

Running: Everyone has to create their own challenges, goals



Ed Hunt, left, and retired Col. Wayne Van Hamme after the Battle to the Pacific. Van Hamme is one of Hunt's mentors in emergency nursing — and running.

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you near the farthest point from home. You can even pretend you are in a commercial selling expensive athletic gear as you splash through the puddles.

The first mile will try to seduce you with songs of comfort, but challenging yourself is uncomfortable by its very nature.

I survived that first Columbia Crossing in 2011, and kept running.

Running for me

Early on, my wife, Amy, started running with me. We took the girls to run local races, and they have carried on into track and cross country. When we started, Amy and I would have to run slow so the girls could keep up, now they sprint ahead and leave us behind.

We especially like running the Shamrock run in Portland as a family, where we find ourselves

in a great crowd of people, all shapes and sizes, moving on a chilly spring day. Most are not fast, but they are out there, and they are moving. Sometimes just putting your running shoes on and getting outdoors on a gray day ... that can be as challenging as that first mile.

It was Amy's idea to run our first half-marathon, something I could never have imagined. Since her instigation, I have completed the Battle to the Pacific half marathon three times. I've decided that it is my favorite distance. I've discovered that everyone has to find their own pace and their own race. Everyone has to create their own challenges and goals.

I am not fast.

My goal is usually to not be dead last in whatever race I run, but I'm getting better.

"Better" is both a goal and ruler of relative success. It doesn't matter how or what you're doing, so

long as you feel yourself getting better than before.

This month is my 49th birthday. To celebrate my 50th year on the planet, I'm challenging myself to run four half marathons before my 50th birthday, which will get me a little more than 50 miles (not counting training and hiking). It's just a little way to remind myself I'm still alive, and in better shape than I was a decade ago.

It probably doesn't seem all that impressive a feat. After all, I have friends that run 50 miles in one go.

But I'm not running for you and I'm not competing with them. I'm not competing with anyone. I'm only running for me.

Ed Hunt is a registered nurse and former newspaper and magazine writer. He lives in Grays River, Washington. His book "The Huckleberry Hajj" is available on Amazon. He blogs at theebbtide.blogspot.com and RedTriage.com.



Ed Hunt photos
Ed Hunt's daughter, Grace, beat him at the 2017 Great Columbia Crossing 10K run over the Astoria Bridge by a few tenths of a second.

