

Race Week Thursday: Enjoying the Journey

By Race Director Linda Maxwell

So we weren't prepared ... we both looked at the temperature but weren't dressed for the wind. It was even earlier than our normal run start time because we both have a busy day ahead. So we chose coffee and a little extra time.

This time gave me a chance to think about the weekend ahead — not all the details I've been obsessing over for the past week (months, since last year's event☺) — but pondering what this event is all about. And I realized that this morning parallels our hopes and dreams for our participants: making good choices to help us stay healthy, but really enjoying the journey.

I hope you all enjoyed your journey to the start line. I know some of you are focused on a good time, fast pace and high finish place, others are focused on getting to that finish line with no time goals, but most are somewhere in between. No matter where your goal lies, my hope for you is that you take on that challenge and crush that goal — but enjoy yourself along the way.

Happy Bellin Women's Weekend!!!!