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The toughest 5K course I've ever run.

Sunday, April 28, 2013

But nothing compares to the "course" memorialized at this site.



This is the National D-Day Memorial located in our town because Bedford, VA lost more men per capita on that day than any other locality. Their national guard unit was on the 2nd boat landing at Omaha Beach.

April is beautiful here with everything in bloom, but running outside at this time is hard for me because of my allergies. However, I don't have a lot of racing opportunities so when I was told of a new event I signed up.

The memorial is in an impressive location at the top of a hill. The race started at the bottom, up and around the memorial and back down the hill. I have never run (or even run/walked) that far uphill, but I figured that once I got to the top, I'd be OK. Gravity would take over as I came back down.

I ran the first half mile and then lost track of how many minutes I walked on the way up. I tried to save my walking for the steeper sections. It did give me the opportunity to think of the young men who were fighting toward their goal through the water and across the beach on June 6, 1944 while under heavy fire.

The downhill course was easier although it did take more effort than I expected to keep upright on the steep sections. I hope this becomes an annual event. I just need to overcome my hill phobia and train on them.

I did get this.

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Of course all the other 60+ women were walking the course so my 32:03 time was easily enough for first place.

I maintain the website for my Dad's WWII ship so I have a special interest in that period of history and those who left their ordinary lives to go off and save the world and then returned to lead their ordinary lives. There aren't many of them left.

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AMBER461

Awesome, thanks for sharing.
2249 days ago



MONTREAL12

Well Done!  CONGRATS!
2855 days ago



EFFRAYECHILDE



2948 days ago



CD12146214

Love the medal.....take pride in all accomplishments little or small. My Dad was in the Navy (Canadian) for 33 years.
2952 days ago



GOOSIEMOON



2963 days ago



CORNERKICK



2965 days ago





ALIDOSHA



2965 days ago



CLAYARTIST



2966 days ago



MISSLISA1973



2967 days ago



LOPEYP



My FIL is going strong at 88.

Great job!

2967 days ago



BLUEJEAN99



2967 days ago



MARYJEANSL



No, there aren't many of them left. All the WWII vets from my family have died. My father was the first - he died at the young age of 55. They deserve all the honor and thanks we can give them. Congrats on finishing such a race, and thank you for posting the picture of the memorial.

2967 days ago



ILIKETOZUMBA



Wow, what a great place to run a race, and what a beautiful memorial. My thanks to the people of Bedford for the sacrifices made by those who were at D-Day and the hardships faced by their loved ones at home. Thank you for sharing this experience. Oh, and your time was fantastic, by the way! Congrats!

2967 days ago



CICELY360



good blog
2967 days ago



CYPATAYLOR2



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JAMER123



So glad you are keeping the memories going!!



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HEARTS116



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JIBBIE49



Great to see your blog featured in the Daily Spark Mail. What an honor.



2967 days ago



BLPRETTYGIRL1



2967 days ago



SHOAPIE



2967 days ago



CD11360928



2967 days ago



LIVELYGIRL2



What a memorable special thing to do. Your Dad would be honored. Great!



2967 days ago



NILLAPEPSI



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REGILIEH



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PATRICIAANN46



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JUSGETTENBY42



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ROCKYCPA



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JOANNHUNT



2968 days ago



LEWILL1982



Awesome, congrats! I think I'd still be trying to get up the hill!

2968 days ago

CD2207060



Yay YOU! A BIG Woo HOO!
2968 days ago



QUAIL75

Well Done! WAY TO GO
2968 days ago



IAMAGEMLOVER

Well Done!
2968 days ago



SUSIEMT

Good job!
2968 days ago



NEPTUNE1939

GREAT!
2968 days ago



ABUFFKIN

Awesome job!!!
2968 days ago



CD13354694

CONGRATS! WAY TO GO
2968 days ago



CD11848877

Congrats
2968 days ago



SANDYLH1

Well Done!
2968 days ago



NEWMOM20121

Great job on the 5k and on keeping the website updated.
2968 days ago



NCSUE0514

LOST 40 POUNDS SPARKPEOPLE
Well Done!
2968 days ago



JAHINTZY

awesome :) my pop-pop served in WWII in the Pacific, I'm ever thankful that he's still here with us at the inspiring age of 91, and he indeed took pause from a normal life - went to war - and came back home to lead a pretty normal life, although he's certainly seen more of this world than any other immediate family member of mine.
2968 days ago



DJSHIP46

Congratulations... awesome achievement and thanks for sharing!!!
2968 days ago



KELLIEBEAN

Congratulations on your great time. What a wonderful experience. I have to train more on hills myself, they really slow me down.





Have a great day!
2968 days ago



SIMONEKP



2968 days ago



CHERYLHURT

Wonderful!
2968 days ago



DIANNEM

Congrats!!
2968 days ago



MOMMY445

congrats on first place! that is fabulous news! have an amazing day!
2968 days ago



SANDYCRANE

I thought you were in your fifties. That was a great time for someone who never ran hills before. Great job and beautiful story.



2968 days ago



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