

Liam Sharkey

Direct from the course

January 1st, 11.30am. That was the date and time I set myself to start my Hope and Dream journey. For once, I was quite happy with my time-keeping, I was on the road by 12.15pm (slight issue with finding my trainers....back of the wardrobe as usual). Now I know that the first day of the new year is the day that everyone says they are going to do everything except change the world. But thankfully, this year, I had a focus that wasn't going to change the world, but might help change someone's life through Hope and Share a Dream. And if i'm to be honest, without being greedy, to change my own lifestyle as well. Just to say at this point, I get tired after driving ten miles, not talk of running it!

The focus of my training for the 10 mile run, apart from the obvious of raising money for the charities, is to hopefully bring a bit of fun to the event in a couple of different ways. One of the ways is through my Facebook page. I joined Weight Watchers last year, and I did weekly updates on the social network, and had loads of followers. It brought a bit of craic to it, but also great support. I left Weight Watchers for a couple of months, purely due to other commitments, but I'm also back there too since last week, so now, my weekly updates will be WW/H&D updates.

So how did week one go? I'm not going to say it was easy, but it didn't go too bad either. Apart from Day 3.... On Day 2, I decided to push myself and see how much I could do. It turned out that I managed seven miles, doing what I like to call a Jalk. (It's a cross between a jog and a walk) It went well....too well. The next day I expected not to be able to walk. I surprised myself. So much so, within two hours of getting out of bed, I was ready to go again. However, two miles down the road, I was a bit like Michael Flatley...my legs were independent from my body going in two different directions. After wobbling home, I learned an early valuable lesson: Learn to walk before you run. The programmes set by Paula & Gerry are also very helpful, and I hope to use them more over the weeks. So here's to the next few weeks...A lot of hoping and dreaming to come.

Good Luck all,

Liam.