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## Going the extra mile for the team

*Sunday, July 13, 2014*

My current status says that last week I recorded my 1st 40 mile week EVER.

This is significant because:

I've been running for nearly 30 years and have never done that before.

I usually cut back in the summer (It's HOT here in the South)

I'm not training for anything (see above sentence)

Yet since July 1st I've been getting outside at 6 am to get a few miles in. When the heat and humidity drive me inside, I finish up at the gym.

I don't need extra cardio. My average 20 – 25 miles a week keep me maintaining nicely especially in the summer when it's so easy for us to canoe or kayak on the lake.

My extra push is to support my team.

I live outside of a small town between 2 cities (population each approx. 70K). Each city regularly runs "challenges" to get people active.

In the current challenge we record our daily mileage running or walking (treadmill OK, elliptical No). Steps in daily activities don't count either.

In a recent article our local paper called our church – "The Runningest Church in Town." So of course, we have a team. I like that we encourage taking care of our bodies as well as our spirits.

You don't have to be on a team to join a challenge, but just like on SP, the effort to improve is easier with the support of friends.

As we enter our miles we can see our individual and team position in the list. Even with my current "high" mileage, I'm at half what the leaders are doing and that's perfectly OK. It's about pushing just a little bit more than you're used to.

This current challenge involves miles, but the last one recorded minutes of exercise.

One member of our team finished that challenge in 2nd place out of 1000 participants.

This is significant because she is 91 years old!  
Now that's a goal to work toward.

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**MACHOL**

[v](#)

Hope that you're still running!  
10 days ago



**GRAMPIAN**

[v](#)

Great!

2399 days ago



**WHITEANGEL4**

[v](#)

KKeep moving forward  
2415 days ago



**CD13939073**

[v](#)

WOW!! Good for you! Keep on adding to your miles.  
2502 days ago



**CORNERKICK**

[v](#)



2517 days ago



**CD5500762**

[v](#)



2521 days ago



**CHARITYAK**

[v](#)

Great jjob!  
2522 days ago



**MAYBER**

[v](#)



2523 days ago



**SECTION1RON**

[v](#)



2524 days ago



**BELLEGLISH**

[v](#)

Awesome!  
2524 days ago



**CARRIELYN56**

[v](#)



2525 days ago



**BLUEJEAN99**

[v](#)



2525 days ago



CD13026971

v

AWESOME

2525 days ago



MARYJEANSL

Wow! I think it is wonderful that you (and your church team) are doing this. I love the idea!

2525 days ago

v



\_CYNDY55\_

AWESOME Well Done!

2525 days ago

v



PHATNOMO11

Outstanding

2525 days ago

v



ROCKYCPA

Well Done!

2525 days ago

v



MAMAMOOSE54

You are amazing-I don't think I will ever run 40 miles in a week!!!

YAY!

2525 days ago

v



JSEATTLE

How neat that you have challenges that you can participate in locally. I love this idea. We can also challenge ourselves, somehow this is always the hardest thing to do!

2525 days ago

v



PATRICIAANN46

91!!! That is definitely a goal to work toward. I do not mind growing old as long as I am living a quality life and that includes physical activity. I also like the idea of your church emphasizing the

importance of being fit and healthy. Great blog!!!

2525 days ago

Comment edited on: 7/14/2014 6:26:36 PM

v



JACKIEWALKS4FUN

AWESOME H88!

So motivating, goodness91!!

2525 days ago

v



CD14693710

That sounds fun and motivational. What a great way to get the community moving. And at 91 I hope I'm still moving that well.

2525 days ago

v



JUSGETTENBY42

H88!

2526 days ago

v



CD12282919

CON GRATS!

Great job.

I hope I am still as active at 91 as I am now.

2526 days ago

v

v



**BLPRETTYGIRL1**



2526 days ago



**CD13202979**



2526 days ago



**ACRAIG921**



Thanks for sharing!!

2526 days ago



**NONNAOF2**

How I wish I could do that too! Due to my disabilities I am unable to but I admire the ones who can! Woo Hoo!! You are amazing!! Keep up the good work and you too will be 91 and running!! :-)

2526 days ago



**1CRAZYDOG**

OMG! I want to be that 91 yr. old when I grow up!

2526 days ago



**MJREIMERS**

You ROCK! Keep it up and thanks for the motivation!

2526 days ago



**SHERYLP461**

Amazing!

2526 days ago



**LIVELYGIRL2**

That is so AWESOME your town and church is supportive of this!!!! Really cool! How long did

it take this 91 old lady to do these miles ( how many) ??Gish Gee whiz...

2526 days ago



**CICELY360**

Wow.

2526 days ago



**CD13968809**

Wow at 91 she placed second! I'm thoroughly impressed and motivated!

2526 days ago



**BHENDRICK2**



2526 days ago



**MOMMY445**

woo hoo! Way to go!

2526 days ago



**SHOAPIE**



2526 days ago



**NEPTUNE1939**



2526 days ago



**CD8126238**

I want to be that 91yr old, when I'm at that age!



2526 days ago

v



**DJSHIP46**

Thanks for sharing!

2526 days ago

v



**JERICHO1991**

Inspiring.

2526 days ago

v



**TRYINGHARD54**



2526 days ago

v



**CD13354694**



2526 days ago

v



**STEVIEBEE569**



2526 days ago

v



**AJB121299**

nice

2526 days ago

v



**DIANNEMT**

Wow for the 91 year old! Team keeps me moving--Go, Daisies!!

2526 days ago

v



**CD4114015**

91 years old/young! That is



I also loved your remark about "I like that we encourage taking care of our bodies as well as our spirits"! SO true...they are always hand in hand!



blog and



2526 days ago

v



**PENOWOK**

That is so cool about your teammate!! I should say that would be a goal to target! I love that you are doing this as a group. That's so motivating!!

2526 days ago

v



**SANDRA\_E**



2526 days ago

v



**WATERDIAMONDS**

My word, this is astounding. And encouraging. Thank you. And tip my hat to the entire team when next you meet!

2526 days ago

v

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