

SoPAC Inspiration

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I was excited when I learned that the 1st Annual Section on Pediatrics Annual Conference was going to be held nearby in January of 2010 (I live in the Tampa, FL, area, close to Walt Disney World in Orlando). I signed up and decided to bring my family along to play at Disney during the course. Since SoPAC was (and continues to be) designed to coincide with running events, this initial one was timed with the Walt Disney World Marathon Weekend. We paid little attention to this until we started seeing lots of people walking around the parks with medallions. Interested, we asked a few people about it, and learned they were the rewards for the hard work of completing a race. The inspiration was set! My wife and I started running the next week, increasing from 2 miles on our first day to 4 miles, our first 5K run 2 months later in March, and our first Half Marathon in October 2010. Here we are now, having completed an event in every RunDisney event during 2011 (Half Marathon during the Walt Disney World Marathon Weekend in January, Princess Half Marathon in February, Champion 5K at ESPN the Weekend in March, Expedition Everest Challenge 5K Adventure Run in May, Disneyland Half Marathon in California in September, and Wine and Dine Half Marathon in October), all of which are represented by the medals in the picture! We are now training for our first full marathon in January at Walt Disney World. We certainly took the connection to fitness seriously. All inspired by the first Section on Pediatrics Annual Conference!

