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My first 10K in 8 years – the good, the bad and the ugly

Sunday, November 24, 2013

I felt so well prepared for this race. I trained well and felt really good.

I even bought some new winter running gear as I described in a previous blog. DH agreed to go with me since, as I explained, at my age somebody should be there to claim me at the finish line.

There were about 500 of us at the start – combined 10K and HM. I settled in the middle of the pack trying not to impede the fast people but not get stuck behind any friends walking shoulder to shoulder either. Little did I know that I would be the problem.

First the ugly:

The temps were dropping fast. 50 degrees at 6 am became low 40s by 8 and the wind picked up too. About ½ mile into the race my new hat blew off – backwards of course. I just paid \$15 for that hat 2 weeks ago.

Without thinking I spun around to retrieve it. The pack had thinned out some, so fortunately I didn't trip anybody but runners were weaving around me as I chased my hat. I KNOW I must be the subject of some other race reports this morning. "Stupid woman, chasing her hat!"

Now the bad

The quick stop and twisting motion pulled something in my side. It was like a horrible cramp or side stitch and I had 5.5 miles to go. I actually thought that maybe I should quit. I do not believe in no pain no gain.

I expected to walk up the hills so I put off a decision until after the first one just before the 1 mile marker. After walking 1:30 min up the hill the cramp eased up and my watch read 10:00 – very good considering my adventure so on I went.

As I ran, the cramp returned and I walked 2 minutes this time. Imagine this scenario continuing until past 4 miles when I had about 1 mile of gradual uphill in front of me. I walked just about all of it.

Usually I keep track how many minutes I walk during a workout aiming for 1 min per mile. I was so far beyond that, it didn't matter anymore.

I even walked some in the last half mile so I could run to the finish. I never want to drag myself across the line.

Now the good – and there was SOME good.

I didn't trip anybody

I found a way to keep going and not quit

I don't think I did any real damage to myself although I still feel an occasional twinge in my side.

My time 1:05:25 (10:33 pace) wasn't too far off the 1:03 – 1:04 I was hoping for (I'm a fast walker)

I got a 1st place age group award – a real nice beer glass etched with a scene of the city along with the

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race info. Of course I did. I was the ONLY 65-69 woman.
I finished #119 out of 200 10K participants.

There was a LOT of food afterwards – beer, smoothies, chili, mac & cheese, even pasta as well as fruit, cookies, brownies and coffee.

Then the final surprise. Since we were nearby my running store (a sponsor of the race), DH suggested we go there so HE could get some stuff. Huh? Yes, he is going to start walking. He bought walking shoes, a winter hat and gloves.

Wow, since I'm going to rest a lot this week, maybe we'll walk together at whatever pace he wants.

If you've read this far, thank you. It's helped to write it all down.

Edit:

I also learned to either clip my hat on securely or wear an old one. If it blows off, forget about it.

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LEWILL1982

Think of it this way, your hat provided entertainment and you finished! You beat everybody that didn't show up for the race, congrats!



PS -I'm late responding, I'm working on catch up and perusing blogs tonight. 🤔

2750 days ago



GINIEMIE

Sorry things didn't go as planned and I hope the "stitch in your side" is nothing really serious. I would have done something like pulled my back out. So what if you were the only one in our age group. You were there and no one else was, so you do deserve an A for effort. Your time sounds pretty good for the SNAFU at the beginning. Now I'm not sure whether you got your hat, but I think the big winner is your husband is starting to walk too. How great that is. Hugs my dear friend and Happy Thanksgiving.



2756 days ago

Comment edited on: 11/26/2013 4:53:34 PM



ONEKIDSMOM



I see a lot of good, a minimal bad (hope the stitch heals well), and the ugly? Oh, well!



You did GREAT in my book!

