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My Happiest Half Marathon - Proof in Pictures

Wednesday, March 25, 2015

I was not well prepared as I described yesterday, but it was a most enjoyable race. It was rather windy at the start. We were right off the beach after all, but I had a plan. If I stood behind this very tall guy, the wind wasn't a problem. For perspective, I'm 5'6"



He and I had something else in common. In a sea of green Shamrock theme shirts, we were easy to find, even for DH who has been known to photograph the WRONG WOMAN.

The temperature was a pleasant 48 degrees with a nice breeze and as my shirt says, I had HOPE. Notice the mismatched gloves. I save my odd single gloves to throw away after I warm up. My hands are always cold at the start.

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This is the famous Cape Henry lighthouse about 8 miles into the course. Here I actually looked for the photographer I knew would be there, determined that he would see me.



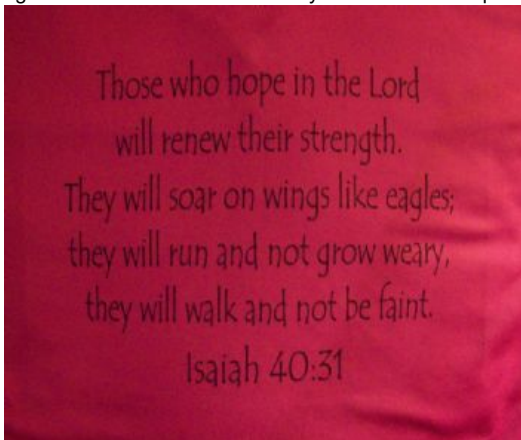
My goal is always to smile for the camera at the finish. See that white thing in my left hand. That's one of the 3 handkerchiefs I always carry. Darn allergies! That's also why I carry my own water. I have to breathe through my mouth which gets really dry.



The official finisher photo with my medal, towel, new green hat and a very satisfied look on my face.



I got a lot of nice comments on my shirt. This is the quote on the back.



My 2:24.0 time was EXACTLY what I hoped to do – hold a comfortable 11:00 min/mile pace. It wasn't a PR but I was as pleased as if I had achieved one. Not all goals are about speed. Enjoy the journey!

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LIVEDAILY

The photos are proof indeed! Congratulations!
2253 days ago



CD14815535

What a super race report! You look happy/content/satisfied--that's a great way to end a race :-).
2261 days ago



1STBUCKETITEM

Great pics and love the smile on your face!
2265 days ago



LINDAKAY228

Great pics and congratulations on such a great race!
2267 days ago






HAYBURNER1969
Those are great pictures!!
2267 days ago



MISCHAKEO
You look so happy and fit. What a wonderful race. I enjoyed your pictures!
2267 days ago



ONEKIDSMOM
 What a joyful half! Loved the photos.
2268 days ago



Comment edited on: 3/27/2015 7:59:20 AM



WALLAHALLA
Great race!
2268 days ago



MARYJEANSL
P.S. And I love the shirt!
2269 days ago




MARYJEANSL
Exactly! I'm so glad you were able to enjoy the journey. :-)
2269 days ago



DOVESEYES
Fantastic thanks for sharing it with me.
2269 days ago




ALICIA363

2269 days ago



CD13758606
Awesome race! You sure do look happy. I love to run when a smile comes easy.
2269 days ago



KRISZTA11
 to your race, it is wonderful you enjoyed it at smiled all the way!



2269 days ago




PHEBESS
I love the photo of you standing behind the 7' tall guy! Brilliant!
2269 days ago



WUMPASTAR
Such a good idea, the gloves. My hands are always cold too the first 5-10 minutes of a walk/run because I have pretty bad circulation. The pics are amazing and you DO look very happy with yourself, which is absolutely awesome!!! You're very inspiring as usual!
2269 days ago



PHOENIX1949

2269 days ago





DR1939



2269 days ago



HOLLYM48



What an awesome achievement! Good for you! Way to go. That is excellent time!
2269 days ago



GINIEMIE



If I ran, during allergy season I'd have to run with a mask then you couldn't see if I was smiling or not. Good pictures, good attitude smart moves-tall guy, mismatched gloves, tissues and water....



2269 days ago



TRAVELGRRL



You really are living the spark life! Active, fit, healthy, happy! Congrats on ALL your accomplishments, not just the race!
2269 days ago



SWEETNEEY



I am going to start an senate investigation, you look too happy to have run 12 miles in 48 degree weather and wind. My nose runs alot too when I run and the weather is cold. I bring a package of tissue with me. So you can image my struggles when I'm trying to get them out and I have on gloves. Sometime I stuff them in the glove and hope they don't get wet. It's quite a process.



Congrats - You look
2269 days ago



CD5500762



2269 days ago



CD8113065



Smart move standing behind the tall guy. At 5'1", I could stand behind YOU.

Nice race, great attitude. Well done!!!



2270 days ago



WILSONWR



Way to go! You are amazing!
2270 days ago



FORZACHANDMATT



Wow - you look so happy! So smart to stand behind the tall guy! Congrats
2270 days ago



TERI-RIFIC



Having recently finished a half marathon with a fake smile on my face and GRIM determination on the inside, I give you all the credit in the world for running and finishing so well!
13.1 is FAR. Great race! Great pictures!
2270 days ago



KELLIEBEAN



I agree, about speed. I like to enjoy the journey. Good plan getting behind the tall guy.

Thanks for sharing your day and the great pictures.



2270 days ago



CD4114015

OH, How I LOVE when you runners post your pictures from your races....they are the highlights of my day. It's how I enjoy you running since my knees won't let me! And thank DH for such GREAT pictures...he did a wonderful job.



Yeah, I can imagine how the allergies hinder but you have plans for EVERYTHING and that is EXACTLY what I would expect from you! BRAINS and BEAUTY both!



2270 days ago



HIKING-4-ME



2270 days ago



WATERMELLEN

Wow, just love this blog: the happy pictures, the Tshirt and above all the attitude of sanity. You look FIT: body, mind and spirit!!!



2270 days ago

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