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The toughest 5K course I've ever run.

Info

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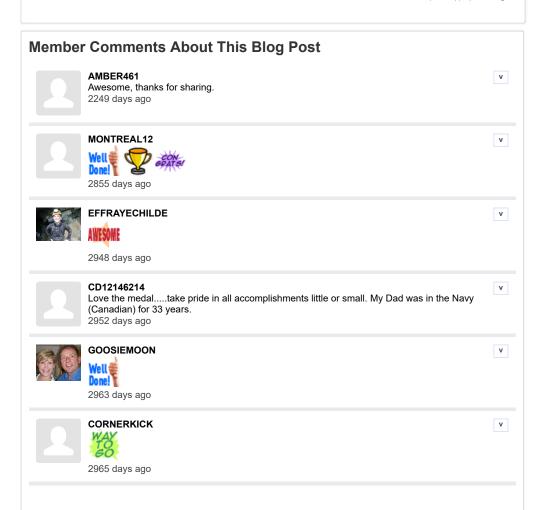
Of course all the other 60+ women were walking the course so my 32:03 time was easily enough for first place.

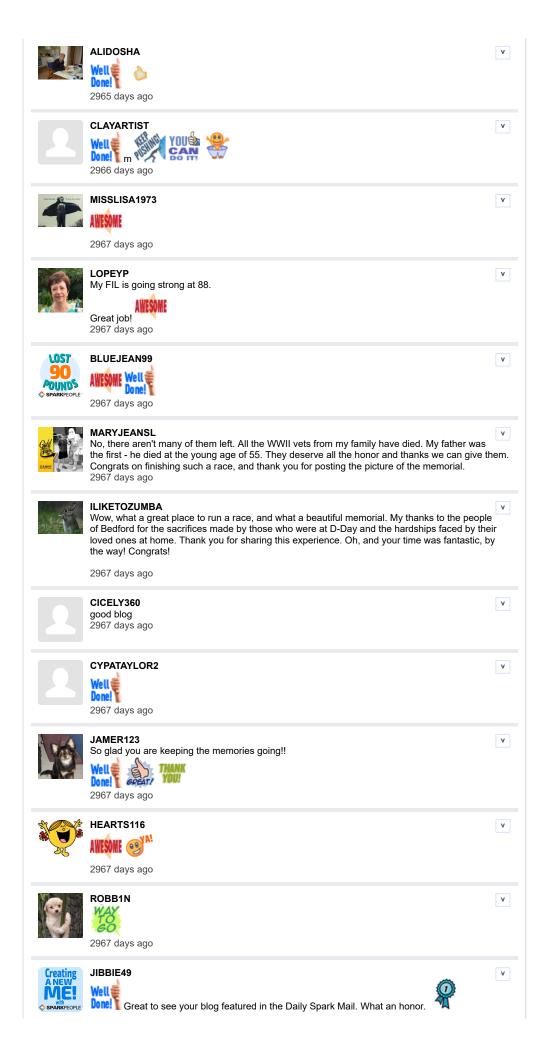
I maintain the website for my Dad's WWII ship so I have a special interest in that period of history and those who left their ordinary lives to go off and save the world and then returned to lead their ordinary lives. There aren't many of them left.

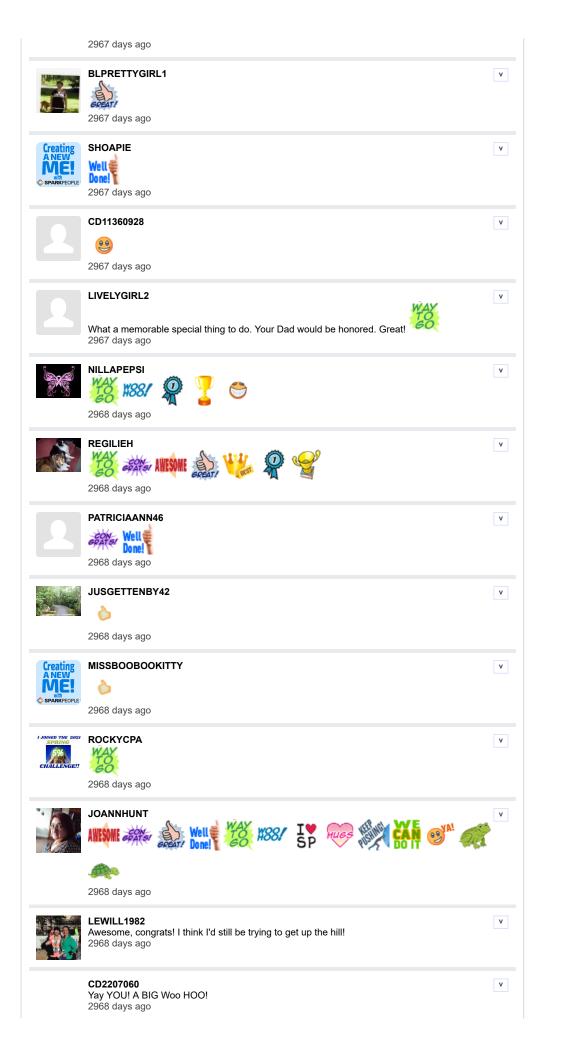
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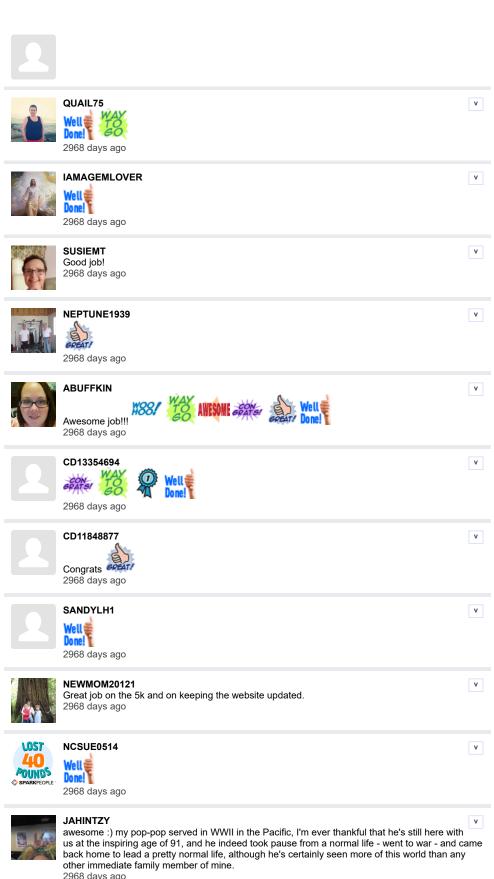
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2968 days ago

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.

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