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# Award for a different kind of maintenance

Monday, October 28, 2013

Technically this is a 5K trophy (1st place Age 65-69), but I'm posting it for another reason.



Saturday I ran a "women only" race. It was a hilly course and an overnight cold snap greeted us with 25 degrees at race time. These are 2 of my least favorite things, but 533 women all joining together for a cause was invigorating.

I was pleased with my time of 30:29 and finishing position #76. I realize that about 200 participants were registered as "walkers," but being in the top third of the runners was really good for me.

So how is this about maintenance? Yes, I'm approaching my 4 year anniversary of weight maintenance, but I consider this an award for maintaining fitness.

25 years ago I could run a 30 minute 5K. I was happy with that. I never had the foot speed to be much faster. On a flat course, if the stars aligned correctly, a 29 was possible, but that was it. I never won anything. Lots of "40 something" women were faster than that.

I just kept running. I "maintained" about the same speed and look what happened. As I "aged up" into each older group, comparatively I was doing better. I usually do get an age group award now. There are a few women from surrounding cities (and states) who can blow me away. I applaud their excellence, but I'm happy running my own race.

As my tag line says "the race is not always to the swift, but to those who keep on running." So whether running, or walking or swimming or whatever activity you enjoy, just keep on doing it. Even without a physical trophy, fitness is its own reward.



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#### ISHIIGIRL

Thanks for posting this. I am not quite where you are at and am a much slower runner. I have often wondered if I would be able to maintain my running as I age. You have given me hope that not only is it possible, but doable. Thanks, 2775 days ago



### LESLIE871948

I have a sore knee that is slowing me down even more (and I was perhaps one of the slowest runners in the world to begin...) The thing is, I have never been able to run at all before this past year. I have a thing on my refrigerator that says "if you run you are a runner...." and several other things like how it does not matter how far, how fast ...

2775 days ago



#### **MISCHAKEO**



Great advice. Keep moving. Fitness is its own reward. 2775 days ago



### **EGRAMMY**



You are an amazing inspiration

2779 days ago



#### CD12146214

Congrats on your run in less than favourable conditions. I am an endurance sport athlete but the running portion is always the hardest and least pleasant.

2781 days ago



#### CD8126238

I love your story and It makes won't to work harder for that 5k. Thank you.

I'm rooting for you!







2781 days ago



### CHANGINGHORSES



I love this! You are such an inspiration! 2784 days ago



## MARYJEANSL

Congratulations for the trophy - and for keeping up your fitness. You are amazing! 2785 days ago



# STAY39







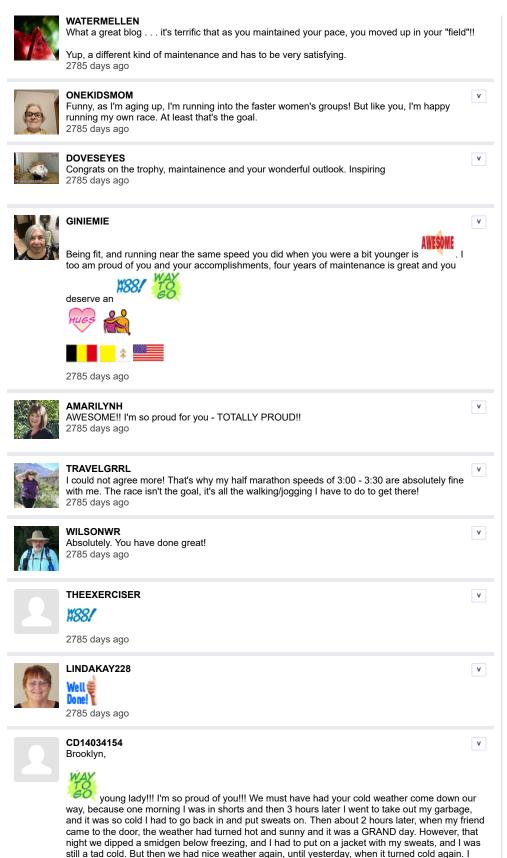
I absolutely love this blog! Good for you! Said! Agree 2785 days ago





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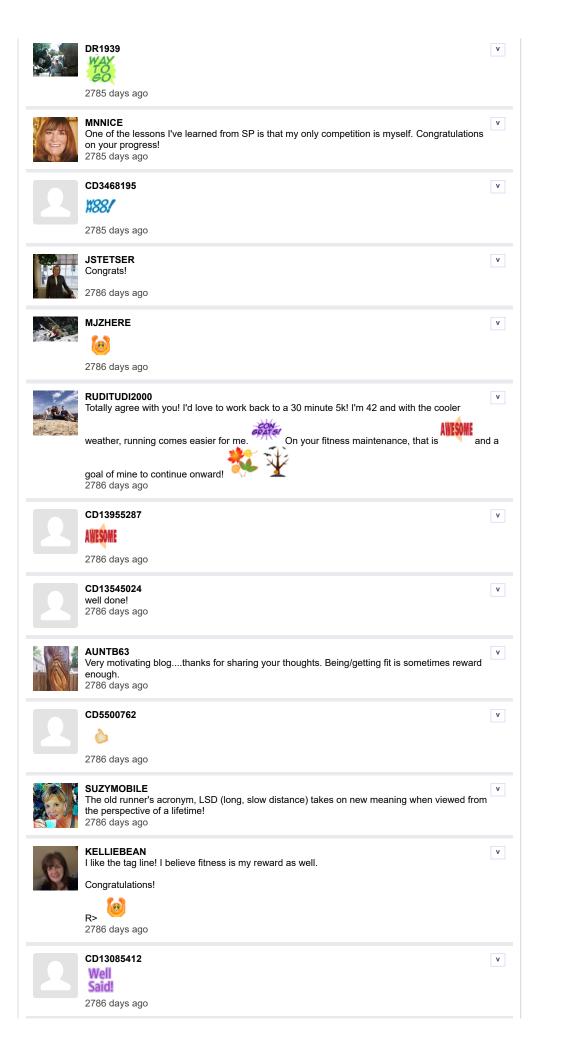


still a tad cold. But then we had nice weather again, until yesterday, when it turned cold again. I love to run when the weather is cool, but not as cold as that.

Yes, fitness is it's own REWARD, and I love to see all of the things I do posted with the tracker, right here on SP, it keeps me going and it encourages me, to know that I'm getting an accurate reading of what I'm doing!!! Thanks for sharing!!!

Be blessed,

- Nancy Jean -GA 2785 days ago



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