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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!
2785 days ago





WATERMELLEN

What a great blog . . . it's terrific that as you maintained your pace, you moved up in your "field"!!

Yup, a different kind of maintenance and has to be very satisfying.
2785 days ago



ONEKIDSMOM

Funny, as I'm aging up, I'm running into the faster women's groups! But like you, I'm happy running my own race. At least that's the goal.

2785 days ago



DOVESEYES

Congrats on the trophy, maintenance and your wonderful outlook. Inspiring

2785 days ago



GINIEMIE

Being fit, and running near the same speed you did when you were a bit younger is too am proud of you and your accomplishments, four years of maintenance is great and you

deserve an



2785 days ago



AMARILYNH

AWESOME!! I'm so proud for you - TOTALLY PROUD!!

2785 days ago



TRAVELGRRL

I could not agree more! That's why my half marathon speeds of 3:00 - 3:30 are absolutely fine with me. The race isn't the goal, it's all the walking/jogging I have to do to get there!

2785 days ago



WILSONWR

Absolutely. You have done great!

2785 days ago



THEEXERCISER



2785 days ago



LINDAKAY228



2785 days ago



CD14034154

Brooklyn,



young lady!!! I'm so proud of you!!! We must have had your cold weather come down our way, because one morning I was in shorts and then 3 hours later I went to take out my garbage, and it was so cold I had to go back in and put sweats on. Then about 2 hours later, when my friend came to the door, the weather had turned hot and sunny and it was a GRAND day. However, that night we dipped a smidgen below freezing, and I had to put on a jacket with my sweats, and I was 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



DR1939



2785 days ago



MNNICE

One of the lessons I've learned from SP is that my only competition is myself. Congratulations on your progress!

2785 days ago



CD3468195



2785 days ago



JSTETSER

Congrats!

2786 days ago



MJZHERE



2786 days ago



RUDITUDI2000

Totally agree with you! I'd love to work back to a 30 minute 5k! I'm 42 and with the cooler

weather, running comes easier for me.



On your fitness maintenance, that is



and a

goal of mine to continue onward!

2786 days ago



CD13955287



2786 days ago



CD13545024

well done!

2786 days ago



AUNTB63

Very motivating blog....thanks for sharing your thoughts. Being/getting fit is sometimes reward enough.

2786 days ago



CD5500762



2786 days ago



SUZYMOBILE

The old runner's acronym, LSD (long, slow distance) takes on new meaning when viewed from the perspective of a lifetime!

2786 days ago



KELLIEBEAN

I like the tag line! I believe fitness is my reward as well.

Congratulations!



R>
2786 days ago



CD13085412



2786 days ago



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