



A Note from Executive Director, Lisa Zimmers

When Pigs Fly

This weekend marks the 25th running of the Flying Pig Marathon. The race began in 1999 but was canceled in 2020 due to the pandemic. The event brings a great deal of commerce and camaraderie to the Queen City. I'm not a runner but I can walk until the cows come home.

This year, I have an expanded appreciation for the Flying Pig. My daughter, Kelsey, who is my middle child will be running the full marathon. This is her first marathon. She previously completed the half marathon at the Flying Pig in 2019. In 2022, she and I did the 10k. She ran and I walked. She was also expecting her first child and had just hit the 7-month milestone. I will be walking the 10k again this year and I've convinced my husband, Jeff, to join me. Kelsey will not only be running the 26.2 miles on Sunday morning, but she is also running the 10k (6.2 miles) and 5k (3.1 miles) Saturday morning. Kenzie, who is my youngest, will join her for the 5k run as well. Kenzie has to pace herself because she has a big soccer match on Sunday and needs to conserve her energy for the game.

Race weekend is an exciting time for many Cincinnatians. It draws people from all over the world. I always meet new people when walking in events such as this. I find it fascinating to hear how far they've traveled to join in the celebration. People start training for many reasons. Some have told me they needed an outlet for stress, some want to prove to themselves they could achieve something or to bring awareness to a particular cause. Others just enjoy the thrill of running. The uniqueness of each individual always amazes me. I don't find myself surrounded by stellar athletes. The body types vary and they're often not long and lean. I was very surprised when I first attended a race and saw the very normal physique of many participants.

No matter what brings someone downtown for the event, they had to do some planning and preparation to get there. Beyond the physical preparation, there is registration, packet pickup and road closures, there are processes that have to be completed. We're all essentially in training for something. Most of us aren't training for a big race but we're looking ahead to prepare ourselves to live our best life. Whether it's committing to a healthier lifestyle, saving for a big purchase, or completing coursework for a chosen career, we have to commit and follow through in order to achieve results.

In order to accomplish anything, we have to get started. The first step to getting started is planning. Many wonderful initiatives stop there. They're a concept or an idea. Good intentions don't produce results unless they're followed up on. We don't achieve anything on talent alone. An aspiration, coupled with tenacity, perseverance, resources, and some good fortune along the way can become reality but it doesn't happen overnight. Keep moving forward to achieve your goals.

Lisa Zimmers