



BROOKLYN\_BORN

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## So who is my new friend?

Monday, January 27, 2014

And can we go 100+ miles together?



Sure we can. Because we're not alone.



There's more than safety in numbers. There's motivation and encouragement too.  
My virtual friends here on Sparkpeople have proved that time and time again, but sometimes it's nice to see REAL people.

Yesterday I drove 30+ miles to my nearest 'big' city.  
(Yes, NY & Chicago, big is a relative term just like speed and sprint)

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I wanted to join this year's 100 miles in 100 days challenge.

I still wear last year's shirt proudly, especially since I must look like one tough Grandma as I come toward you wearing this.



Of course, if you look back at me after I pass by, you get the whole picture.



Yesterday there was a brief break in our sub-freezing weather and for a "kick-off" event we took off along the Greenway – a lovely paved trail along the river.



Sunday is usually my day of rest and DH was with me so I planned to walk the distance and enjoy talking to real people.

DH turned back within ½ mile since "his knee hurt" but that was OK, last year he didn't even come with me.

Our leader from the Parks and Recreation Department posed for me at our 2 mile turn around point.



And I thanked him and his group for organizing this community fitness activity and introducing me to a section of this trail that I had never explored before.

Those of you who know me, realize that I probably would have been active anyway. Remember that I LIKE exercise, but having some extra motivation in these cold winter months is very helpful.

Last year as the end of the challenge approached and I was nearing 300 miles, I increased my effort so I could record that milestone on my log.


So thank you again Roanoke Parks and Rec, and "Active Andy" their 2 dimensional cardboard symbol, all cities and towns should follow your lead.

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### Member Comments About This Blog Post




**LEWILL1982**

Sounds fun! Keep us posted on your mileage.

2692 days ago

v




**MARYJEANSL**

Active Andy....I like it! I think he and I could get to be good friends. :-)

2693 days ago

v




**STRIVERONE**

I like your comment that speed and sprint are relative terms since my sprint can be another person's jog. The cool thing about "100 miles in 100 days" is that almost anyone can commit to that. Once the clothes are on and the movement has started, it's likely you will do much more.

2693 days ago

v




**MERRYMARY42**

sounds like fun yes people make life bearable sometimes

2693 days ago

v





**DOVESEYES**



2693 days ago

v

v

**WATERMELLEN**

What a super idea, for a municipality to encourage citizens to be active and companionable!!  
2693 days ago

[v](#)**ONEKIDSMOM**

Sounds like a wonderful outing, as another person who finds she **LIKES** exercise, I also find it fun to seek out others who share that joy and ride, walk or jog together! It's fellowship of an active kind.  
2693 days ago

[v](#)**GINIEMIE**

Sometimes external motivation is good, and to be able to walk/run with others seems like one of those times. I am so glad DH went with you this year, it was good that he tried.



2693 days ago

[v](#)**EGRAMMY**

Fantastic and motivating blog. Thank you so much.  
2693 days ago

[v](#)**TRAVELGRRL**

I would LOVE something like this in my even-smaller town! Ha! I'd love that T shirt!  
2694 days ago

[v](#)**LINDAKAY228**

So glad you got to go! Looks like it was a lot of fun even if cold..  
2694 days ago

[v](#)**DR1939**

Our closest city (6 miles) is 12,000 and our "big city" is 90. Does your DH have a knee brace. It may help. My cardiologist told me to that I had to ignore the knee pain and walk. My heart is more important than my knees.  
2694 days ago

[v](#)**MOM2BOYZ2GIRLZ**

2694 days ago

[v](#)**BOOKAPHILE**


What a great idea for continued motivation in the winter...group outings with awards for achievement.  
2694 days ago

[v](#)**CD13099273**

Wow 300 miles , incredible !! Happy to hear you had a brake in weather . What a wonderful program , great for incentive , great photos .  
2694 days ago

Comment edited on: 1/27/2014 10:08:20 AM

[v](#)**CELIAMINER**

That's a super idea, and  for Roanoke for organizing it! And you've reminded me I need to sign up for the Idita-Walk, which I participate in every year as incentive to walk in the winter. The Idita-Walk started as a fund raiser for Boy Scouts in Nome, but the cause has expanded to other youth programs.  
<http://www.idita-walk.com/idw/Index.asp>  
2694 days ago

[v](#)**PHOENIX1949**

2694 days ago

[v](#)



SWEETNEEY



2694 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.