

“Taking ‘Baby’ Steps to run the MCM 10K”

WASHINGTON DC-- Being pregnant while running or exercising is no easy feat, but Ana Lincoln seemed to just make it work. Even when she went running with her husband and could barely outrun a few elderly ladies going for a walk, Lincoln still got outside and ran. Then, just six short weeks after having her son, Joshua, Ana was back in Rock Creek Park running. Lincoln could not take a break from her job in the office of Campus Activities at CUA or from running.

In fact, Lincoln trained enough to be able to run in the Marine Corps Marathon 10K on October 26th, 2014. The Marine Corps Marathon Weekend had many events happening, not just the marathon itself. The events included: a health and fitness expo, a 10K run, a pep rally, kids runs, and much more. The 10K, which Lincoln now ran for the second consecutive year, parallels parts the route that the Marathon takes. The run goes past such sights as the Smithsonian Castle, The National Gallery of art, the National Mall, and ending at the Marine Corps War Memorial.

The sights are nothing new for Lincoln to see since she usually runs along the back of the National Mall and ends at the Jefferson Memorial. Lincoln would get dropped off in Rock Creek Park by her husband and then would run to the Jefferson Memorial.

“Where else do people get to do that? It was really cool.” Lincoln said.

Lincoln only heard about the Marine Corps Marathon 10K after her friend and colleague, Amy Kerr, told her about it. Kerr works with Lincoln at CUA where she is the Associate Dean of

Students and Director of Residence Life. In fact, Lincoln and Kerr run together almost every weekend.

The two, “run together on the weekends,” said Kerr. “That’s when people feel the joy of running.” The two will chat and usually run through Rock Creek Park and then go to brunch with their husbands.

Both ladies joke that they love running the Marine Corps 10K because “The shirt that everyone gets is awesome,” said Kerr, “that is what gets (people) through training.”

Transitioning back to work and running after her son was born was difficult because Lincoln lost the speed and stamina she had before she became pregnant. Lincoln described how when she was running while pregnant, she started runner slower, and by the end she was “barely running at all,” Lincoln said. She instead was “walking and pumping [her] arms.”

It was difficult for Lincoln to get back to a faster pace. She struggled getting her mile from twelve minutes to less than ten. Although Lincoln should have no trouble being considered a finisher of the race with her mile pace since a fifteen-minute mile is needed for the Marine Corps 10K.

When her husband, Ryan Lincoln, ran the Marine Corps 10K with her last year, he could not seem to keep up.

“She is much faster and runs farther than I do,” Ryan Lincoln said.

During the 10K last year they started together but he “quickly fell behind,” Ryan Lincoln said.

Lincoln is running the 10K for fun without trying to beat anyone but her previous times. Running

with someone, she says, is more fun than running alone. Ana Lincoln running the Marine Corps 10K is proof that a mother can still get back in shape after having baby.