



BROOKLYN\_BORN

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## I'm the mother of a 5k Masters Champ. 1st place trophy for me too (65-69)

Saturday, October 25, 2014

Here we are after the "I am Woman 5k" in Lynchburg, VA this morning.



What a wonderful atmosphere! 600 women of all ages, shapes and sizes, running and walking for a good cause (Childrens' Miracle Network).

It's sponsored by Centra Health and very well organized. The shirts are performance fabric and we got a towel too.

Of 588 finishers my DD, sparker Hayburner69, was #5 at 23:03 (Masters Champ at age 45).

I came in at #88 with a 30:39. I'm still chasing that elusive sub 30 finish for this season. Maybe on an easier course? I walked nearly 6 minutes up those hills. Downhill I'm fine.

After a stressful week I was happy just to get up this morning and participate. Now I'm re-energized. Today's event really lifted my spirits.

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**TERI-RIFIC**

That's a great picture of you both. Congrats on a great race!  
2417 days ago



**KANSASROSE67**

Congratulations to both of you! What a fun thing to do together.  
2419 days ago



**CD4199227**

Congrats to you both  
2420 days ago



**BOOKAPHILE**

Congratulations! Happy, healthy family.  
2420 days ago



**PHEBESS**

Wonderful time - and how great that the two of you do this together!!  
2421 days ago



**DDOORN**

Proud mama AND daughter! :-)

Don  
2421 days ago





**JOYCRN**

That is fantastic! What fun for both of you!  
2421 days ago



**WALLAHALLA**

 totally  I'm looking forward to my 1st 5K later this fall  
2421 days ago



**DOVESEYES**

Awesome job for both of you

You both look so happy.  
2421 days ago



**KOHINOOR2**

   Congratulations to both. Thanks for sharing.  
2421 days ago



**CD14815535**

Awesome job! You guys look great ;-).  
2421 days ago



**MJZHERE**

What a great mother daughter day! Congrats to you both.  
2421 days ago



**CD4114015**

    
2421 days ago



**ALICIA363**

Fabulous!  





2421 days ago



**WATERMELLEN**

Fantastic for both of you: what a great mother/daughter activity!!  
2421 days ago

V



**MARYJEANSL**

Congratulations to you both!! I think that's just fabulous - you two are superstars!!!  
2421 days ago

V



**1STBUCKETITEM**




Great job! Your SP buddies are super proud of both of you!!  
Have a great weekend!!  
2421 days ago

V



**GIVEUP30**

 to the both of you  
2421 days ago



V



**CD8113065**

Awesome, congrats to both!!



2421 days ago

V



**SUBMOM2**



Congratulations to you both!!



2421 days ago

V



**TWEETYKC00**

Whooohoo, way to go!  
2421 days ago

V



**MILLEGE2**



2421 days ago

V



**CD4300142**

Congratulations! You are both amazing women and so inspiring! I love that you have this bond with your daughter. Very cool! P.s. I hate hills! I would like to one day say I love hills. We shall see. It's good to have goals, right? ;-)



2421 days ago

V



**LINDAKAY228**

Congratulations to both of you! Love that cause too!  
2421 days ago

V



**CD13376265**



2421 days ago

V



**FORZACHANDMATT**

Awesome - I might have to do this next year as I love in Northern VA - good for you guys!  
2421 days ago

v




**TUTUNAN**

Alright!!!!  
2421 days ago

v




**DR1939**

  
2421 days ago

v






**ONEKIDSMOM**

  
for both of you! Running is a great outlet for stress! But you knew that.  
2421 days ago

v



**MJREIMERS**

 to you both! What a  day when you can run with your daughter! Love the   
trophies. Make sure and display them appropriately!!  
2421 days ago

v

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