

....really looking forward to the Hope and Dream 10...one step at a time!

The Goal was set – the Hope and Dream 10 mile - and motivation couldn't be higher. I really admire the work of all the people behind the scenes at Hope and Share a Dream and the difference they make in the lives of those affected by illness and their families. We are all affected one way or another and I am delighted to be a part of this event to raise awareness and funds for two wonderful charities ☺

Setting my own goal was next. No-one said we had to run ten miles but it was obviously on my mind. I believe ten miles is a lovely distance to a runner but for someone like me who ran a first ever Charity 5k a year ago and hasn't been on the road since? Eventually I remembered... walk, jog, runone step at a time...so that's what I'm doing!!

A lot of registrants who have signed up for the event so far are walking and if I can break into a wog or jog and whether that be for 5km, 10km or 16.2km will all be a bonus. Re-establishing fitness as part of my routine even after the “race is run” will be the best personal outcome for me.

So steady does it...

It seems like such a long time ago now but I started the year with a week in Spain – a week intended to get my training and year off to a good start. It was just what the doctor ordered, a real tonic. I walked between 6 and 12 kms most days and was delighted when I got back to find I was on track with Gerry's beginner programme – we were on the road! To keep a momentum going, away from the sun, I've now re-joined the Riverside Leisure Club and it's great to be back! My plan of action now is just to get stuck in. I've gathered a few walking buddies along the way so it should be fun too and we are recruiting more all the time!! Looking forward to it now...one step at a time!

www.hopeanddream10.com