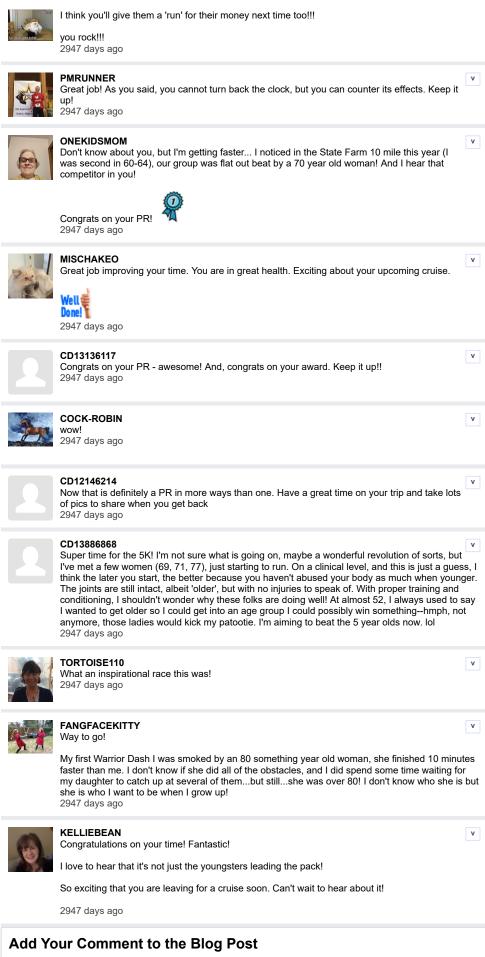
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A "course PR" is defin Monday, May 20, 2013	-			🗢 Add a Blog B	
There's one 5K race I tend to avoid beca are on the 2nd half. Also mid May is a ba		,	worst of them	See Today's Featured Me	mber Blog Posts
However, we're leaving for Europe on W Saturday before leaving for the race, I lo about middle aged women running faste	ogged into SP to post my	° °	°	More Blogs by BROOKLYN_BOR	
www.sparkpeople.com/mypa ge_public_journal_individu al.asp?blog_id=5359864_				"Anniversary Dates" to fo Avoiding Our Wedding Ar 6/4/2021	
OK, I'm not middle aged unless I hope to	o live beyond 130, but it v	vas very encouraging a	iyway.	Multitasking for Safety – I Remembrance and Refle	
I've always known that I can't turn back Fortunately, I've been able to maintain n years now.		• • •		Taps Across America – T Moment of Remembrance 3PM - 5/30/2021	
As time went on, it also resulted in my w great in my 40s, at age 65 (66 next mon there.					View All >
This is the course that had always taken Saturday was different. Although I did wa than 4 years ago.	•	•			
I got 2nd place in the 60+ age group and	d even won a door prize.	Quite a successful morr	ning!		
Then I heard that the 1st place woman r Oh, she must have just turned 60, right? place if the overall Master's woman had happen? The official results aren't poste	' No, she's 70! And we wo n't also been in our age g	roup. Now, when does	that ever		
Wow, these ladies of advanced age are since they're not local people, but it's ce	· ·	once even faster? I don'	t know them		
I always applaud excellence, but the cor year age groups and they have a catego	•	es that the next time we	meet, we're in 5		
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Member	r Comments About This Blog Post 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	v
	WILSONWR Great job! 2946 days ago	v
Creating A NEW MEL SPARKPEOPLE	AUSFAM Way to go on your racea 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 w a prize at some point in my running career! :) 2946 days ago	v vin
	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	V
	DR1939 2947 days ago	V
	BOILHAM Congratulations with your 2nd place win! Way to go! What are you going to do with the door?	V
	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 a Deeva and BoilHam and several others, who picked up running fairly "late" and run like you're i love. (LOL at OwI-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 gone. Bon voyage! Sorry, couldn't find a ship emoticon] 2947 days ago	v u're
	WATERMELLEN Fantastic There's a hare and tortoise moral in there somewhere hope you have a great trip too! 2947 days ago	V
	DOVESEYES Wow what great stats and lots of applause from me!!!	v



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