

The Underrated 5k

...Providence Women's 5k Race Report

Some people don't care for 5k's; well I for one love them! I think the distance gets put down and looked down upon, and I am here to stand up for the little guy!

I think as runners' amp up their miles and begin marathon distance training the 5k is swept aside. Distance runs take the place of 5k's. 3.1 miles are dismissed as "just" a 5k.

I made a conscious effort a few years ago to stop using the word, "just" when referring to my own running. Part of me feels like when I say, "I just," or "I only," ran a 5k or any distance for that matter it sounds arrogant. Let's face it I'm no Kara Goucher. My point being, we should be proud of all our accomplishments, no matter the distance! We should accept compliments with grace and not deflect or belittle them, no ifs, ands, or "justs" about it!

The way I run each race is different. I know that I can exert all of my energy in a fairly short amount of time for a 5k, pushing harder with every step. There does not need to be a conservative start. I hear that gun and run! Shorter distances I work on speed, while for longer distances I am working on endurance.

Working on my speed during my coached workouts has positively affected my speed in distances across the board. I have PRed at all distances this season. A 5 miler with a pace of 7:59 in July (my first time hitting a pace in the 7's, YES 7:59 no matter how close IS still in the 7's), a half marathon September 25th in 1:53:24, and the 5k this weekend. Fingers crossed for the NYC marathon on November 7th. Each critique and comment I hear at track from my coaches I gobble up with enthusiasm and attempt to put them into practice for future runs and races.

This past weekend I had the pleasure of meeting up with 4 other lovely Stridettes (Lana, Lyn, Deb and Kathy) as we ran the Providence 5k, part of our Iron Runner Series. I am so happy that I made the trek to Rhode Island. The temperature was crisp and it was a delicious fall morning. The course was surrounded by the beauty of the changing leaves and the gorgeous homes in the College town. It was a flat course I can't even remember any incline. Yes I know that hills build character, but flat courses bring out the spirit of Wonder Woman in me, so don't take that away from me!

In my mind on the drive to Providence I planned my run with three goals in mind as one of my Cape Cod neighbors taught me to do.

The three goals being . . .

1. A time that I can attain
2. A time that I can work hard and meet
3. My dream time

My third goal was to have a net time in the 22's mind you 22:59 is still clearly within the 22's! Alas as I sprinted into the finish line at the Brown University track my time was 23:01! So close!

So to my 5k brothers and sisters, run fast, run steady, run silly . . . "just" run and smile!