



# BROOKLYN\_BORN

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## Racing ahead of the storm – a 5K report

Saturday, December 07, 2013

We're under a winter storm warning here in VA and the temperatures are dropping fast.

Our town's annual "Christmas Classic" 5K was held this morning. 400 runners and walkers ages 6 to 89 came out for this tradition that's been held for 34 years.

I had spent most of the week recovering from a sinus problem but using the general rule that "running is OK as long as the congestion is above the neck," I showed up at the starting line.

The first 2 miles felt great even though it included walking 5 minutes up the killer hill as I expected to do and still my watch only read 20:00. Wow, maybe a course PR was possible?

Oops, not today. Two weeks ago I hurt myself when I twisted around quickly in a 10K chasing my hat that blew off. Since then I would get a twinge in my side every once in a while when I'd turn a certain way. Today in the last mile I got a cramp that wasn't terrible but just wouldn't quit. So I eased up and finished in 31:24 happy to have been there with friends and family. 70 members of our church the "runningest church in town" participated.

My DD (Sparker Hayburner) won her age group. Even DH walked the course for the 1st time ever. He beat his goal (to finish ahead of the ambulance and not in it) by a LOT (45:05). He confessed that he even ran a little on the downhill part.

Usually the 65-69 age group is very competitive, drawing speedy women from surrounding cities. Maybe the threatening weather kept them home this morning? My time earned 1st place – a very cool mug and a Christmas tree ornament.

Actually I was announced as 2nd place, until the 1st place woman announced that there was a mistake. She was 60 not 68 and somehow was placed in the wrong age group.

As Woody Allen was once reported to have said, "80% of Life is Showing Up"

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## Member Comments About This Blog Post

**MWWENSIN**

Great family run. First, way to go. Glad your church is active.





2744 days ago



**CD13099273**

Sorry so Late but I was doing Reindeer Run - Awesome scores - DH incredible for speed walking !! Woo Hoo - hope your on the mend with that pain but still a good score - Hugs Karen  
2744 days ago



**CD5500762**



2745 days ago



**CD13758606**

Nice family effort with lots of fun and community behind you. Kudos th DH! Tell him to keep up the momentum. Congratulations on #1 in AG. Woody Allen said that, eh? Now that makes sense.

2745 days ago



**KELLIEBEAN**

Excellent time!

What a great day!



2745 days ago



**CELIAMINER**



Congrats on your persistence and on your success!

2745 days ago



**MARYJEANSL**

Oh, don't downplay your success - you've earned at least a brag or two! Congrats!

2745 days ago



**DOVESEYES**

Congrats on your time and win. Love DH's goal it is worthy of acclamation. Sounds like a great day , family and town outing.

2745 days ago



**MERRYMARY42**

glad you got the race in before the storm arrived, sure some cold weather all over, here in Southern California, I do not think it got up to 60 today, and my blood is thinner than it used to be



2745 days ago



**SUZYMOBILE**

Ah, you're too modest! Give yourself full credit for that 1st place in a competitive bracket!!

Even better that DH did the race!



2745 days ago



**SWEETNEEY**

congrats on you and the families performance. Stay warm

2745 days ago



**BOOKAPHILE**

Congratulations! And it runs in the family? Great!

2745 days ago





**TEXASFILLY**



2745 days ago



**STAY39**



Great job! Awesome for DH too!

2745 days ago



**AMARILYNH**

Glad you beat the storm! And thanks for the memory - I finished DEAD LAST in my first marathon (a small one in Savannah, GA) in 1987 - but won 3rd place in my age division! Like you said, showing up and FINISHING is a good thing!! Sorry about the pain though - hope your next



race will be better!!

2745 days ago



**SLIMMERJESSE**

Good for you! Congrats!

2745 days ago



**TRAVELGRRL**

Wow, congratulations on your great race! I think PR's are overrated...I love your husband's attitude and he's a man after my own heart! We've done tons of half marathons but usually walk them, enjoying the scenic areas of different cities, talking to all the volunteers, commenting on the homes we pass...we're just happy, at ages 60 and 68, to still be able to participate at all!

Sounds like a great family day!!

2745 days ago



**DR1939**



We are racing against the storm also. DH is going into town to pick up a few groceries to tide us over the next few days. We're just expecting a light snowfall tomorrow of about 2 inches but the winds will be high and it will be bitterly cold for the next several days. That means blowing and drifting snow over the roads. He's going now because we finally got up to 0, although the wind chill is -7, and that's as good as it gets today. I'm staying home and doing online shopping as our planned 180 mi round trip to the nearest city of size is probably not going to happen any time soon.

2745 days ago



**LJCANNON**



Sounds like you and Your Family have a LOT to be Proud of!! Congratulations to everyone!!

2745 days ago



**PHOENIX1949**



2745 days ago



**WATERMELLEN**

Showing up: yup!!

What a fun thing that your family was so well represented. Sounds like you're having an effect on your husband -- still-- after all those years!!

2745 days ago



**CD14270285**

LOL--wonderful time! You are knocking out those first places! And even better was the fact the whole family came out to the event--had to laugh at your DH's comments about the ambulance--I pretty much think that every time I run!

2745 days ago



**ONEKIDSMOM**

Good for your WHOLE FAMILY showing up! Well done. And before the storm, too.



Now button up and stay warm for the duration.  
2745 days ago



**SLENDERELLA61**

CONGRATS on your well deserved first place! Hope the sinus issue and the "twisty" tenderness heal up quick. Admire your determination to go anyway. I want to be like you!! Way to go!

2745 days ago



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