

1st and 2nd Place and Our Daughter Feeds Her Face

Description

Rhyming, it just comes naturally as a parent, donâ€™t you think?

So, um, wow, the weekend is gone! Going Mom had four days off and now theyâ€™re all gone; what happened?! I guess thatâ€™s what happens when youâ€™re having funâ€¦!

On that note, Kelley, G-Ma, Avery, and I had a fun and exciting Memorial Day. The day started not bright (because the sun wasnâ€™t up) and early as we had to get ready to head to [my last 10k race in my twenties](#). Kelley actually had to wake Avery up for a change, but she didnâ€™t protest about it at all! I wouldâ€™ve lost that bet.

It was a cloud-covered morning with a light rain at the race, and it didnâ€™t let up until after everyone finished running. I, for one, happen to love running in the rain as long as itâ€™s not cold, so the conditions were perfect to me. We arrived a little early, so I just hung out with my beautiful support crew for a while.



Luckily, my concern about using the bathroom before the start was never an issue and I was â€œrelievedâ€•! I donâ€™t know, do you think I was just a little too excited about this?



Maybe I was, but itâ€™s better than being really bummed, true?

The race started with both the 5k and 10k runners at the same time, and then we split about 2.5 miles out. I had a great pace to start with and was able maintain it through the finish. I really had not clue how I would do since I only had a few solo runs and the rest have been with Avery in the stroller and our dog, Abby.

I didnâ€™t say it out loud, but my goal was to finish in under 40 minutes, and I just barely made it with a time of 39:59.7! Holy crap, itâ€™s hard to get any closer than that! With an average pace of 6:26/mile, I surprised myself and am very happy with my time. My wonderful and supporting wife, mother, and daughter were at the finish to cheer me on which helped give me that extra push.



I was maxed out at that point! A big thanks to my wife for snapping this action shot! My time put me 1st in my age group, 25 to 29, and 2nd overall. It wasnâ€™t a huge race, but Iâ€™m still proud and feel good about it being my last solo race before getting bumped to the 30 to 34 bracket.

Even though I was gassed, I knew I had to get my daily dose of 30 burpees in while I was still warmed up, so I found a spot on the sidewalk and went to work. Thanks again to Kelley for capturing the moment.



Then, probably against her will since I was still sweaty, I posed for a picture with my beautiful mom.



It took forever for all of the awards to be announce, but finally they got to the 10k runners and announced my name. I brought Avery with me and she was given the medal for placing.



She deserves it for being such an awesome baby the whole day! Love our little girl!

Speaking of awesome, our little girl is catching on to eating solids more and more each day. I just posted about her [first actual consumption](#) and how I had to “help” by holding the food to her mouth, but now she’s using her own hands!



This was on Sunday before G-Ma arrived to witness what I thought would take forever! But, without my assistance this time, she brought both broccoli and carrot to her mouth and actually ate a little of both!



And, as we all know, along with the consumption of solids, comes the ejection of poop! Avery blessed us twice with the confirmation of her new food groups and needless to say, I installed our diaper sprayer posthaste. Now I finally get to put our [Spray Pal](#) through its first test! I'll let you know how it goes soon!

Since G-Ma missed out on Avery eating on Sunday, we decided to try another BLW moment after we arrived home from the race. I'd say she's definitely getting the hang of it now; look at that firm grasp on the broccoli and her delicate bite into the floret. Attagirl!!



Good things happening around here! It's sad when a great weekend has to end, but I know there will be many more great times ahead! Times like spraying a poopy diaper for the first time or something like that. :/

Okay, I'll leave it at that for today. Hope everyone enjoyed an extra day off and made sure to remember those who gave the ultimate sacrifice. Have a great day!

Any plans for a race of your own yet? Do you even care?

I'm still being stubborn and don't want anything too sweet, but any suggestions on what to try feeding Avery next?

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