

# BROOKLYN\_BORN

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## “I was so much older then, I’m younger than that now”

Saturday, June 22, 2013

So sang “The Byrds” in 1967 - Today is my birthday, my 66th!

It’s hard not to feel old.

Age group racing regularly puts me in the 60+ category even though younger people get 5 or 10 year groups. It’s like they’re telling me, “Sorry lady, there’s not many years left for your kind”

I’m the mother of TWO “Masters” runners (age 40+)

I’m the grandmother of 6 (ages 11-18)

Mass mailings want to sell me a “Hoveround” or insurance to take care of my “final expenses.”

No longer do real estate agents let me know about new offerings. Now I’m told about the new section opening in the local cemetery.

Yeah, I’m no spring chicken.

Still, I remember feeling much older. Five years ago at a local race I won a turkey not because I was fast but because I was the oldest woman running. I was only 61. True, it was December and 28 degrees with a light snow falling, but it was a bit of a wake up call.

People were all clapping for me as I crossed the finish line although my time of 34:20 was distressing to me. It was my personal worst and the turkey prize reinforced that. Perhaps I really was over the hill? (Note that this is NOT intended as a put down to any particular speed. My personal best would be distressing to someone accustomed to running faster. We only compete against ourselves)

What could I do? I couldn’t turn back time, but perhaps I could slow it down a bit?

Maybe I could run more easily if I wasn’t dragging this extra 25 pounds around?

So began my weight loss/healthy eating journey. I realize that my story is different than most of those here on SP. However, regardless of how we began the journey, we’re all traveling the same road.

I’m 3 ½ years into maintenance now and my 5K times have ranged from 29 to 32. I know I can’t catch those youngsters ahead of me during a race, but maybe I can keep them in sight.

In the “I’m not making this up” department, here’s the photo of me trying to look happy in 2008. That’s my DD, sparker Hayburner, actually holding the turkey.

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Here I am at the following year's race - same bad weather, but 25 pounds lighter and 4 minutes faster.



No oldest woman turkey prize either. Now there's only ONE turkey given to the oldest person running. That's always a man.

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## Member Comments About This Blog Post



**JAHINTZY**

Happy birthday, hooray for your existence! (and especially for feeling better than before! my dad likes to recount his story of how he felt better at his 50th birthday than he had at his 40th due to weight loss)  
2911 days ago



**SUNSET09**

Happy, happy birthday to the woman who is 66 years young!



2912 days ago



**STRIVERONE**

Just keep growing older and eventually, you'll get another turkey  
2912 days ago





**CD4199227**

Congrats on getting your times down and for the sustained weight loss..... As a more "ahem seasoned runner".....I kind of enjoy when someone comes up to me and tells me I inspired them.....



ps it always surprises me how "old" some people a whole lot of years younger than me are!

C U at the finish line !!!  
2912 days ago



**CD13629552**



25 pounds less and 4 minutes faster in one year - AND letting the turkey go to a MAN are some serious things to brag about!

I don't blame you for looking back fondly at the difference between the before "then" and "after" then. What a remarkable year - and congratulations for keeping it up several years afterwards! Here's to many more!



2912 days ago

Comment edited on: 6/23/2013 5:49:48 PM



**EFFIEANNIE**

You are a great inspiration! I am 67 and think I couldn't run if I had to get away from a snake, which I hate. You will push me to get off the chair and move. The first thing I need to do is get off this plateau and lose some more weight. Congratulations and hope you had a happy birthday.  
2913 days ago



**DAPHNE\_RUNS**

So glad I hopped on spark today...Happy Birthday!

I love reading your blogs; they are always interesting, so real, and you are so sweet.

I hope you had a great day!  
2913 days ago



**MJLUVSANIMALS**

I have to say you look younger than your daughter. When your losing the weight and getting healthy, I believe that you can manage to look 10 to 20 years younger. Because as you get to where you want to be you "Beam" And your beaming in the pic with the DD.  
2913 days ago



**CD13227574**

Age is a state of mind, as long as you don't state it, nobody minds! Happy Birthday my Friend!



2913 days ago



**MJREIMERS**



I think your attitude is **AWESOME** ! I admire you! It is funny how we "mature" as we age and yet many of us are in the best "shape" of our lives. Keep up the great running!!!  
2913 days ago



**MERRYMARY42**

HOPE YOUR BIRTHDAY IS GREAT, i AM LOOKING AT 71 PRETTY SOON, BUT i TOO FEEL YOUNGER THAN i DID 10 YEARS AGO, sorry for the caps, wasn't looking



I really do owe it to Sparks, and being able to get out and exercise more, when you commute 3 + hours a day, and sit at a desk another 8+ it is hard to come home and do anything but what is required to get back up the next morning and start over,



back to HAPPY BIRTHDAY  
2913 days ago



**MJZHERE**

Happy, happy Birthday! I am so proud for you reading your blog - you have and are taking



such good care of yourself. Have a wonderful day!  
2913 days ago



**LINDAKAY228**

Happy Birthday!!!! I'm 58 and know I'm "younger" than I was at 40 because I'm so much more active, have lost some weight, and take much better care of myself than back then. You've got many awesome years left!  
2913 days ago



**CELIAMINER**



Hope it has been a GREAT birthday! I'm nine years younger than you, and I don't get anywhere close to your times. You young 'un, you!  
2913 days ago



**OBIESMOM2**



I wish I was able to run as fast as your current race times! My goal is to break 30 min. this year.

