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A "course PR" is definitely a victory

Monday, May 20, 2013

There's one 5K race I tend to avoid because I've never done well there. It's hilly and the worst of them are on the 2nd half. Also mid May is a bad allergy time for me and my asthma.

However, we're leaving for Europe on Wednesday and I wanted to get something in before cruising. On Saturday before leaving for the race, I logged into SP to post my daily blog and read this from Shirazsolly about middle aged women running faster than younger women.

www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=5359864

OK, I'm not middle aged unless I hope to live beyond 130, but it was very encouraging anyway.

I've always known that I can't turn back time, but I keep running and racing hoping to slow it down a bit. Fortunately, I've been able to maintain my adequate middle of the road 5K speed (29 – 33 min) for 25 years now.

As time went on, it also resulted in my winning some age group hardware. While those times weren't great in my 40s, at age 65 (66 next month), I often get something. I like that. It's validation for hanging in there.

This is the course that had always taken me 33 minutes to complete, in my 40s, 50s and lastly in 2009. Saturday was different. Although I did walk for 3 minutes, I finished in 31:31 – exactly 2 minutes faster than 4 years ago.

I got 2nd place in the 60+ age group and even won a door prize. Quite a successful morning!

Then I heard that the 1st place woman ran a 28 something.

Oh, she must have just turned 60, right? No, she's 70! And we would both have been pushed down one place if the overall Master's woman hadn't also been in our age group. Now, when does that ever happen? The official results aren't posted yet, but I really want to check out her time and her age.

Wow, these ladies of advanced age are fast! Perhaps they were once even faster? I don't know them since they're not local people, but it's certainly encouraging.

I always applaud excellence, but the competitive side of me hopes that the next time we meet, we're in 5 year age groups and they have a category for 70+ too.

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CAROLCRC

My first 8K I got beat by an 85 year old man... LOL-turns out he was nationally ranked for the last 30+ years!



Loved the blog.
2946 days ago



WILSONWR

Great job!
2946 days ago



AUSFAM

Way to go on your race--a 2 min improvement is awesome! It's blogs like this one that inspire me to keep running. I'm only 31, but I know that if I keep it up, there is a chance I can actually win a prize at some point in my running career! :)
2946 days ago



RUNNING_SNAIL

Great time! I can only dream of running a below 35 min 5k and I'm 47 years old...



You are truly amazing!
2946 days ago



DR1939



2947 days ago



BOILHAM

Congratulations with your 2nd place win! Way to go! What are you going to do with the door?




2947 days ago



CD13629552

I am absolutely DELIGHTED every time I find a woman master here. I work professionally with older women couch potatoes, many with diabetes, congestive heart failure and dementia. It absolutely thrills me to see so many women taking control of their own destinies. (Yes, even dementia can be improved with cardiorespiratory exercise!)



I am glad I could be of service to you in your run! You have been motivational to me, also. You and Deeva and BoilHam and several others, who picked up running fairly "late" and run like you're in love.

(LOL at Owl-20's comment below!)
2947 days ago

Comment edited on: 5/20/2013 10:56:43 AM



CELIAMINER

Thanks for recommending Shirazsolly's blog. Both yours and hers are inspirational! Congrats on your race time!



Have a wonderful time on your cruise. I'll certainly miss your witty, down-to-earth blogs while you're gone. Bon voyage!



[Sorry, couldn't find a ship emoticon]
2947 days ago



WATERMELLEN

Fantastic There's a hare and tortoise moral in there somewhere . . . hope you have a great trip too!
2947 days ago



DOVESEYES

Wow what great stats and lots of applause from me!!!





I think you'll give them a 'run' for their money next time too!!!

you rock!!!
2947 days ago



PMRUNNER
Great job! As you said, you cannot turn back the clock, but you can counter its effects. Keep it up!
2947 days ago



ONEKIDSMOM
Don't know about you, but I'm getting faster... I noticed in the State Farm 10 mile this year (I was second in 60-64), our group was flat out beat by a 70 year old woman! And I hear that competitor in you!



Congrats on your PR!
2947 days ago



MISCHAKEO
Great job improving your time. You are in great health. Exciting about your upcoming cruise.



2947 days ago



CD13136117
Congrats on your PR - awesome! And, congrats on your award. Keep it up!!
2947 days ago



COCK-ROBIN
wow!
2947 days ago



CD12146214
Now that is definitely a PR in more ways than one. Have a great time on your trip and take lots of pics to share when you get back
2947 days ago



CD13886868
Super time for the 5K! I'm not sure what is going on, maybe a wonderful revolution of sorts, but I've met a few women (69, 71, 77), just starting to run. On a clinical level, and this is just a guess, I think the later you start, the better because you haven't abused your body as much when younger. The joints are still intact, albeit 'older', but with no injuries to speak of. With proper training and conditioning, I shouldn't wonder why these folks are doing well! At almost 52, I always used to say I wanted to get older so I could get into an age group I could possibly win something--hmpf, not anymore, those ladies would kick my patootie. I'm aiming to beat the 5 year olds now. lol
2947 days ago



TORTOISE110
What an inspirational race this was!
2947 days ago



FANGFACEKITTY
Way to go!



My first Warrior Dash I was smoked by an 80 something year old woman, she finished 10 minutes faster than me. I don't know if she did all of the obstacles, and I did spend some time waiting for my daughter to catch up at several of them...but still...she was over 80! I don't know who she is but she is who I want to be when I grow up!
2947 days ago



KELLIEBEAN
Congratulations on your time! Fantastic!



I love to hear that it's not just the youngsters leading the pack!

So exciting that you are leaving for a cruise soon. Can't wait to hear about it!

2947 days ago

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