

FYP : Find Your Pace

Are you thinking about taking on a physical, mental or emotional task that feels bigger than what you believe you can handle? Do not despair. You can tackle this at your own pace. Whether it is an actual 5-mile event where your pace brings you past the finish line long after everyone else has completed the race and gone home, or your plans for obtaining your master's degree at age 39 includes also first finishing your undergraduate studies while working and raising a family, or maybe you have suffered a physical or emotional tragedy and are struggling to find your new normal, please know that there is a pace that is right for you only you.

Although there are behavior targets for meeting these and other types of challenges, only you can find the pace that is right for you. It is not about how fast or how good you are at it, it is about getting started at your pace and progressing to where you can. Don't let norms and the standards of others keep you from running your race.

If you are meant to lead the pack, you will. If you are supposed to be steady and surefooted in the middle or possibly you are the one meant to be pushing others to their best from the very back of the race, find your pace and go after everything you have ever wanted!



As a senior in high school at age 17, former resident and club member Hank Van Joslin broke his lower back leaving him with no movement from the waist down . A determined young man, he did not stay home or check into a convalescence hospital, instead he went off to college where he spent the first year and half hobbling to his classes and attended these laying on the floor. Today, he walks only aided by foot braces, and although his back continues to give him problems, he is an avid runner and spends quite a lot of time on the tennis courts at Carlton Woods. When talking about these two activities, Hank says he is “hoping to find his tennis game” and that he has “found his pace” at the very back of the pack in the 10k, 10 mile and half marathons he has participated in over the years. To hear Hank's story go to <http://www.findyourpace.org>.