

YO, ADRIENNE!

ADRIENNE L. THOMAN



Photo: Debra Schell Photography

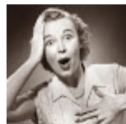
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"Oh, it's not really gambling when you never lose." Jennifer Aniston That's right. I made a bet with my sister-in-law...



[Snake Charmers?](#)

Me and Rita: Currently in a pickle! The Thoman boys have yet again put

me and my sister-in-law Rita in what I consider to be a very big...

FRIDAY, NOVEMBER 28, 2014

Thanksgiving Morning: Sore Muscles and a Full Heart

I woke up EARLY on Thanksgiving morning excited to run the [New Cumberland SMT Turkey Trot](#) with family and friends. But when I woke up, I almost had to roll myself out of bed. I was SORE (I did reverse lungs with [Derek](#) at Tuesday's training session and my legs were fighting back)!

As I rolled myself out of bed (slowly), I realized that my sore muscles were actually something to be THANKFUL for (just don't tell [Derek](#) that I said that)! Here's why...

1. I still have the ability to move, dance, squat, walk, and run. And [as I've said before](#), that is definitely something to be thankful for! Many cannot - and it's important to keep that in mind every time I lace up my sneakers to head out for a run or a Zumba class. Check out [4D](#) and read about Jeff Fazio's story - he ran 50 5K's in 50 states in one year - all in support of those that can't run.

"Who was I to question a second lap when so many don't even have the option of attempting the first one?" Jeff Fazio

2. After a year filled with a good bit of stress and some extra pounds gained, some post-workout soreness means I'm still in the battle. I'm not where I want to be, but darn it, I'm still in the fight! And that's important to remember. Remember this quote from Rocky?

"Going in one more round when you don't think you can - that's what makes all the difference in your life." Rocky Balboa

3. My legs may be sore, but my heart is FULL! Even with my jelly legs, I made it to the Turkey Trot and shared those three miles with an amazing group of friends and family. And as we ate our post-race pumpkin pie, I was reminded to be THANKFUL for the company I share along the course (in the Turkey Trot and in life)!

Lessons From My Grandfather: Remembering Glenn Helt

This morning I found out my grandfather, Glenn "Paw-Paw" Helt, passed peacefully at the Harrisburg Hospital. As we begin to say o...



Yo, Adrienne!: Cunniff Edition

"We'll be Friends Forever, won't we, Pooh?" asked Piglet.

Even longer,' Pooh answered." — A.A. Milne , Winnie-the-Pooh...



Fear, Freddy Krueger, and My New Job

We talk about FEAR a lot around Halloween. We watch scary movies with terrifying baddies like Michael Myers , Jason Vorhees , and Freddy K...



Catching Up With Coworkers

Kate showing me the ropes! Two weeks ago I was sitting with

Kate Savidge, Central Penn College 's Enrollment Events Specialist (now...



Team Perry at the Wild Half

Christmas 2013. Perry had been dealing with the

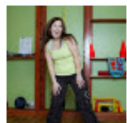
reality of ALS for two seasons. We watched him go from cane, to wheelchair, to motorized whe...



Timeline: Falling In Love With Matthew Lillard

Valentine's Day (February 14, 1998).

After masterfully turning recycled egg cartons into little tulips (Take that, Pinterest!), I we...



For the Newbie Zumba Instructors

There are a lot of things I love about being a Zumba

Fitness instructor. I love the amazing people I meet, I love the music, I love the danc...



Numbers and the Nike Half Marathon

13.1. That was an important number for me this weekend. On

Sunday, I participated in the Nike Women's Half Marathon in



What are you thankful for this year? Share in the comments below!

Posted by [Adrienne Thoman](#) at 9:12 AM

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