

Time for New Year's Resolutions



Dedicated runners don't usually have to make a resolution to become active, to lose weight, to run a 5K, etc. at this time of year. They already are doing these things and in many cases have been for many years.

I was recently the guest on a radio show in Glen Rose. The show was called *Live the List* and has been co-named *Defining Audacity*. The DJ is a dedicated runner (who is currently on a streak of running every day for over four years) that interviews famous and not so famous people about their life lists or bucket lists. Drew Myers is the DJ and I can recommend to everyone here to give his show a listen on Sunday evenings from 7:00 to 9:00 if you are looking for inspiration from him or his guests. (You can stream the show on KOME 95.3)

When Drew heard about my quest to run a race in all 50 states, and that I had completed 36 states in four years, he asked me to be on his show.

He told me to plan on about 15-20 minutes, but I was on for almost 40. I mainly wanted to show my passion for running on the show and I think we nailed it. I told the story of how I became a runner at age 64, but most of the show was talking about making life lists of things you want to do. He brings this topic up with all of his guests.

I told him that my list could be divided into three areas -- travel, running goals, and miscellaneous events that I would like to accomplish.

I will let you listen to the podcast to see what some of my goals or resolutions are in these areas. However, I will comment on some of my running goals in this month's column. It was neat that I had accomplished one of those goals the day before. I had always wanted to run two races in the same day. I had run in the Don Zetnick Winter Run in Arlington in the morning and the Jingle Bell Run in Fort Worth that evening.

I opted for the 2-mile rather than the 10K for the Zetnick run. I have run this race three times now and have always done well, but this is one race that brings out the old timers and I have yet to place in the top three. I did come in 4th this year in my age group so maybe next year I can finally win one of the stuffed penguins. It was certainly a pleasure to witness a sub-30-minute 10K (men's winner) and to meet Magaly Soto before she won the ladies division of the 10K. I was lucky enough to train with Magaly a few years back and she is an awesome runner and an awesome person. I did manage 3rd in my age group for the Jingle Bell Run.

Here are some of my running goals that I have yet to accomplish:

Run a race in all 50 states -- 36 down and 14 to go

Run a triathlon - this will have to be a sprint for sure

Run a race in all the Canadian Provinces -- have only done Ontario so far

Run a race in Europe -- maybe this summer

Volunteer as a worker in a race -- I'm doing this for this year's Jiggle Butt

Run a full marathon before turning 70 -- all signed up for one on March 25

Run a race in the morning, Rangers game in afternoon, Moody Blues concert that night -- I have done two of these several times but not all three

Run 1,000 miles in a year -- I ended up with 717.9 this year

I am wishing you all an awesome year of running. I also am encouraging you to write down a list of things you would like to accomplish in the future. Drew ends his show by telling his guests that he would love to help them with at least one of the items on their list. I told Drew that I had added "take Drew to a Moody Blues concert" so he will be able to help me do that next time they are in town.

Here is the link to the podcast. <https://www.spreaker.com/user/livethelistproject/running-wild-after-retirement>