



# BROOKLYN\_BORN

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## Overcoming anxiety and just getting out there

Saturday, December 05, 2015

There wasn't any serious reason for me to be anxious, but I was. Our town's annual 5K was at 8:30 this morning in 30 degree temps. It's a fun event held annually for the last 36 years.

However, it is a killer course - very hilly - and I hate hills. Also, because of our recent month vacation in Europe and resulting jet lag, I was not well trained and still I wanted to do well (a competitive gene inherited from my Dad).

Our church gets a team together each year. We were 44 strong for this year's event (ages 5 to 75). There's also a kids' mile and quarter mile fun run.

This morning Spark Guy's Ultimate Challenge blog was about his son overcoming anxiety and doing well in his class presentation.

[www.sparkpeople.com/mypage\\_public\\_journal\\_individual.asp?blog\\_id=6042276&utm\\_source=sparkpeople&utm\\_medium=email&utm\\_campaign=best-of-sparkpeople](http://www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6042276&utm_source=sparkpeople&utm_medium=email&utm_campaign=best-of-sparkpeople)

My comment confessed my own anxiety and that I decided to take my own advice. Speed doesn't matter, just get out there, 80% of life is showing up etc.

Here I am with my DD (Sparker Hayburner1969). Neither of us did a PR, but I got 1st place in the 65-69 age group and DD was 3rd in 45-49.

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DD is our team captain so she's holding the bling for other team members. The race is followed by the Christmas parade and some had to rush off to join the procession or get a good viewing location to see their kids. She and I reverse walked the route to encourage those still on the course, especially our own team members. DH walked it in 45:45. We're proud of him for getting out there too (He hates the cold).

Checking my watch I see that my 32:24 included walking a total of 6 minutes - carefully chosen breaks for the steepest part of the hills.

This race is significant in my SP history because it was exactly 7 years ago that my personal worst time was the "aha" moment that caused me to find SP and lose the extra weight I had been dragging around.

Thank you SP. You continue to provide me motivation.

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CD4114015



Love the Pic for sure! Beautiful ladies!

2012 days ago



FORZACHANDMATT

You did so great!

2013 days ago



MARYJEANSL

Congratulations to you both! And I have to say that your smile in \*this\* picture looks genuine. Well done!

2013 days ago



PHEBESS

Wonderful photo!

And even though you were anxious, you placed first in your age bracket - wonderful!!! Sometimes our anxiety is justified, sometimes it's misplaced. So this is a good reminder!

2013 days ago



PRNCSCUP1-2FULL

Awesome! I love, love, love that it was not only a personal triumph for you to just get out there and do it.... But, it was also a family event! How wonderful for the 3 of you! Winning is completing a 5K! Yay You!! Yay Hubby of Yours!! Yay Daughter of Yours!! Yay Family!! Yay church!! Yay





Community!!  
2013 days ago



**GINIEMIE**

I'm glad you went through with the race, it's the doing that's important not the winning. But really if you are doing them you already are winning because you are keeping that body of yours in shape. I love that you and your daughter do things like this together. Kudos to DH who got out in



the cold and participated.



2013 days ago



**MISCHAKEO**

What a great race for the two of you.



2013 days ago



**WILSONWR**

You did great! I can't even imagine running in those kind of temperatures.

2013 days ago



**BBEGAN**

what a wonderful ongoing tribute to your Aha moment!

2013 days ago



**FUNLOVEN**

You are a beacon to the rest of us! Even though I can no longer run (if I want my 2 artificial hips to last) I have been thinking about walking some 5Ks next year and hearing about your DH doing just that has added just the Spark I needed to commit to my idea.



BTW, you look great!

2014 days ago



**MJREIMERS**

I think that's a great time with hills! I'm not "back" to my old running pace and I probably never will, but you are right!! Finishing a race is much more important than time!



Great job overcoming anxiety and having family time with your DD!

2014 days ago



**LIVEDAILY**

You guys are looking GREAT!! Is your hair just a wee bit longer? It looks very nice! I think a first place finish in 30 degree weather is fantastic!!



2014 days ago



**SWEDE\_SU**

absolutely inspirational! well done!

2014 days ago



**DOVESEYES**

Wonderful, thanks for sharing your 'aha' moment and being such an inspiration.

2014 days ago



**ALEXSGIRL1**



2014 days ago



**SUBMOM2**

Fantastic!

2014 days ago





**WATERMELLEN**

Good for you, facing your anxiety and your "competitive streak": I have one too . . . mostly applied against myself!

And congrats!! Lovely pic!!  
2014 days ago



**NUMD97**

I agree wholeheartedly with ONEKIDSMOM: It's the days when we "don't feel like it" and yet make ourselves do it, that count the most.

As you say, most of life events are "just showing up". The rest takes care of itself.

Thanks for the reminder. I will head to the gym tonight when it opens in about two hours.  
2014 days ago



**HOLLYM48**

you guys did awesome! Way to get out there and run. I am a fair weather runner so running in 30 degrees is just pure awesome. And how nice that you back tracked and motivated others behind you on the course. That is such a great way to end a race!

2014 days ago



**PGBACK**

Happy   
Sparkiversary + Sparkiversary



On your persistent lifestyle change.



On first place in your category!

Great photo.  
2014 days ago



**TERI-RIFIC**

Also great picture of two pretty runners.  
2014 days ago



**TERI-RIFIC**

Fun race! Nice to be able to run with DD. First and third-sweet!! Good for you for getting out



there!  
2014 days ago



**ONEKIDSMOM**

You inspire me, not because you lost the most weight, but because you HAD an a-hah moment, \*did\* something about it, and have stuck with it through these 7 years! Well done, and may you have many more Sparkling years to come, active, happy, and surrounded by others you love and who love you!



2014 days ago



**GEORGE815**

Congrats on #1.  
2014 days ago



**JULEY0129**

Great job!!   
2014 days ago



**STEPHANIEPL89**

Great Job!  
2014 days ago

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