

June 4, 2011: Outrun The Sun

If you have never participated in a non-competitive 5K race, you may want to consider doing one. Once again I walked the Outrun The Sun race with Julie and some of her friends from work. It is refreshing to be among people who are excited about doing their first 5K. One co-worker had been training for several weeks and was a little nervous but excited to be at his first race. As we got to Fort Ben, the car thermometer showed 97 degrees, but it was a cool 97 in the shade. It was bright and sunny up to race time, and then we noticed some dark clouds approaching. The announcer said that the storm was north of us and shouldn't be a problem, but to take cover if we needed to during the race.

The competitive 5 mile race started with Matt, Jesse, and Rebecca in the lead. Our race got off to a little slower start. I was amazed by the number of people pushing strollers. I think that at any given time there were 3 to 5 within sight. Once again, I saw something I've never seen before in a race. There was a girl in front of us walking in very tall high heels. I guess just because you're in a race, you don't put fashion aside. The sad thing was that she was ahead of us and pulling away.

It was a nice course that passed a pasture of horses. As we entered the State Park, the wind picked up and blew down small branches, leaves, and other tree parts. It got dark and started to cool off. I noticed one double wide stroller being pushed by two young women. It took both of them to restrain it on the downhill. The closer we got to the finish, the cooler it got and we started to feel drops of rain. We went through the food line, but no one was standing around. The volunteers were picking up trash cans and all of the smaller tents were taken down. We got to the car, just as the heavy downpour started. It was down to 71 degrees. Julie's co-worker called to say that he had finished and met his goal and was planning his next race. The drive home was an adventure. It was one of the hardest longest rains that I have driven through and it had spectacular lightning.