2757 days ago



CD13099273

I think you did incredible ! Congrats on a job well done and not getting hurt- Just last month I DFL (last place) in an 8 mile run - I had an issue with my right ankle/leg but I did finish , nothing hurt but my ego and was surprised to see most of the seasoned runners stayed and waited for me to cross the finish line and applauded my efforts to finish. I have to say it felt good to have the support from some very Good Runners at that point - Good for you - Glad you found your hat !



2757 days ago

Comment edited on: 11/25/2013 4:17:30 PM





BAZOOKABOBCAT

You should be so proud of that time!! I mean, dang, I'm proud for you!
2758 days ago



CD5500762



2758 days ago



MWWENSIN

Congrats 1:03 is a great time!
2758 days ago



STRIVER57

119/200 isn't bad at all — i'd be proud of it — especially in that age group — means you were faster than lots of younger people. it's ok to walk (and faster, if you're a galloway runner). congratulations!
2758 days ago



PHOENIX1949

WAY TO GO
2758 days ago



CD13509833

Congrats on finishing!!
2758 days ago



MARYJEANSL

Good for you for doing what was best for your body and your situation - and CONGRATULATIONS for finishing the race! You are amazing!
2758 days ago



CD4199227

Nice blog - ugh clothing issues.

Nice claim on the hardware!

Even better nice to be an inspiration to your husband! That's a double win!
2758 days ago



BOOKAPHILE

I'm so glad you were wise enough to modify your race to accomodate the side ache. How great that you STILL had such a good time. Fast walking is a good thing. Congratulations on a finished race that took injury into account, modified, and still persevered... and received a prize.
2758 days ago



CD13758606

BB, I really feel your unplanned experience. I have a lot to say too!

First, I applaud you for carrying on and changing your race plan. Every runner has to be able to make adjustments, to many variable. Weather, race organization, even your own mood, and so much more, ie, a hat gone in the wind.

I had the same thing happen to me with my Halloween mask. I had no idea when it flew off, since I had it resting on my head (It was a run with my daughter). I did turn around and go back for it (it was my daughter's) and someone I passed graciously picked it up. It was a RIOT, and how silly we are in these situations. I still laugh about it, and I hope you are too.

Second, kudos to you for getting 1st place, no matter how many you were up against. Great finish. You would have taken 1st place in my AG in my recent 10K, and my AG is 50-53!! You keep on going. You earned the beer glass! Do not minimize the accolades!!

Last, it is so cool DH wants to join the fun! Does he feel like he is missing something seeing his DW glow with happiness after a good run? That is a real bonus, and one I can also relate too as well. My DH is doing his first 5K in February (indoors at the McCormick Place, Chicago) and I am going to do it with him. I am so excited, It really means a whole new lifestyle for us.

There is no 'bad' (or ugly) here, only unfulfilled expectations. You did GREAT!!



2758 days ago

Comment edited on: 11/24/2013 7:26:11 PM

**STRIVERONE**

Congratulations on the age group win and on your perseverance goes without saying. Since Hubby is going to get active, I've got a little input:



When I got to the point that I could say I was running, Judith wasn't ready to join me, but she she had been walking regularly for years. It turned out that her casual 20 m/m walk and my 10 m/m run let us have frequent outings together. We would get ready together and walk a quarter mile to the mailbox. Then Judith would walk 5K while I ran 10 in the same direction. I'd usually pass her again pretty close to the mailbox and walk it off for a couple minutes until she caught up. Then we'd walk back up the driveway together, have a protein snack, and shower. We don't do this all the time, but we manage it frequently enough that it keeps us on the same page. We each are each able to do what we need and want to do independently but together w/o compromising or feeling guilt or resentment.

2758 days ago

**CD13423552**

Way to go! Glad you are OK and lesson learned. Glad you hubby is going to take up walking!



2758 days ago

**IFDEEVARUNS2**

Definitely way more goods than bads! Job well done. 🍌



2758 days ago

**WILSONWR**

Sounds like you had an eventful race, but that is certainly a great finishing time considering all that walking. You amaze me - I think you would have finished first even if you would have had other people in your age group.



