

First step out the door the hardest part



Getting that first step out the door can be the hardest part of running, the author points out, which seems to be the case with these smiling participants in the Vintage Run and Wine Festival half marathon in October. [PHOTO PROVIDED]

Then a love affair renews after just a few steps

One of the reasons I love running is that it's the only sport I haven't been terrible at. I was never athletic. Shy and uncoordinated was not a good combination growing up. I didn't even play sidewalk games. Mostly, I think, I was afraid of failing and embarrassing myself, but then in my 30s I discovered running



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and it welcomed clumsy me with open arms. I felt accepted. For once, it did not matter if I was good at it or not. All I needed was my willingness and a pair of sneakers. The road and I became inseparable. I swore I would never let go.

Until now.

Ever been on a diet? I have. I had an intense romance, however briefly, with just about every diet ever published. I

would be so committed to losing the several pounds that had attached themselves to my body. Oh, I would make progress, a lot of progress, until that slice of birthday cake in the office and the leftovers the next day and then ... well, you know the drill. It would be a long time before I would find my way back to another diet. The longer I went, the more difficult it was to get back.

It's kind of the same with running. For years, nothing would stand between me and my run. I would walk through knee-high snow in my driveway, sneakers in hand, to reach the road and change into them, then run my miles.

Rain, heat, nothing would stop me. There was always time - I made the time to run. Then I started taking more rest days, and I mean days. Some were needed as injuries became more frequent. Others were, well ... let's just say an extension of that needed rest. I became good at justifying "my recovery days" with reasons like the climate - "Today is too

cold," or "the wind is too strong so I'll go tomorrow." The more days that went by, the easier it was to find a reason not to lace up.

But during this apathy that sometimes festers, a little voice reminds me of my days on a diet (honestly, the taste of a celery stick still lingers) and how difficult it was each time to get back on track after falling off. Frankly, the thought of distancing myself from running scares me.

True, there have been many runs that have not been easy - some have been quite difficult - but every one of them has given me an enormous sense of well-being and solidified my existence.

Unlike a diet that left me hungry and deprived, running fulfills me in so many ways. It is that time in my busy day when it's just me and my thoughts, me and the road.

So I get past that sluggishness that settles in and head out the door.

Difficult at first, but after a few steps I'm there again, like

Classic holds community recognition reception

In February, the directors of The Classic 10K Road Race presented by Crystal Run Healthcare held a Community Recognition Reception to thank sponsors, volunteers and committee members, and recognize community honorees.

The Classic honored several community organizations in once again donating \$8,000 to recipients. "Crystal Run Healthcare remains deeply committed to supporting The Classic 10K, which is truly a world-class event and an overall amazing experience," said Michelle A. Koury,

MD, Crystal Run Healthcare's Chief Operating Officer and presenting sponsor of The Classic. "The continued success of this event allows for generous reinvestment in our community. The benefits of running, as part of a healthy lifestyle, include a healthy weight, excellent heart function, and mood elevation. This is why I run, and I hope others will join us for this year's Classic 10K Road Race Weekend."

The event will take place June 3-4 at the Middletown High School track. For online registration, downloadable applications and more information, visit www.classic10k.com.

Race calendar

APRIL

1: Washingtonville Scholarship Run 5K. Contact: Lindsay Maguire or Barbara Quinn - Imaguire@ws.k12.ny.us and 497-4000, ext. 22501 or 22502.

1: Orange County 4-H Alumni 5K Run/Walk and Kids 100 Yard Bunny Hop, Education Center and 4-H Park, Finchville Turnpike, Otisville. Register at www.cceorangecounty.org. Call Peggy Kral at 344-1234.

2: Run and Walk for Autism "Hustle for the Puzzle" 5K; 5K run and two-mile walk, Orange County Airport, Montgomery. Contact: Holly Borzacchiello at borzacchiello@yahoo.com or amoc@mhaorangeny.com or 342-2400, ext. 307.

30: 3rd Annual Chocolate 5K Run/Walk, New Windsor. Contact: James Roe at 541-2500 or email chocolate5krun@yahoo.com.

MAY

7: 24th annual Delaware River Run 5K, Port Jervis. Contact: Bobby Bell at 344-7761 or John Faggione at 858-4045. Register at www.delawareriver5krun.com

13: Allyson Whitney 5k Run/Walk, Firefighters Pavilion, Kauneonga Lake. Register at bit.ly/2017AWF5k or contact Katy for info: run@allysonwhitney.org

27: 23rd annual Chester Kiwanis

Hambletonian 5K Trot. Free post race full breakfast for all runners. Contact Richard at 469-7317 or at richiehr@msn.com. Online registration at www.racemenu.com/kiwanis.

JUNE

3: Junior Classic and Citizen's Classic Mile, Middletown High School. Contact: Frank Giannino at 551-8270 or go to www.classic10k.com

4: Crystal Run Healthcare Classic 10K and 12th annual Rowley 5K, Middletown High. Contact: Frank Giannino at 551-8270 or go to www.classic10k.com

11: 21st annual Ruthie Dino Marshall 5K Run/Walk, Middletown Y.M.C.A. Contact: Debbie Brain at 344-9622; register at middletownymca.org

17: Lap4Life 4 mile run/walk, Chadwick Lake, Newburgh. Contact: www.lap4life.org to register or contact Maddalena at 325-3685 with questions.

AUGUST

12: Forestburgh 5K Race/Walk. Contact: Information about participation or a pledge of support, email forestburgh5K@gmail.com.

To get your race in the calendar, email details to sports@th-record.com. For online running content, go to <http://www.recordonline.com/topics/Running-Column>

welcoming good old friends. Accepted, free, so alive.

— Myriam Loor, 55, of Monticello is a longtime runner and founder and race director of the Celebrate

Life Half Marathon in Rock Hill. Email her at myriamloor@hvc.rr.com. She shares her delightful insights into life in "Because It Is I," which can be purchased on Amazon.