



Hundreds of runners gathered for the 15th Annual MCVET 5K and 10K races held in Baltimore, MD.
Photo: (Photo by Deborah Green/Examiner.com)

Celebrating National Running Day: Reflections on running your first 10K race

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By **Deborah Green**, Baltimore Fitness Trends Examiner

On Sunday, I competed in my first 10K race running in this year's [15th Annual Maryland Center for Veterans Education and Training](#) (MCVet) 10K run held at the War Memorial Building in Baltimore, MD.

It was a hot, humid morning as 269 runners lined up at the starting line. My eyes were lurching and I could feel butterflies in my stomach as I positioned myself for the start of the race.

Within a few seconds the official blew the horn and we were off racing. I took off flying down the road and led as the first female in position for the first few miles before two other female competitors caught up to me.

They were strong and fast and I just wanted to hang in there and try to at least finish the race. Finally, with a mile to go, I was able to hang on and run close with a few male competitors and finish the race.

When I crossed the finish line, my dad was right there waiting to congratulate me, "Good run, sweetie," he



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said.

I finished third in the [Female Open](#) with the time of 46:25 and 26 place overall out of 269 runners. My mom called me later that day to remind me that it was my first 10K in 10 years.

I couldn't believe I forgot that I actually ran a 10K race ten years ago, when I was in high school. Well, it's been ten years, so it completely slipped my mind.

Back in 2000, I ran the [Avon Running 10K](#) at Rash Field in Downtown Baltimore. Several prominent runners competed in that race; including, mid-distance elite runner and coach [Alisa Harvey](#). At age 16, I finished first place female for my age group and 30 overall with the time of 44:48.

It was a great race and I enjoyed every minute of that race, even the agony of counting the mile marks and reaching my hand out to get a cup of water, hoping that I wouldn't drop it before I took a sip to quench my thirst.

On the men's side, in the [MCVet's](#) 10k run master racer [Maurice Pointer](#), 54, of Baltimore, MD, captured double victories in the men's masters' 5K and 10K races- something he's never done before.

[Pointer](#) who competed in the 5K race earlier that morning, lined back up at the starting 30-minutes later to sweep the 10K master title in 37.20. Lynda Layson, 49, of Severn won the female masters 5K in 21:49.

Pointer's teammates [Ronnie Wong](#), 63, and [Cynthia Evans](#), 54, medaled in their age group divisions. Wong captured first place for the 60-64 age group in the 5k and 10K races and Evans won first place female in the 5k and second place in the 10K for age group 50-54.

Have a race story or memories to share in celebration of [National Running Day](#)? Post your stories in the comment box or email me at deborahgreen01@gmail.com.

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