

## Our Baby Won the Overall 5k!

### Description

Yep, Avery and I won the entire 5k! Technically, since she was in front of me as we crossed the finish line [in our first race together](#) last Saturday, June 7th, she was the winner.



This picture confirms I was just the weird shirtless guy behind his speedy, first place princess. And check out the gap; no one in sight. After seeing the race results posted, we had a very comfortable lead of around 5 minutes!

RESULTS BY COX RACING SERVICES

#### 2014 Race for Family 5K

Presented by The Potter's House of Fort Worth

Fort Worth, TX

June 7, 2014

#### 5K OVERALL FINISHER RESULTS

[www.coxraceservices.com](http://www.coxraceservices.com)

| Place | Bib # | Name         | Gun Time | Chip Time   | Pace | Age | Gender |
|-------|-------|--------------|----------|-------------|------|-----|--------|
| 1     | 785   | RC Liley     | 0:19:50  | 00:19:40.26 | 6:21 | N/A | M      |
| 2     | 743   | Lloyd Gatobu | 0:24:53  | 00:24:48.30 | 8:00 | 34  | M      |
| 3     | 832   | Kevin Tinzy  | 0:25:43  | 00:25:40.59 | 8:17 | 46  | M      |

Honestly, though, it was a very small race and I don't think anyone else took it very seriously. My thoughts were confirmed after the race director and photographer yelled my name and asked me to run back across the finish line so they could get a picture. Yep, not kidding. Glad my lovely wife was there to take pictures!

Our day started before sunrise, but we were still very late to get on the road. The race said it started at 7:30am and we left our house at around, ohhhh, 7am. Did I mention it was about 22 miles from our home? Yeah, go us.

Going Mom, diligently drove us to the location we input on our GPS, but only one problem, the race wasn't there! Thankfully, my mom just had the same thing happen to her and her boyfriend Paul, and they found the actual race location.

It wasn't too much extra driving, but since the surrounding area has a history of being the bad part of town, we weren't trying to take the full tour. The park where the race was held used to be run down and only a popular place for the homeless to hang out. But recently, it was cleaned up and is now

an inviting family-friendly park with trails. The surrounding area is still less than stellar and not a place weâ€™d go to often ever again.

Back to the story, we made it to the race with a few minutes to spare thanks to a faulty microphone delaying the pre-race warm-up. My mom picked up my bib which I hurriedly pinned on my shorts and situated Avery in our B.O.B. stroller.



She had her game face on and was ready to roll! Traditionally, I made quick use of the port-a-potty since I *a*lways have to use it right before a race starts, then we got in line waiting for the signal to start.

Another key indicator of the size of this race was the start was sounded off by someone saying "Ready!..go" in a low tone and without a microphone. For any decent sized race, it wouldâ€™ve been hard to hear, but for this one, we heard just fine.

Iâ€™m not one to push myself up to the front of the line in races, so I just tried to find a good spot in the middle where the stroller would fit. After we crossed the start line, I began weaving around the other runners/walkers and within 2 minutes we were only behind one person.

I kept sight of the other runner, but once we hit a slight incline, he started pulling away. Meanwhile, behind me, there was emptiness, so Avery and I only had to focus on the one guy in front.

Surprisingly, when we made it to the turn around point, he stopped and just waved us on saying to turn around and just go back the way we came. Ha, he was part of the event acting as the race leader, not a participant! At that point it was just a competition with myself to see how fast Avery and I could run a 5k.

Iâ€™m happy with the sub-20 minute time as I was just hoping to get under 22 minutes. Immediately after finishing, I set out to complete my last set of 30 burpees before turning 30.



As Avery and I were basking in the glory of triumph (or maybe that was just the sun), Kelley captured our victorious moment.



As you can tell, Avery was overly ecstatic about the whole ordeal!..

Everyone at the event was warm and inviting and it was obvious the majority of the folks were all from the same church. Their church put the race together and the proceeds went towards the fight against family obesity.

This is what motivated me to sign up for the run, and I am happy we did since I obviously have [strong feelings towards living a healthy life](#)! I love being able to show our girl how to live a happy, healthy lifestyle!



We made sure to hang around for our 1st place overall medal, and thought I'd get a second medal for my age group too. By the way, another sign that a race is small is when their age group awards go from 0-6, 7-12, 13-17, and then 18-64. But, when they made it to the 18-64 awards, I was never mentioned.

Not that it was a huge deal, but I would like to get a medal if I am supposed to. Greedy? Maybe, but it's only because I earned it fair and square. Anyway, we accepted our single medal and left to have coffee and breakfast. As we were driving with my mom and Paul in front of us, I looked at my bib and quickly realized why my name was never called for the 18-64 awards!



Notice the age of 0 and Gender of F? When I filled out the online registration form, there was another form for children 6 and under. I didn't understand why since they are free, but I filled out Avery's information just to be safe. Well, somehow they lost her name and my real information, and kept my name and her information.

I'd say that takes the father-daughter race up a notch, and someone, somewhere, might be thinking "Holy crap, that's a fast 0 year old!"

Such an eventful day at was only 10 in the morning! We spent the remainder of the day with my mom and Paul to celebrate my birthday since we wouldn't see them the next day on my actual birthday.

After leaving the race, we headed to a restaurant called [Brewed](#) that serves excellent coffee from local roasters who source their beans through Fair Trade. We enjoyed ourselves there before heading out to sight see a little and then go to a local craft brewery, [Martin House Brewery](#).

Yeah, weâ€™re starting Avery early with the beer scene, but I donâ€™t think she was too aware of what was going on anyway.



The entire day was great and spent in good company, but Iâ€™ll tell you about it in another post. For now, this 30 year old dad is tired and needs to rest his aging body.

**Ever catch a typo or information error on something about you when itâ€™s too late?**

**Do you enjoy craft beer?**

**Any local breweries near where you live?**

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