



# BROOKLYN\_BORN

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## A Tale of 2 Daughters – Genetics, body type, lifestyle, attitude, fitness

Saturday, February 09, 2013

Percentile status at checkups throughout childhood

#1 (10th height, 10th weight)

#2 (90th height, 50th weight)

#1 was a very picky eater #2 liked food

Both were in all kinds of sports activities.

(Because Mom wanted these opportunities as a child and had only limited access)

Softball:

#1 Played right field (You can guess why)

#2 Was the pitcher on the All Star Team

Swimming:

#1 once got a 3rd place in a local meet

#2 went on to USS swimming – a great breaststroke!

Gymnastics

#1 had an obvious size advantage (but it didn't help much)

#2 grew too tall too soon for this to continue

Ice Skating

Both learned enough to participate and to be stable forwards and backwards.

Tennis: Only a 6 week class. These were NOT the Williams sisters!

Soccer didn't last long either.

Individual choices

#1 Baton twirling and set an elementary school record for the "flexed arm hang" in gym

#2 Basketball

High School (#1 Height 5'2" #2 Height 5'10")

#1 4 years of band & 2 years of rifle twirling

#2 Quit band in favor of swimming, track, cross country and 4 years of PE (weight training etc)

Both went to the same university:

#1 met her future husband at a party.

#2 met hers pumping iron at the gym.

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#1 (Senior) suggested that #2 (Freshman) run a marathon in the Midwest where they grew up. They could visit old friends and have a great weekend along with #2s first marathon experience.

#2 with a longest training distance of 10 miles under her belt by race day, qualified for Boston with a 3:35

Disclaimer: I didn't know about her limited training at the time.

Perhaps a genetic fluke? I wouldn't recommend trying this yourself.

Adulthood

#2 continued to run and BQ'd every year since. (3:08 marathon time at age 40)

#1 finally got tired of "being weak" and BQ'd herself at age 40.

She's a lot stronger now too. She also grew to 5'4"

Genetics, lifestyle, body type, attitude – probably a little of each.

For the record, there's no BQ in my future. As they say, I'm only half crazy – 13.1 is my most ambitious goal. Who knows what could have been if I had started younger and had access to all the resources and information we have today.

Take advantage of this all you young women.

Give yourself every advantage to be your best whatever "best" you want to be.



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**STRIVER57**

lovely pic. i started at 58.  
3045 days ago



**MERRYMARY42**

enjoyed your blog, I am the youngest of 4 girls, as well as 4 boys, # 3 sister and I were the same height, weight, measured the same and neither of us were too athletic, but we did not look alike, she was blond and blue eyed and I had dark hair and eyes, but we were so similar with lots of things in life, although she died at 60 years old, so we did different in that way  
3046 days ago



**BOILHAM**

Thanks for sharing your beautiful daughters with us if only for a short while. It was a pleasure to 'meet' them!  
3046 days ago



**CD13252816**

What a great Three Musketeers you are. Loved this one and can identify with so much of your

saga. 🐻

3047 days ago



DR1939



3047 days ago



CD8467616

The three of you are fabulous!  
3047 days ago



HAYBURNER1969

and I would add that it's **\*\*never too late\*\*** to start giving yourself every advantage to be the best you can be. (says #1 non-athletic daughter who started exercising at 29)

How ironic that in the picture above \*I'm\* the one wearing a Fox Mill Swim Team sweatshirt. Ha ha!  
(I am sure it's because #2 outgrew it and gave it to me)

3047 days ago



STRIVERONE

That is an inspiring upbeat narrative.  
Lucky Daughters, Lucky Mother.

3047 days ago



WILSONWR

What a great story - you must be proud of them both! Thanks for sharing.

3047 days ago



SLENDERELLA61

Wonderful healthy family running together!! That is just great. Both woman have benefitted from your modeling and lifestyle. Hooray for you!!!

3047 days ago



SOUTH\_FORK

That is a beautiful photo good for you for giving your daughters all of those opportunities to find something they love.

3047 days ago



BROOKLYN\_BORN

That's me in the middle. Tall, athletic daughter on the right (1:20) had time to go to the hotel, shower, change and eat and still get back to greet us at the finish line.

Shorter daughter on the left was happy with her 1:52 as I remember. My 2:20 was perfectly respectable.

3047 days ago



SUZYMOBILE

Those apples didn't fall far from the tree! Who is who in the photo?

3047 days ago



FITFOODIE806

Beautiful women!

3047 days ago



COCK-ROBIN

Amazing!

3047 days ago



COCK-ROBIN

Amazing!

3047 days ago



COCK-ROBIN

Amazing!

3047 days ago



CD13167855

I'm glad for your daughters.

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