

Random Thoughts of the Senior Ambassador

Left- From my 5K PR in 1983

Right- Photo from a recent race-2021



For nearly 40 years now, I have been a runner. After a couple of months of training, I ran my first race in June of 1982, and I was instantly hooked. I've been a runner ever since, even during times I couldn't run.

- In my 20's, I ran for the T-shirts and to get better.
- In my 30s, I ran because I loved racing, even though I almost never placed.
- In my 40s, I ran because I loved the running bond that is unique to runners.
- In my 50s, I finally started running for my health, and to prove I could overcome the voices and injuries that told me I should stop.
- In my 60s, I run because I can. I have forgotten how to not run.

Every decade, I have run for different reasons, but the pull has always been equally strong.

I've been asked from time to time how to make running last for a lifetime. Here is how I answer, depending on the age group.

- 20s- come back in 10 years. You already know more now than I ever will. 😊
- 30s- Welcome back. Now, think of all the stupid things you did in your 20s and don't make the same mistakes again
- 40s- you're older and wiser now. But also starting to slow down just a little. Run for the pure joy of it. Don't over extend yourself, and fit it in to the rest of your work life balance. Listen to your body and when it barks, back off.
- 50s- This is often the best time of your life. If you are fortunate, you are enjoying being an active part of 4 generations of your family. Be aware there is still more to learn about yourself, about running, and that running is the teacher, and you are an eager student. Don't worry about your pace, but do make good decisions regarding your health.
- 60s- now there are so many reasons to keep going. This is often a painful time due to life experiences and you need running more than ever. On the fun side, sometimes, just showing up at a race means you're going to win hardware. You've outlasted your competition.
- 70s- I'll be back in 5 years to fill you in.

In my 40 years of running, I've had plenty of down times, sometimes due to injury, sometimes due to more serious health issues, sometimes due to lack of motivation, and depression has sometimes grounded me to a halt.

These dark patches have sometimes gone on for years, not weeks or months. Each time, I wondered if I would ever run again. And each time I did. That is because even when I can't run, or don't want to run, part of my fiber and DNA is that I am always a runner. And that, I believe, it's a simple Secret to longevity. It's only a matter of getting up one more time and you fall down. There's really no secret in that.

Final thoughts for the month.

- When I want to think about my running accomplishments, I look at my medals.
- When I want to think about my running experiences, I look at my photos.
- When I want to think about my running progress, I look at my running logs.
- When I want to think about how running has changed me as a person, I look at my life.
- And each thought makes me smile

Very proud to have completed at least one marathon in 5 different decades



Please let me know what you think. I can be reached at durunrner@yahoo and would love to hear from you.