

Pro Active Life 5K Run/Walk

Friday June 12, 2009

Marcia Adams, Finance Wellness Champion

Originally, I was challenged by Wilda Caudle to do this 5K walk. I started out by signing up, included my 11-year-old daughter, London, and asked my friend, Cindra to come along. Cindra also brought along Taco, her 4 month old Chihuahua.



Arriving late, right at the start time of 6:30, I ran around looking for other Finance people on our team but only found Maziar Torabi and Wilda.



The night was perfect, not too hot with cloud cover to beat the heat. Before I knew it, the announcer called the start of the race, the gun went off and so did the runners and the walkers!

Being late, we were in the back with the strollers, other walkers, and we had Taco. It did



not take long for everyone to be moving and off we were to the races, at least those people who were running! Besides Maziar, I know Kalem Juett was also running and later saw him on his way down the hill from the Capitol.



There were several kids, younger than London, running with parents and by themselves and most looked like they had done this before.



Before we got to the bridge across the Kentucky River, the first runners were heading toward us, in their quest for the finish! I also saw a girl

running with her friends supporting her from the sidewalk.

We kept trudging along, with Taco getting all the attention from other walkers and the Support Crew (Wonderful People!) along the route. And Taco made it the whole way on four feet, except when the train came through blowing his whistle before we got to the finish line!

We were near the end of the line, but not the last ones to finish and had the experience of the cheering from the already finished competitors. It was great to be there with others for a



worthy cause). Later, there was an awards ceremony, and my daughter received a medal for being a first timer completing a 5K walk/run. We were out to enjoy the night, the camaraderie, and to raise money for United Way. It was fun and healthy and a cool way to start the summer or end the school year! I'm ready to do it again!!!