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Monday, April 29, 2013

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## The Runners Blog

Written for runners of all strides

### That first 5K

Wednesday, April 10, 2013 by: [John Splendido](#)

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I remember when I first started running in 2006 I would run one day and then take a few days off, then run again, followed by a few days off. Between struggling to finish those 2-3 mile runs and being sore for a few days after, I was not having fun and was finding it difficult to motivate myself to get back out there and run. I would do it, but only when all the stars aligned and I felt like I CAN run again today.

That changed when Karen and I signed up for our first 5K. It was the Susan G Komen for the Cure 5K in October 2006. We were going to run it in honor of her Aunt Judy. It was a great race. Karen and I made special bibs and ran the whole race together – crossing the finish line raising each others hands. That first 5K changed everything. It felt great to have a purpose behind my runs – both mentally (running to support a cause that had hit our family) and physically (running to get in better shape to have a 'good showing' at my first race). Signing up for that race motivated me to run more and once I started I couldn't stop. It started my love of running.

With that in mind, and since spring has finally sprung, I thought I would list some local 5K's that are coming up. Maybe just like it did for me, signing up for that first 5K will help new runners or those coming back after a winter hiatus kick it up a notch! If you are intimidated by the idea of your first 5K – don't be. You are not alone – I still get butterflies in my stomach for each race. Just go into it with the mindset that you are not racing everybody else – you are only 'racing' yourself. If this is still not enough, then there are many Couch to 5K programs available including [Fleet Feet's No Boundaries](#) program.

As you can see – the rest of April is packed with 5K's. Spring is a great time for a run!

#### Saturday April 13th

Schoharie 5K Run/Walk – Schoharie  
6th Annual Peppertree Furry Fun Run – Saratoga  
Bacon Hill Bonanza 5K Road Race – Schuylerville  
Rotary Five 5K – Queensbury

#### Sunday April 14th

25th Delmar Dash 5M – not a 5K but a great race!  
Hosner Fitness 5K Run for recreation – Amsterdam

#### Saturday April 20th

Run 4 Vocations 5K – Colonie

#### Sunday April 21st

Quad Commons NY Service Business leaders 5K Run for A cause – SUNY Albany  
Red Cross 5K – Colonie

#### Wednesday April 24th

Albany County Bar Association Law Day Run – 5K – Colonie

#### Saturday April 27th

10th Spring Run Off 5K and 10K – Albany  
Miles of Hope Breast Cancer Foundation 5K / Kids Run – Lagrangeville  
Cider 5K Run – Fly Creek  
3rd Annual Great Mom's 5k Fun Run/Walk & Kid's Race – Bethlehem  
kLaVoy5k – Saratoga

#### Sunday April 28th

Dragon's Pride Run 5K and 1 Mile Kids Run – Saratoga  
Cherry Blossom Race for ALS 5K – Niskayuna  
St. Jude Giants 5K – SUNY Oneonta  
OCC 5K/10K Rescue Run/Walk – Newburgh  
TJM Run for Lung Cancer Research 5K – Vergennes, VT  
Shack Attack 5K Race/Walk to Benefit HopeClub – Colonie  
Helderberg Valley Football 5K – Knox  
Sean's Run 5K – Chatham

Hudson Valley 15K race & 5K Fun Run/Walk – Blooming Grove, NY

Thanks to the Hudson Mohawk Road Runners Club and the Albany Running Exchange for compiling such vast and complete race schedules for our area. For more information on any of these races check out the [HMRRC Race Calendar](#) or the [ARE Race Calendar](#).

As for me I will be running in the [5th Annual Cherry Blossom Race for ALS 5K](#) in Niskayuna. It will be my 5th running of this race. You can read about last year's race [here](#). I love running

this race. Not only is it for a great cause, but it is on my home turf! Literally! I get to race on my training route and at one point my kids can cheer for me from our front porch. How cool is that! I hope to see some of you there. My kids like going to this race when it is over for the crafts, games, vendors and BBQ too (btw I just saw that it will be a Griffey's BBQ this year – added bonus!).

For those of you signing up for your first 5K – enjoy! My best word of advice would be to set a realistic goal – probably the best of them all is to just have fun. Then after you cross that finish line – take in the fact that you just did that. Sweet.

**Anybody looking to run their first 5K or race soon?**

**What do you remember most about your first 5K?**

**Any tips, advice for other runners contemplating their first 'race'?**

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[Sumo Runner](#) says:

April 10, 2013 at 9:20 am

Oh, you always remember your first time. Well actually, I had to look it up. I started running road races in 1978 and the first 5K I did was in 1981. They were not as ubiquitous then. 10K and beyond was more the norm.

My first 5K was at the Racquet Club on Shaker Rd, which is now Afrim's. Went straight out toward the airport and back. People claimed it was a bit long. It was not especially memorable for any other reason, not very well organized.

If you lump together 3 milers and 5Ks, I've done about 150 of them since and I could probably tell you some small detail that stuck in my mind about every one.

[John Splendido](#) says:

April 10, 2013 at 9:21 am

150!!! amazing. awesome.

