



# BROOKLYN\_BORN

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## Chasing Slenderella – virtually, that is

Sunday, April 14, 2013

I hope this doesn't make me sound like a stalker. This began as my 5K report.

Then I read her blog "5K Victory" from yesterday

[www.sparkpeople.com/mypublic\\_journal\\_individual.asp?blog\\_id=5321908](http://www.sparkpeople.com/mypublicjournal_individual.asp?blog_id=5321908)

and this morning I have a change of focus.

Yesterday DH & I drove 1 ½ hours to visit DD#2 & family. (This is the DD with the 3:08 marathon time at age 40). The plan was for me to run the 5K there. I haven't raced much in the last 2 years since my mother died, but it's a lovely course along the river, essentially flat – my favorite.

There was a nice turnout, over 400 I think, very well organized and for a good cause. The weather was pleasant although the temperature was rising quickly by our 9:30 start and the wind picked up – right in our faces. Of course it did! Does wind ever blow any other way?

I started in the back of the pack as I always do with the other ladies of advanced age. The advantage is that I rarely get passed by anybody and get a bit of a boost by picking off those ahead of me. A near disaster occurred less than 2 minutes into the race when a man decided to stop to walk, right in the middle of the path. The next runner ploughed into him and I had to jump out of the way to avoid a chain reaction collision. That'll get your heart racing.

The rest of the course was uneventful except my lungs were complaining about the pollen. I have an inhaler for my asthma, but didn't have it with me. Also with both 5 and 10 K markings I wasn't sure exactly where I was since I don't run with my glasses. The 10Kers started in a different direction, but joined our course later.

I picked up my pace when I saw the finish and the clock was already at 30. So my time was 31 something. I forgot to stop my watch since DH was taking my picture and I was busy smiling at him. In December he took a picture of the WRONG WOMAN and went inside to eat, missing me entirely. I logged about that.

OK, I would have preferred a 30. I knew it wasn't a sub 30 day, but I got my 1st place trophy for the 65-69 age group and off we went for a nice family day.

This morning I read about Slenderella's PR 27:33!! I knew that she could run a 28. My best is 29, but this gal is still improving – A LOT – at AGE 63! That's only 2 or 3 years younger than me.

We're the same height and about the same age.

We're both in maintenance, although I outweigh her by 5 to 10 lbs.

We both like to run.

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Now back to my change of focus. While I've been rather complacent, she is striving to be better and she has just inspired me to do the same. Thank you, Marsha and congratulations. I may not ever be able to catch you, but I hope to at least keep you in sight.

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**WATERMELLEN**

What a great blog and shout out to SLENDERELLA. It's so wonderful that we have this virtual community to inspire each other!!

2980 days ago



**DEBBY4576**

You are doing more than me. I've never run. And I am about the same age as you two, 64. Now I'm gonna stalk you!!! Had a good laugh at your DH taking the picture of the wrong woman crossing the finish line on one of your runs. Men.

2982 days ago



**CELIAMINER**

You are such an inspiration! I'm in my mid-50s and can't run a 5K in 31 minutes, let alone 27-something.

2982 days ago



**GINIEMIE**

Good job. You did a 5 K, and I'm proud of you. I have not even tried a race-or even a walk so you beat me. I'm also very impressed with your efforts to keep the faster racer in your sights, that means you will improve some. As far as hubby's goof....BET he doesn't do that again.



2982 days ago



**DESERTJULZ**

First, congrats on your 5k! Second, an even bigger congrats on choosing to "chase" someone a bit faster than you.

2982 days ago



**CAKEMAKERMOM**

As long as you are running, you will continue to be fit!

2983 days ago



**STAY39**

Wow! You both are so impressive! You've got me beat- by a lot! I don't know if I'll ever catch up but I sure appreciate the inspiration! Excellent job!!

2983 days ago



**WILSONWR**

It's nice when we can motivate and be motivated by others as we get older. There is nothing that says we can't improve with age!

2983 days ago



**MYSTERYROSE74**

That's a great 5k time! And  job for placing first in your age bracket.

2983 days ago



**AUSFAM**

CONGRATS to you! I have allergy stuff going on right now too. I've never run during allergy season but man it does take the wind out of you at times! Keep up your great work and enjoy your walk today! :)

2983 days ago





**COCK-ROBIN**  
Go for it!  
2983 days ago



**DR1939**

2983 days ago



**SLENDERELLA61**

Thanks for the honor! It is very possible to keep improving, even at our age. Now I'm chasing LIVE2RUN4LIFE virtually. She's 63 with a PR of 27:07 and full marathons accomplished in impressive times, too; a half marathon is my longest running accomplishment to date. I'm not sure if I want to do a full or not.

Great race report. Thanks for sharing. Run for the fun of it! Run for health!! Run Happy!!!  
2983 days ago



**MISCHAKEO**

Great job on your 5k run! Winning your bracket was an accomplishment. You and Slenderella are in great condition and are very inspirational.

I have no doubt that you will meet your new goals.



2983 days ago



**CD10259955**



You are both amazing! Great job!  
2983 days ago



**SWEETNEEY**



2983 days ago



**CD11026554**

It's great to have a realistic goal, no matter what stage of life you're at! keep pushing, I'm your biggest supporter. And very well done for yesterday's race. As for your hubby photographing the

wrong woman..... (I'd have clobbered him!)  
2983 days ago



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