



Day of the Dog

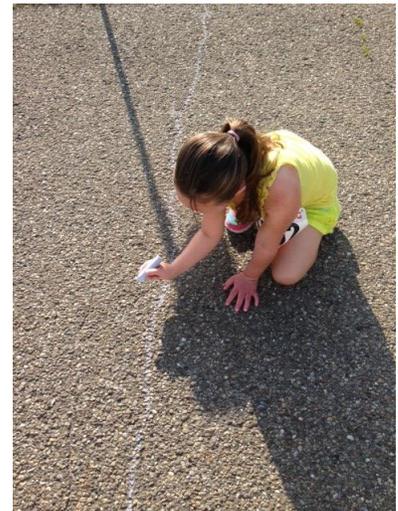
Last week I mentioned that we did a virtual 5k with Little Miss Sunshine, and I told you I would tell you more about it this week in case you wanted to do something similar. We decided to do a virtual race because we could do it anytime and in our own neighborhood. We decided on the “Day of the Dog 5k” by Moonjoggers, because Little Miss Sunshine *loves, loves, loves* dogs.

First, simply register and pay online. The company sends you your bib to pin to your shirt while you’re completing the race and a high quality finisher’s medal. For this event, I registered and Little Miss Sunshine registered... everyone else was just along for the ride! Ha! Once registered, you have a certain length of time to complete your race and report your time – from most races I’ve seen, you usually have a month or so within which to complete the event.

Once we received our numbers and our medals, it was just a matter of us finding a time to do it. Ours was actually pretty last-minute. On Sunday afternoon, we decided to do it early that evening. I texted Kim – he said he’d come. I texted Michele – she finished canning like a mad woman so she could be a part of it. I put a message on Facebook for folks in the neighborhood to be on the lookout for Little Miss Sunshine 6-7:00, and if they saw her, please cheer for her. They did not disappoint!

A few minutes before I walked out my door, my mom and aunt showed up at my house. “Good! You can go down the hill to the road and cheer when we walk by,” I said as I quickly explained what was happening.

We converged on Little Miss Sunshine’s house. We used sidewalk chalk to make a start/finish line on the road. I’m not sure who was more excited: the adults or Little Miss Sunshine. At 6:00, we were off! As we walked by my road, Mini Miss Sunshine, a 16 month old walker, and her parents were walking down the hill to cheer. Well, Mini Miss Sunshine saw us and came running through the grass like the opening scene from *Little House on the Prairie*. I said something to her parents, picked her up, and off we went again. Little and Mini were so cute together walking... we start them young! When Mini got tired, which was not often, I’d pick her up and carry her.



We walked by one house and one of the neighbor’s yelled for Little Miss Sunshine. We approached another corner, and we had someone else come to their front door and give a shout! We made our first loop, and there was our buddy Wray sitting on his porch, “That’s one! Keep going! You can do it!” So we did...



Mini took a break on the second mile but joined us again with her mom and dad on the final mile. My mom and aunt cheered and another neighbor joined in the celebration, “Go Little Miss Sunshine!” (Yes, they actually used her real name.) On the final mile, Little Miss Sunshine was staying back walking with Mini. At one point she yelled ahead to her mom, “You go ahead!” It was so cute. She kept saying things like, “Crystal, she’s going to be a walker just like us!” I hope so!

At the finish line, Wray and Little’s dad were cheering. Her mom, Heather, and Michele finished first, so they were taking pictures. I think we had a few yards left, and don’t you know the little squirt said, “Race you to the finish, Crystal!” That kid is fast!

If you want a low-key way to have some fun with your kids while walking, I definitely recommend doing a virtual race. They get the bib and number, you can do it anytime, anywhere, and you can get friends and family involved. You can make it into whatever type of event (or non-event) you want. Plus, all the proceeds go to a charity. Can’t beat that!



Stay tuned... I’ve had a request for information on foot care, so I’ll work on an article for you. I might split that up into smaller topics like blister prevention, shoes, inserts... I’ll keep thinking the request! Other topics to come: easy ways to carry water when you walk, lights and reflectors for night walking, and the 3 things I don’t walk without.