

This tells people that I keep my clothes a very long time. Regardless of the title, it's unlikely that anyone running 5 miles on New Year's Day actually had a

AN 8 KILOMETER CELEBRATIO

hangover.

It also indicates that I like keeping the memories of races past. On that day I remember settling in to run behind 3 guys, dressed as The Three Kings, following a 4th guy carrying a large star on a pole. It was the only time I remember running while singing a Christmas carol to myself. O, star of wonder, star of light... westward leading, still proceeding... It was very effective as we circled the DC Mall twice. Grab motivation wherever you can.

My favorite shirt is this one.

The Race is not Always to the Swift but to those who Keep on Running

The words are on my back and I've gotten a lot of positive comments from runners following behind me. We're a friendly bunch – that bottom 30-40% of the pack. That quote, originally from my daughter's HS Cross Country team, is my tag line here.

It can be applied to so many areas of life beyond an actual foot race.

So, whatever type of "race" you happen to be in, or whatever journey you happen to be on, just hang in there!

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	3067 days ago	
M	LEB0401 I love the last one!!! 3068 days ago	v
	WINDSURFNERD Good blog! I have many old race shirts too! I suppose my shirt says I have a history of spending "too much" money on race entry fees and not enough on "decent clothes"! Or maybe says I care more about a PR than current fashion	v it
	I figure I earned my quirky look! 3068 days ago	
	DR1939 Very motivating. 3068 days ago	v
	DAISYBELL6 I loved seeing your different t-shirts!	V
	SUZYMOBILE Good for you keeping all those shirts! I've thrown away more race T-shirts than I currently own T-shirts, I'm afraid. 3068 days ago	v
Par	MISCHAKEO I like that last shirt quote. Keep running! I find shirt logos amusing. Like you I workout in any shirt I had no idea everlast was related to boxing.	v
	Great job of staying fit and maintaining.	
<u>So</u>	COCK-ROBIN Very good! 3068 days ago	v
<u>Ar</u>	COCK-ROBIN Very good! 3068 days ago	v
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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.