



154,981



Info

SPARKPEOPLE®



Photos

START



Feed





More



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)

#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.

See Today's Featured Member Blog Posts

Add a Blog Entry

More Blogs by **BROOKLYN_BORN**

Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

Avoiding Our Wedding Anniversary -6/4/2021

Multitasking for Safety - Plus Remembrance and Reflection - 6/1/2021

Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

View All >

1990

#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.



Edit Blog Entry | Delete Blog Entry

Share This Post With Others

Report Inappropriate Blog

Member Comments About This Blog Post



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

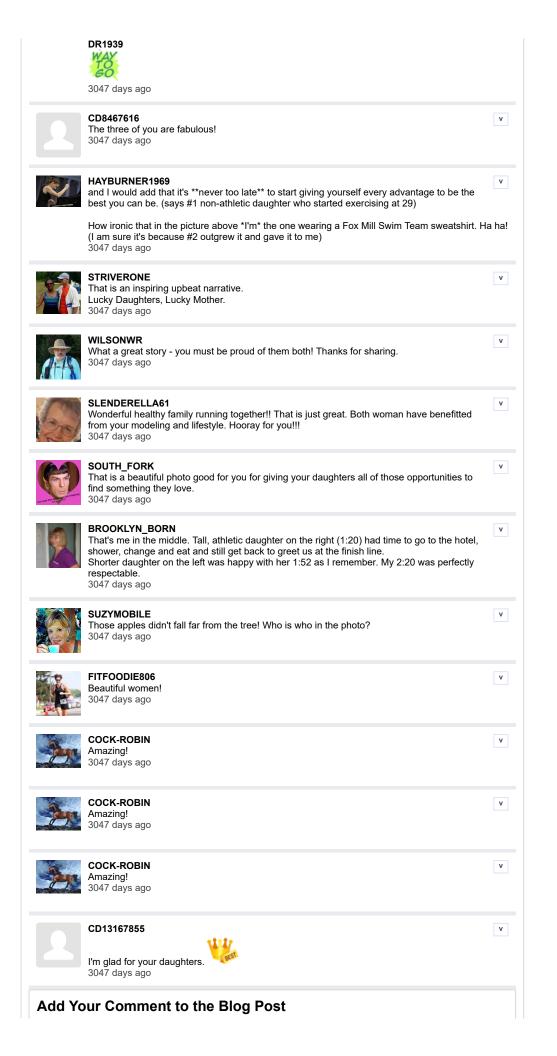
What a great Three Musketeers you are. Loved this one and can identify with so much of your



saga. 3047 days ago







Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's Community Guidelines.		
		/
Subscribe to this blog	ADD AN EMOTICON	SPELL CHECK
Post Comment		