

Wexford Echo - Wexford Echo Piece for Publication February 2012

The day I received my registration pack for HOPE AND DREAM 10. I opened and realised my mistake and my heart sank. I realised it was TEN MILES NOT KILOMETERS. Miles; those things they had in the olden days. If you're a young whipper-snapper reading this the only thing you need to know about miles is they are significantly longer than kilometres. I stuffed the card in my jacket pocket and thought "how am I going to get out of this?"

One of my friends told me that because I'm training in winter I needed a skin. I didn't know what that meant so we met and went to a local sports shop and emerged with a Lycra kit that looked like it would fit an action man toy. Apparently the stretchy material breathes and keeps you warm ... or something. I put on the grey skin-tight trousers and long-sleeved top. In the interest of decency I put my normal black running shorts on over it. As I left my apartment, fully prepared to be mortified, I dubiously looked at myself in the mirror and thought "I don't know what I look like". A few minutes later I found out. While huffing and puffing past my local shop a toddler's eyes widened as he clutched his mother's hand startled and asked "Mammy, is Batman having a heart attack?"

I'm not a bad runner. But I always get bored and really dread it. In August I did the Galway 5 mile race in 32 minutes which was a surprise. I had forgotten my watch so I had no idea of time and I didn't have my iPod so I wasn't changing my pace to music. Also I don't know Galway very well so I didn't really know how far I had to go or where I was in relation to the finish line. Apparently an even pace and no 'dread' are important when running. It's all about the attitude. Who knew forgetting your belongings and not knowing where you are could be so beneficial. But I've barely done any running since then and five miles and ten miles require a different level of stamina or as I call it... luck.

At the moment training sessions are still under the 5 mile mark so there's quite a way to go yet. But I'm looking forward to seeing the miles clock up and the training plans are really helping. But I know I need to push myself a bit more and also with the bright evenings on the way I'll thankfully be able to forego the Lycra go-faster stripes in favour of proper jogging shorts. But so far it's an A for Attitude.