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I really wanted this beach towel, so I ran 13.1 miles!

Monday, March 17, 2014

It took 2:25:50 but at nearly 67 years old, I'm grateful to still be "in the race"



If you've read my March 5th blog, "Do you believe in Jinxes," you know I wasn't sure I would even get to the starting line.

www.sparkpeople.com/mypublic_journal_individual.asp?blog_id=5640103

With a sinus infection and penicillin I wasn't even getting off the couch.

That followed my Feb 22nd blog about the nasty blister on my arch caused by the covering being worn off my custom orthotic.

"Who do you think wears these, the Incredible Hulk"

www.sparkpeople.com/mypublic_journal_individual.asp?blog_id=5630754

The blister was still a problem 7 days ago. So my last 3 weeks of training were a complete bust. The race would actually be my longest run. My shoe guy suggested using "Easy Glide" on my foot.

Still we had planned a great family weekend in Virginia Beach. My daughter (Sparky Hayburner1969) was running the marathon AND the 8K the day before.

So with DH, DD, 2 grandkids and my asthma inhaler, off I went to the beach.

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I tried to run on Saturday morning and stopped after 2 minutes. I just didn't feel right, but walking was OK. So I decided to do the race, but I did fill out the emergency contact information on the back of my bib. Yeah, I was a little worried.

I joined corral #7 out of 10, just behind the 2:30 pacer.

It was 45* but quite windy. 12,000 runners were at the start and my spirits were lifted. This was my 1st HM in 8 years.

I felt really good for the first 6 miles holding a 10:45 pace even with my 1 min per mile walk breaks. The course is essentially flat, but miles 4-6 are a gradual uphill, so I was psyched thinking that the 2nd half would be easier.

It would have been if it weren't for the wind, gusting to 35 mph, right in my face. It took my breath away and breath was something I didn't have a lot of to begin with. I walked A LOT in the 2nd half. I lost track of how much. My IT bands were stiffening up too, and the walk breaks helped that. At this point I just wanted to feel good at the finish line.

I figured that as soon as we turned onto the boardwalk (about ½ mile from the finish) I would run in strong. Hah! The wind just about blew me over, but after steadying myself and getting my breath, I did run strong to the finish. I felt great too. I didn't even need water.

I got my medal and towel which I wrapped around myself for the walk back to the hotel. That wind was COLD.

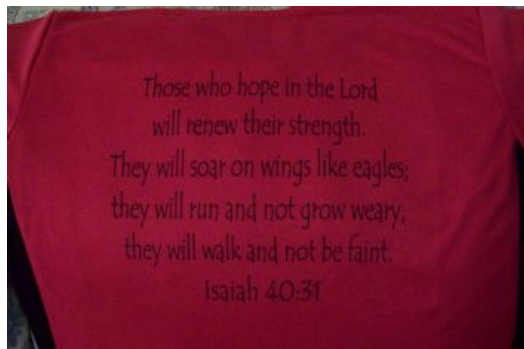
So you might say that I didn't "leave it all out there," but I didn't need my inhaler. Those last miles made my overall pace 11:08, but I was 5 minutes ahead of that 2:30 pacer which was all I expected out of myself at the start.

I put on my winter coat and hood and went back to the boardwalk to watch my DD finish the marathon. Did I mention that the wind was strong and COLD!!

She did great in both of her races (3:58 in the marathon and 43 I think in the 8K). She got a special "Whale Challenge" medal for doing both.

I highly recommend this race. The organizers do a great job.

Also, I bought a perfect shirt at the expo.



That's what I have - HOPE. For next time, that is.

Edit: I was 7th out of 32 in my age group. Now I have even more hope for next time.

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CD14270285

Wow! You did great despite the obstacles. Love reading the post race reports--are you looking at doing another sometime?

2638 days ago



CD5500762



2643 days ago



KPETSCH



Way to keep moving and finish up!

Kelly

2643 days ago



MARYRUN1



Great job!

2643 days ago



SLENDERELLA61

2:25 is wonderful! Oh course, I would think that since my PR is 2:26!! Wish I could run with you. Congratulations on your accomplishment.

2644 days ago



MISCHAKEO

That cute beach towel was worth it! I am very impressed that you did the race in the wind and cold. Wind is really hard to exercise in.

I look forward to hearing about more of your runs! So nice that your family runs also.



2644 days ago



CD13758606

Great job on the Half. What a worthy finish time! The towel is worth running 13.1 miles to the finish. It sounds like a beautiful course.



Sometimes overcoming the challenges we face makes the prize just a little sweeter.



2644 days ago



JOYNEW

Soooooooo AWESOME!!!!!! Way to go!!!



2644 days ago



MARYJEANSL

What can I say but CONGRATULATIONS! You are awesome!





2644 days ago



DOVESEYES

V



2644 days ago



ONEKIDSMOM

V



That's a VERY respectable HM time, in my book! COLD makes a body run faster! My fastest HM

ever was last year and it was COLD!



And congrats to your DD in the marathon and 8K, too. What a great thing for a mom and daughter to share!

2644 days ago



WATERMELLEN

V

Well done!! You'll remember all of this every time you use that bath towel: you did it!! And love the Tshirt too . . . hope is so vital to optimism and anticipation!!

2644 days ago



THEVOW2013

V

YOU never gave in to your circumstances, that makes you a Champion in my book!

2645 days ago



THEVOW2013

V



2645 days ago



GINIEMIE

V

Proud of you, you did great, love the towel. Wind in the face for an asthmatic is rough. Well it's rough for anyone, but when you already have trouble catching a breath it can be scary. Glad you daughter did well too.



2645 days ago



JEWELS571

V

Hey, your finish time was great!!

2645 days ago



CD12282919

V



2645 days ago



HAYBURNER1969

V

Great job, Mom! Funny, I finished at the 20th percentile for my age group and you finished at the 21st percentile. Although I just realized I finished in the 5th percentile in the 8K! Whoa. There were a lot more people out there "just for fun" in the 8K, though. The marathon and half marathon are a lot more competitive!

(Body Glide, not Easy Glide - did you wind up using it?)

2645 days ago



MISSB8604

That is seriously amazing!

2645 days ago

V



PHOENIX1949



2645 days ago



IFDEEVARUNS2



Great time!

2645 days ago



CD8113065

Nice job!! Congrats!!



2645 days ago



DR1939



I had a similar experience on a much smaller scale on Saturday. We started out walking outdoors. The temperature was in the 30s but had to turn back after 10 minutes because the wind was so strong and so cold that my chest was hurting.

2645 days ago



WUMPASTAR

Congrats!

2645 days ago



CD9543726

Awesome job! What a great achievement!

2645 days ago



CD8126238



2645 days ago



TERI-RIFIC

That is a great time! Love the picture and the towel IS a great prize. The hat is great, too. I'm wearing the one my husband got, even though it says 13.1 finisher and I'm not. (I need the sun



2645 days ago



LEWILL1982

Congrats! Way to overcome adverse conditions and push through it, impressive!

2645 days ago



WILSONWR

You and your DD did great! Running in that kind of wind is awful!

I'm glad you got over your sinus infection, I'm suffering through one right now - it's been 3 days since I started taking the antibiotics and they just haven't "kicked in" yet. To make things worse, I'm heading to the ranch this morning so a friend can help me with a project down there. I don't think I'm going to get quite the work in that I normally do....

Take care!

2645 days ago



NEED2LOSEN2010



Sunny

2645 days ago



LINDAKAY228

So happy you made it against all odds! DD did great too!

2645 days ago



AUNTRENEE

Great job on the half marathon.
2645 days ago



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