[b](#) says:

April 10, 2013 at 10:50 am

My first official 5K was the Troy Turkey Trot in 2011 after talking about signing up for it for years and years, I finally bit the bullet. I'd run 3.1 miles before, but never in a race. I was shocked when I finished about 5 minutes faster than my usual time. Race day adrenaline does wonders for speed! Since then I ran the Turkey Trot again in 2012, the Freihofer's in 2012, the CDPHP Workforce Challenge (except this one is 3.5) and planning on doing the Freihofer's again in 2013! I have dropped a minute and a half off my mile time, and about 3-4 minutes off my overall 5K time without race-day adrenaline since November so I'm excited to see what happens at the Freihofer's this year!

[John Splendido](#) says:

April 10, 2013 at 10:58 am

B – I agree. Nothing like the adrenaline of race day to get your motor churning a little faster!

[Jen](#) says:

April 10, 2013 at 2:23 pm

My first 5K was the Freihofer's Run for Women in 2009! I remember slowly jogging the 5K and finishing with tears in my eyes because I couldn't imagine finishing a 5K Run!! I remember feeling so amazing along side of all of these other strong women! Three years later I had the same happy feeling when I was crying at the finish of my first marathon. Such a great feeling!

[Janelle](#) says:

April 10, 2013 at 3:11 pm

My first 5k was in 2011 in Saratoga. I didn't have a lot of training behind me, or that many miles when I signed up. I honestly never thought running a 5K was possible at all. I run (no pun intended) a mommy group in the Saratoga area and created an exclusive running group just for us. With out that support and motivation, it would have never been possible for me. Till this day at almost 36 weeks pregnant I will be waddling (walking) my first 5k this year at the 34th Annual St. Peters run in the Saratoga State park in less than 2 weeks. It will be my friends 1st 5k and I am so excited to walk with her! It's a milestone like no other.

[John Splendido](#) says:

April 11, 2013 at 6:24 am

Awesome Jen. I cried at the end of two of my marathons. Once because the pain was finally over and once because of joy!

Wow Janelle – I am always amazed and in awe of those that can keep running/walking all the way through their pregnancy. Good for you!

[Sumo Runner](#) says:

April 11, 2013 at 8:25 am

The Cherry Blossom and the Shack Attack are on the same day. I've run them once each. I did the Cherry Blossom in it's first year in 2009 and I was not pleased with the organization, somewhat amateurish. Results took forever since they weren't using chips back then, so I never went back. I suppose the race director has more experience now so it might be better, but once I abandon an event, I seldom go back.

The Shack Attack was new last year, but it was in June, not April. I got 2nd place 60-69 which always pleases me and the organization was acceptable. The Shack is at the Crossings, which is a flatter course, not that the upper Union neighborhood is hilly but there is some rise and fall to it. On the other hand, the Crossings can be nasty on a warm sunny day since it has very little shade anywhere.

[John Splendido](#) says:

April 11, 2013 at 8:32 am

I agree with your analysis of year one, but it has gotten better each year. Results are much faster now, too. It is not the flattest course, but it is a nice course (tree lined Old Niskayuna neighborhoods)...and it is my stomping ground 😊 There are a lot of 5K's going on around the region and they all have there pluses and minuses...but they are all fun!

*Rachel* says:

April 11, 2013 at 8:59 am

My first 5K was last year at Freihofer's Run for Women. It was wonderful and so much fun. Really got a lot out of the Couch to 5K training program at the Crossings. Going back for Freihofer's again this June!

Jogging/running always seemed scary to me before I started training the right way. I just tell people I just bounce along.

*Skip* says:

April 11, 2013 at 9:53 am

I made the mistake of training on a treadmill for my first 5K at the Turkey Trot...that was a painful lesson. Now I train on the hilly roads near my home and am running in the Schoharie 5K this Saturday.

*Ken* says:

April 11, 2013 at 5:17 pm

I remember the soreness after my first 5k 6 years ago this week.(Captain Timothy J. Moshier Memorial 5k Run / Walk); 7 minute miles amazed me, and I was about that sore after my recent 13.1 at 6:35 pace. I hate the racing because of nervousness and I can tell you that I'm as nervous now as I was 100 races ago – bothered all week in anticipation. Often 5k's upset my week me more than marathons. I like the feeling after, but can't tell you that a stressed week is worth it. I always think so after the race though.

I found a photo of me running one in the late 90's before I was a "runner", but I can't find results anywhere – I think it was a father's day 5k out of Hamagrael school. Would love to find the results.

*Sumo Runner* says:

April 11, 2013 at 8:25 pm

The first listing of the Delmar BOU Father's Day 5K on the HMRRRC site is 2000 even though it says that was the 26th running. The race was very small, only 55 finishers.

Online results prior to 2000 were sparse, the farther back you go, the less likely it would be. It was more common to find them in the back pages of the HMRRRC Pace Setter, but small local events often didn't bother. If you didn't see them on site, you never saw them.

*Adrienne* says:

April 13, 2013 at 1:27 pm

WooHoo! The Run 4 Vocations is listed — thank you!!

I was going to walk/run that but now I'm not so sure. I've come down with a head cold and I haven't been out walking/running in at least a week, if not two. The tingling in my hands & feet really freaked me out. I think the tingling in my hands is actually caused by nervousness. It's the sensation I'd get as a kid when climbing a tree ... I didn't mind it then. Mind it a lot now :-/

Adrienne

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