

A Woman's Journey by Yvonne Stearn

Many moons ago in ye old English village named Ackworth a middle aged woman waved her husband off on his steed of Adidas Supernovas. He gave his usual battle cry. "Why don't you join me at ye olde running club?" To which the woman replied, "Martyn you know I don't run."

Months came to pass and the woman was getting fatter by the minute, infected by the dreaded plague ...Menopause. Eventually she decided to battle the plague that was befalling her by trying a well-known treatment. It was pricey, it was embarrassing but if done correctly would aid her in her quest. On entering the establishment of ye olde fat club the woman met a fair maiden called Linda. She made the vicious plague seem normal, beatable and helped the woman settle in. Hereby a strong friendship was forged.

The woman and the maiden were starting to win the war on the plague but needed to go into the second phase of attack....exercise. Although the woman went to the gym it was a half-hearted attempt at getting fit.

The maiden Linda suggested they amble over the nearby hills known locally as the Turkey Tracks. After a month or two the maiden introduced new vocabulary into their conversation. "I have an app." she said and then spoke the words the woman dreaded. "Shall we walk for 1 minute then run for 1 minute. This app will help us in our quest."

The woman died a little. What would she tell her man, on his supernova steed? He would be exuberant and expect great things of her. But, determined to beat the plague she cheerfully agreed and so her running journey began.

She had to buy her own steed choosing Adidas Glide. They served her well. Who knew steeds came in so many designs and colours?

The maiden Linda had not finished yet. "Shall we join ye olde Sweatshop Running Community?" The woman had heard of this establishment from her man and was filled with dread but said weakly "Yes." After a few meetings at this establishment the maiden Linda spoke again "Shall we enter a 10K?" The woman thought she needed a new friend at this point, but worse was yet to come as the maiden continued to speak "I think we should join Ackworth Road Runners. It will help us in our quest for fitness and speed".

How could the woman and the maiden know how much this would change their lives, and how far their steeds of rubber would take them?

The Woman (Yvonne Stearn) May 2020