for my 70th. We did a river cruise for Amsterdam to Budapest and it was amazing....

1421 days ago



BLESSEDMIRANDA



1421 days ago



JENARUL



You impress me everyday! Thank you for all of your inspirational blogs; they are priceless!



1421 days ago



NANASUEH




1421 days ago



JUNEAU2010




 to both of you! Thanks for the much-needed inspiration!
1421 days ago



DAWNDMOORE40




 on running the 5k! Sorry about your door but you are right it wasn't a person and the car can be fixed! You should be so proud of yourself that as you get older you can still do all

those things! What a blessing!
1421 days ago



MARTHA324



 and love those quotes!!!
1422 days ago



FRAN0426



Sorry to hear about your car, but yes it can be either fixed or a new door ordered. What about those victories you and your DD had with the race---Congrats to both of you, a job well done.
1422 days ago



SUNNYBEACHGIRL




What a great accomplishment
1422 days ago



PHOENIX1949



 Dynamic mother-daughter duo.
1422 days ago

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! Great pictures



too!
1422 days ago



SLENDERELLA61

"I realize that as I get older my main goal is to continue participate in activities as much and as long as I CAN" Thanks. That is just what I needed to read today!!

1422 days ago



PACEKA1

Great job, especially after such a bad start. Many years ago my oldest daughter came to spend the night. Her sister had to get up early to go off to work. She got in the car, pushed the garage door opener and backed up - right smack into her sister's car. Then she came in and complained that it was Jessica's fault for parking there! Funny now, but not so funny that day!

1422 days ago



ELAINEB1972



1422 days ago



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