2758 days ago

**DR1939**

That you showed up for the 10K is so much more than any other 65-69 in the area! And you did better than 71 others who were younger than you. Hurrah that your husband is going to start walking with you.



2758 days ago

**CELIAMINER**

For all your reversing course to retrieve your had and walking intervals, your time is still way better than my best. Congrats to you for your race and for setting the example for your DH.



2758 days ago

**FITFOODIE806**

WOW. I would say the good far outweighs the bad. And someone's race report may say, "I watched this woman lose her hat, quickly turn around to get it and then kept going! What an inspiration!"



I hope you enjoy a beer out of that glass with tremendous pride.

2759 days ago

**SUZYMOBILE**

I can think of so many good things about this race that I wouldn't call any of it bad or ugly! That you were the only woman in that age group is an awesome thing, not a consolation prize. Just think of all the 66yos sitting around watching TV while you were running that race!



I hope the pulled muscle or whatever it was isn't still bothering you!

2759 days ago

**CD14270285**

Good race despite the 'things' that happened. Actually an awesome race, because your time was wonderful ;-). Good news about your DH-woo-woo! P.S. I totally would have gone after the hat, too, lol.



2759 days ago

**WATERMELLEN**

Love the way you find the silver linings! I'd be all over that hat too: sure hope that there is no permanent damage.



2759 days ago

**SLIMMERJESSE**

Wow, it was certainly an adventure. I assume you finally found your hat? And the best part of the story, for me, was your DH's decision to start walking. Congrats on finishing the race.



2759 days ago





STAY39

Awesome job persevering!!
2759 days ago



Great story!



MISCHAKEO

What a great nsv for you. You kept going despite the cramp and chasing your hat. You finished and still walked at an excellent pace. Way to go! I am happy that your husband wants to exercise with you!



2759 days ago



TERI-RIFIC

Great time! Wonderful story. As long as you're OK, I agree that the goods far outweigh the



bad. Way to go!



2759 days ago



CD12146214

Sounds like a resounding success all around. It may not have been the time you wanted but what the hell, you finished your first 10K in 8 years. Congrats to you on the double win....DH is going to start walking, that is a HUGE NSV!



Glad you found your hat....I would have done the same thing....why leave a perfectly good hat?

Congrats and make sure you have a cold beer in your glass for me!

Cheryl

2759 days ago



CD8113065

Congratulations!! A very impressive effort despite the mishaps. The surprise at the end is probably the best part of it all. I hope you and DH have many wonderful walks together.



2759 days ago



FANGFACEKITTY



My first 5k race adventures involved jumping over road kill on a recovering broken ankle. I too have had to stop and go back for something, impeding the other runners (in my case it was my expensive winter performance gloves that I refused to lose).

It happens to everyone at some point. I don't mind dodging the walkers/runners so much when they are trying to recover something, it is the people walking abreast and blocking the way that make me crazy. And the pedestrians who try to cross the road in the middle of the race.

In any case, congratulations on your race. That is still a very good time for a 10k!

2759 days ago



YMWONG22

Thank you for sharing.



2759 days ago



KELLIEBEAN

That's a great time! Congratulations!

I like how you are focusing on the good of the day! Very impressive day!

Thanks for sharing oh and a big high five to her hubs for gearing up for winter walking!



2759 days ago





CD13374977



Glad you were able to finish the race! I hope your back feels better soon!

2759 days ago



JSTETSER

A hat clip is important.



Congratulations!

2759 days ago



CD14034154

Brooklyn,



WOW!!! You're amazing!!! Your goods far out weigh the bad!!! Girl, you had the spirit to just keep on going, and that's what counts!!! But the best thing I like, is the fact of what you did inspired your DH to get in the groove with you!!! Talk about a NSV!!! Oh my gosh!!!

Be blessed,

- Nancy Jean -

GA

2759 days ago

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