LOG OUT



The National D-Day Memorial is on a hill overlooking the town of Bedford, VA which lost more men per capita on the Normandy beaches (June 6, 1944) than any other locality in the USA.

I had plenty of time to think about their sacrifice.
All I had to do this morning was show up and run/walk up and around the monument and back down.

As the only 60+ woman participating, I got a medal anyway.


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## Member Comments About This Blog Post

## MJZHERE

Maybe as the oldest woman in the race by a lot, it was a signal to the EMT's to watch out for me? This made me laugh. Good for you you keep racing.
2609 days ago


CD13758606
Don't ever question it! You are a perfect 10!
Great race! Congratulations! Bling is BLING!!


2610 days ago

## CELIAMINER

Great job, and you are the perfect 10 !
2610 days ago


|  | ALICIA363 WAY don GO GPATS 2612 days ago | v |
| :---: | :---: | :---: |
|  | SYLPHINPROGRESS <br> You number was 10 as in "perfect 10" for being the cutest entrant. Someone was trying to flirt with you. <br> The medal reminds me of a line of products we girls of Brooklyn in the '50's clamored for: Ponytair I had a Ponytail pencil case and Ponytail diaries. <br> 2612 days ago |  |
|  | MARYJEANSL <br> I would have guessed without knowing the facts that you had registered late, because in my experience the late registrants are the ones who get out of sequence numbers. But, having read the blog, I know that's not the case. Strange... <br> In any event, congratulations! 2612 days ago |  |
|  | ONEKIDSMOM <br> Congrats on your age group "win". Funny how the competition "thins out" at our age. 2612 days ago |  |
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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.