2913 days ago



**CD13880342**

Happy Birthday! This blog made me smile. At 60 I can feel the physical changes, but was just listening to the Byrds yesterday, and thinking about how 'in my mind' I am still young. Mental attitude is everything.  
2913 days ago



**MISCHAKEO**



Have a wonderful birthday! I will be turning 64 so I sympathize with you on the mailings. I get hearing aid adds also.

I have more energy and am healthier than I was 5 years ago. I feel younger than I did when I was overweight.

Keeping your weight off for 5 years is so inspirational to me. I love the way you decided to lose weight and increase your running speed.

Have a great day, Spark Friend. I hope you had a good cup of coffee today.



2913 days ago



**SUZYMOBILE**

Happy birthday, kid!



For the longest time, I'd thought that lyric was, bizarrely but somehow appealingly, "I'm younger than that now." "Than" makes sense! Wow, imagine that!  
2914 days ago



**ONEKIDSMOM**

Happy Birthday!



Go on and be grateful for your YOUNG mature body, a gift you give yourself every day by taking care of it! Spark on! We're worth it!  
2914 days ago



**BOOKAPHILE**

Happy birthday AND congratulations on 3 1/2 years of maintenance! I love reading your blogs!  
2914 days ago



**MYSTERYROSE74**



You're a huge source of inspiration to me! I love hearing about your running achievements. Keep moving!  
2914 days ago





**DR1939**



2914 days ago



**KELLIEBEAN**

HAPPY BIRTHDAY! And congrats on your achievements! You are inspirational!



2914 days ago



**LAC936**



from one Brooklyn born to another! Congratulations on the race.

2914 days ago



**GARDENCHRIS**

don't mess with us older folks .... we know where all the bodies are buried! LOL

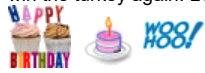


2914 days ago



**CHANGINGHORSES**

Happy Birthday to you! You are awesome! Keep doing what you are doing and maybe you can win the turkey again! LOL! Be proud of it! You are an inspiration to many regardless of age.



2914 days ago



**BOILHAM**

Happy Birthday and congrats on the sustained weight loss.

I often joke about being an old coot, or geezer, but actually I don't feel that way. Mostly I forget how old 66 years really is. It is kinda cool that youngsters think we're just oh so adorable for being out there racing at our advanced age, though. We do inspire those same youngsters..

Keep racing against yourself, and continue to inspire, you are wonderful.

2914 days ago



**SNS1968**



2914 days ago



**CD12146214**

Have a very Happy Birthday! May the sun be always in your face and the wind be at your back

2914 days ago



**WILSONWR**

Happy birthday!!

You are only as old as you feel. I've definitely "dropped a few years" over the past few years. I can't believe I'm 61 - I used to think that was really, really old.

2914 days ago



**COCK-ROBIN**

Wow, looks good!

2914 days ago



**CD13545024**

You are a very young 66, and I'm sure you out paced many younger than you!

2914 days ago



**FERRETLOVER1**

I just reached 60 a month ago and I really was struggling with that! This blog made me realize that you truly are only as old as you let yourself get! No more feeling sorry for myself because I am 60 - I will attempt to celebrate every single day instead!

You go, girl!!





AND MANY, MANY, MANY MORE HAPPY RUNNING BIRTHDAYS!  
2914 days ago

Comment edited on: 6/22/2013 7:16:32 AM



**AMARILYNH**



Happy Birthday!! I can only say at 65 I'm probably the healthiest I've ever been in my

life!! My biggest goal in life? To LIVE until I die!!  
2914 days ago



**SARAWALKS**



who needs a turkey anyway! that time sounds excellent to me! My personal best after only 2 5Ks is 41.4 or something like that. I will turn 68 this summer - but hey, I'm still running/dancing/walking with no knee or hip issues - although I could stand to take off 10 pounds. It's sad that there aren't more people entering in the 60 and up categories. I am usually the only

woman in my 60s...this year it was a Trader Joe's gift card.



2914 days ago



**CHERALA**



Happy, happy birthday to you!



2914 days ago



**E1SPAG**



Happy Birthday! Good for you! You inspired me today - I will be 60 in a few months and want

to be at my goal weight by then. I hope I can do as well as you.  
2914 days ago



**JOHN MARTIN MILES**



Just remember old age, experience and treachery will beat youthful enthusiasm every time.

Make it a Great day!  
2914 days ago

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