

BROOKLYN_BORN

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Imagine me running toward you in this shirt.

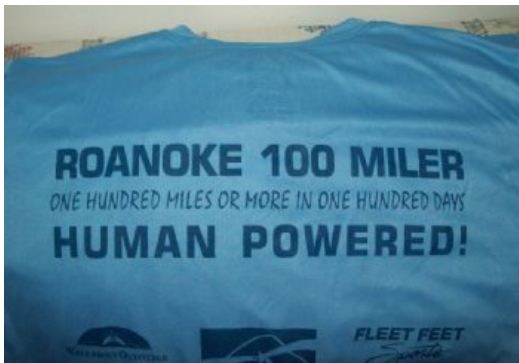
Thursday, March 07, 2013



Wouldn't you think I'm one tough Grandma?

No, I haven't suddenly started to run "ultra" races. This is the program I described at the beginning of the year designed to get people moving during the winter months.

If you were running behind me you would understand the entire concept.



When I went to the kick-off event I was pleased to see hundreds of people of all ages and at various levels of fitness. We indicated our predicted mileage on our registration form. For me it was 300 miles of combined running and walking.

Throughout the 100 days there are group events scheduled, mostly non competitive, just to encourage us to stay motivated. They send weekly emails to award random door prizes and our results are all self

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reported. There is no overall winner.

The Parks and Recreation Department organized this with sponsorship from local businesses. Our Fleet Feet Running Store holds many different training sessions too.

Awhile ago I wrote about a "Predict your Time" race where anyone could win regardless of speed. It's being run by a local HS to benefit their running program and get people of all run/walk speeds involved.

Unfortunately, being sick all week has squashed my plans to run this race and my mileage chart shows ZERO to be counted toward my planned 300 miles.

Still, I'm so pleased about these efforts in our community and I really like my shirt. It's a visual reminder to get back on track, even if it's just slowly and steadily.

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CD13099273

Grandma's Rule - I think you will look terrific in that T-shirt - what a great event
3020 days ago



SHANECODER

Both of those events sound AWESOME! I'd definitely try to sign up for the one where you predict your speed. It'd be fun to predict a speed a bit faster than usual. What great motivation to keep pushing in a race.
3020 days ago



DRB13_1

absolutely wonderful!
100 days of community support - good habits will be made
feel better and keep on stepping
3020 days ago



WILSONWR

There is absolutely no doubt in my mind that you will get back on track! Glad you're feeling better! Great T-Shirt, by the way.
3020 days ago



CD13252816

Fantastic. I'm rooting for you....go girl go.



3020 days ago



CAKEMAKERMOM

Even if you don't make the goal you set out for yourself, you've made a goal to move and you

can finish it because you started it! Keep on moving and you'll get to 300 miles!
3020 days ago



DONNA5281

Thanks for sharing.
I love the shirt.



3020 days ago



SLENDERELLA61

Great shirt! Great community undertaking!! Hope your illness passes quickly so you not only





feel better, but can rack up those 300 miles!!!
3021 days ago



CD12557708

That shirt is great!!! What an amazing accomplishment it will be, and proof that little things add



up!!!
3021 days ago



COCK-ROBIN

wow. I love this shirt.
3021 days ago



CELIAMINER

I like that walking is included!
3021 days ago



LOLATURTLE

I love the concept. I love that it's inclusive of runners and walkers and people of all speeds - that is awesome!



When I'm cleared to run again from PT, I'm going to look for a "predict your time" race, that's really cool.
3021 days ago



SUZYMOBILE

Love the shirt, and I'm glad you're back blogging!
3021 days ago



CD13227574

One step at a time, even in a race.



3021 days ago



GINIEMIE

Cool a community that supports good health habits for all! I love it.
You'll get your 300 in, you may have to double up a few days when you're feeling better.



3021 days ago



CD13136117

Hope you are feeling better soon. I know you'll be on track once your health allows. Best wishes!

3021 days ago



MISCHAKEO

Love the shirt. I hope you are feeling better. You will soon be running in other races. I think the Parks and Rec are doing a great service for the community by putting on these events.



Hang in there with that newest snow.
3021 days ago



NELLJONES

Great shirt, but didn't Roanoke get a lot of snow yesterday? Tough to run in that.
3021 days ago



DR1939

Good community activity.
3021 days ago



SUNSET09

This shirt is thought provoking and had be thinking about running myself! That's what it's about, advertising and putting something on our minds as you wouldn't normally see the shirt



you're wearing. Thanx for sharing as we never know what we can do if we never try! 🙌



3021 days ago



TORTOISE110

Love Roanoke! Fun tee. Go healthy living!!!

3021 days ago



ELRIDDICK

Thanks for sharing

3021 days ago



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