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Having realistic goals – thoughts after a race

Monday, March 23, 2015

DH & I had a lovely weekend in Virginia Beach. The Shamrock Marathon weekend is very well organized. However, I was not well prepared. I knew this and blogged about it 12 days ago.

"The voices in my head and my Dad's jacket"

www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=5890931

After that blog there was another setback. The combination of new shoes and new orthotics which had been OK up to 8-9 miles, caused ankle and knee pain as I tried to increase the distance.

After a few days rest, I returned to my old shoes with the old orthotics and never ran further than 3 miles during the week before the race.

Thus, the confrontation of my competitive gene, my common sense gene and my general sense of frugality.

- 1) Whenever I line up for a race I want to do well.
- 2) But, I don't want to injure myself and be sidelined from future races and activity
- 3) I had already paid my entrance fee, but I could cancel the hotel and save all the gas and food expenses if I just stayed home.

Hmm, what to do.

The decision was further complicated because I'm registered for a half marathon next month in EUROPE. DH is giving a paper at a conference in the same city where the national championship of the Czech Republic will be held (Pardubice, about 2 hours from Prague). I'll be there anyway, so I figured it would be fun.

I DO NOT want to miss that.

So, on my DD's advice (Hayburner1969), I decided to treat this race as a training run and just enjoy the weekend as a vacation. That's kind of my attitude about the race in Europe, but there I hope to represent old American women well.

So off we went to Virginia Beach where we strolled the Boardwalk, visited the Expo and had some very good food.

Sunday morning I lined up with about 9000 others in very pleasant 48* weather. That was encouraging. I had decided to run comfortably, enjoy the view, take as many walk breaks as I needed and hold an overall 11:00 min/mile pace.

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For the first 10 miles everything felt easy. Yeah sure, I had trained up to 10 miles. Then I felt my muscles begin to stiffen up. OK, I'll take it easier, walk a little more and enjoy the scenery. We were 1 block off the beach and would eventually turn onto the boardwalk.

I didn't even look at my watch after that. I waved to the crowd, but didn't see DH. When I crossed the finish line & stopped my watch, it read 2:24.0 which my digital mathematical brain immediately identified as EXACTLY an 11:00 min/mile pace. Wow, mission accomplished.

I was thrilled to have met my REALISTIC goal. Then that competitive gene kicked in. Darn it! A 2:23 would have looked better. I could have done that easily. Shouldn't have taken that last walk break, yadda, yadda, yadda.

Fortunately, my common sense gene kicked in quickly.
I feel fine.

What a nice medal!

A hat and towel too and a great after race celebration.

Oh, there's DH! Let's eat!

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SWEETNEEY

Great job on the race. I did Shamrock Marathon and agree it was well organized. The year I did it - 2013 - It was windy and cold. The wind would subside in places and I'd think okay the weather is becoming more friendly then it would whip up again, especially on the Broadwalk.
2271 days ago




PHEBESS

Great job at dealing with an iffy situation and still coming out on top - and way to go on your overall time!!!!

Plus we'll be cheering you on as you wow the Czech marathon viewers!!!! Bet you come in first in your age group!
2271 days ago



ALICIA363

 Great work...and play.
2271 days ago



TRAVELGRRL

I appreciate your competitive nature, but sometimes just doing it to ENJOY is a good lesson. And, think of all the people (like me) who would KILL to do a 2:24. My best time is 2:58 and I always say, a finish IS a win!!! Great job, and I envy you for your race in the Czech republic!
2271 days ago



LIVEDAILY

I think you did FANTASTIC!!



2271 days ago



DOVESEYES



2271 days ago



CD14815535

Oh gosh, I was wondering if you had your race yet because I'd remembered you were having difficulties. Wowza, you did awesome! And very ensible, too. Live to run another day, that's my motto. Hope you have loads of fun in Europe ;-).
2271 days ago





ONEKIDSMOM

To common sense! Those "Constance the Competitor" personas can do us serious damage if we're not careful! Sounds like you did a great job of reining yours in, and had a fine day to show for



it!
2271 days ago



WATERMELLEN

Congrats to you!! You did great!! And as for the "I hope to represent old American women" -- ????? That's gonna be tough, nobody's gonna believe you!!!



2271 days ago



MARYJEANSL

I love your attitude! And I definitely share the common sense gene and general sense of frugality. I'm too bad at things athletic to be competitive. I congratulate you on a fantastic race!



2271 days ago



CD4114015

LOVED reading this blog! I felt like I was THERE! Wish I had been!



2271 days ago



SOPHIEDO13

On a race well done!!



2271 days ago



PHOENIX1949



2271 days ago



TERI-RIFIC

Way to go! To me, that is a fast pace for "taking it easy!" I really enjoyed that race last year (the 8K). But I hadn't prepared enough and developed Piriformis syndrome and hobbled for about 3 weeks after. Good for you for being sensible and the race in Europe is awesome!!!



2271 days ago



1STBUCKETITEM

Good old common sense goals.



Sounds like you had a fun time too!

2271 days ago



KANSASROSE67

Great job. I am impressed that 11:00 is an easy and enjoyable pace for you!



2271 days ago



DR1939



2271 days ago



SUBMOM2



Good for you for making the most of the event. I'm impressed by your pace!



2271 days ago



BOILHAM

Congrats on a great race and making your goal! My niece and her hubby, who is a Navy Chief also did that race. They did some kind of challenge (?) where you run an 8k and the HM, I don't know the details, but they got lots of bling. LOL. Proud of them and proud of you. Good job.



2271 days ago



JANETRW50



Awesome! So great that you did what you wanted to do!
Awesome! You had a beautiful fun weekend. Salty air, strolling the boardwalk, waving to the crowd.
Nice!
Awesome! You are going to run a race in Europe! Super cool!
2271 days ago



GINIEMIE



Congratulations on 1. participating in the race, 2 meeting your common sense goal. 3 listening

to your body. You did well. Oh and good luck in Europe.



2271 days ago



BBEAGAN



Fantastic! Isn't it wonderful that your intended goal of 11:00 min/mile felt like an easy pace!
2271 days ago



MCFITZ2



Congratulations on completing your common sense goal.
2271 days ago



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