THE DAILY ASTORIAN														TV SCHEDULE														Evening listings FRIDAY—SUNDAY													
FRIDAY EVENING														A - Charter Astoria/ Seaside - L - Charter Long Beach														FEBRUARY 9													
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30														
2	KATU	(2) KATU News at 6 (N)		Jeopardy! (N)	Wheel Fortune (N)	Charlie Brown	C.B. Valentine	Child Support (SF) (N)		20/20		KATU News (N)	(35) Jimmy Kimmel	2	KATU	(2) KATU News at 6 (N)		Jeopardy! (N)	Wheel Fortune (N)	Charlie Brown	C.B. Valentine	Child Support (SF) (N)		20/20		KATU News (N)	(35) Jimmy Kimmel														
6	KOMO	(4) KOMO 4 News (N)		Wheel Fortune (N)	Jeopardy! (N)	Charlie Brown	C.B. Valentine	Child Support (SF) (N)		20/20		KOMO 4 News (N)	(35) Jimmy Kimmel	6	KOMO	(4) KOMO 4 News (N)		Wheel Fortune (N)	Jeopardy! (N)	Charlie Brown	C.B. Valentine	Child Support (SF) (N)		20/20		KOMO 4 News (N)	(35) Jimmy Kimmel														
6	KING	(5) (5:00) PyeongChang 2018 Winter Olympics "Opening Ceremony"				PyeongChang 2018 "Opening Ceremony" Coverage of the official Opening Ceremony. -- PyeongChang, Korea						KING 5 News (N)	(35) Tonight Show	6	KING	(5) (5:00) PyeongChang 2018 Winter Olympics "Opening Ceremony"				PyeongChang 2018 "Opening Ceremony" Coverage of the official Opening Ceremony. -- PyeongChang, Korea						KING 5 News (N)	(35) Tonight Show														
6	KOIN	(5) KOIN Local 6 (N)	Evening News (N)	Extra	Ent. Tonight	Big Brother: Celebrity Edition Follow a group of people living together. (N)				Blue Bloods "Ghosts of the Past"		KOIN 6 News (N)	(35) Colbert	6	KOIN	(5) KOIN Local 6 (N)	Evening News (N)	Extra	Ent. Tonight	Big Brother: Celebrity Edition Follow a group of people living together. (N)				Blue Bloods "Ghosts of the Past"		KOIN 6 News (N)	(35) Colbert														
6	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Big Brother: Celebrity Edition Follow a group of people living together. (N)				Blue Bloods "Ghosts of the Past"		KIRO News (N)	(35) Colbert	6	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Big Brother: Celebrity Edition Follow a group of people living together. (N)				Blue Bloods "Ghosts of the Past"		KIRO News (N)	(35) Colbert														
6	KGW	(5) (5:00) PyeongChang 2018 Winter Olympics "Opening Ceremony"				PyeongChang 2018 "Opening Ceremony" Coverage of the official Opening Ceremony. -- PyeongChang, Korea						KGW News (N)	(35) Tonight Show	6	KGW	(5) (5:00) PyeongChang 2018 Winter Olympics "Opening Ceremony"				PyeongChang 2018 "Opening Ceremony" Coverage of the official Opening Ceremony. -- PyeongChang, Korea						KGW News (N)	(35) Tonight Show														
9	KRCW	(3) Modern Family	Modern Family	The Goldbergs	The Goldbergs	Crazy Ex-Girlfriend "Trent?! (N)	JaneVirgin "Chapter Seventy-Four" (N)	News at 10 (N)	Friends	Two and a Half	Two and a Half			9	KRCW	(3) Modern Family	Modern Family	The Goldbergs	The Goldbergs	Crazy Ex-Girlfriend "Trent?! (N)	JaneVirgin "Chapter Seventy-Four" (N)	News at 10 (N)	Friends	Two and a Half	Two and a Half																
10	KOPB	(10) Travels Darley	Business (N)	PBS NewsHour (N)		Doc Martin "Departure"	The Inspector Lynley Mysteries "One Guilty Deed"		Masterpiece Mystery! "Endeavour: Arcadia"					10	KOPB	(10) Travels Darley	Business (N)	PBS NewsHour (N)		Doc Martin "Departure"	The Inspector Lynley Mysteries "One Guilty Deed"		Masterpiece Mystery! "Endeavour: Arcadia"																		
12	KPTV	(12) 6 O'Clock News (N)		Family Feud	Family Feud	Biggie & Tupac Looks at the murders of Tupac Shakur and Biggie Smalls.	10 O'Clock News (N)			News (N)	Page Six TV			12	KPTV	(12) 6 O'Clock News (N)		Family Feud	Family Feud	Biggie & Tupac Looks at the murders of Tupac Shakur and Biggie Smalls.	10 O'Clock News (N)			News (N)	Page Six TV																
13	KPDx	(13) Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	FOX 12's News (N)	9 O'Clock News (N)		Family Guy	American Dad!	The Game	The Game		13	KPDx	(13) Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	FOX 12's News (N)	9 O'Clock News (N)		Family Guy	American Dad!	The Game	The Game															
13	KCPQ	(13) Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Biggie & Tupac Looks at the murders of Tupac Shakur and Biggie Smalls.	Q13 News at 10 (N)			Most Wanted	The Simpsons			13	KCPQ	(13) Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Biggie & Tupac Looks at the murders of Tupac Shakur and Biggie Smalls.	Q13 News at 10 (N)			Most Wanted	The Simpsons																
20	TBS	(20) Family Guy	Family Guy	Brooklyn 99	Brooklyn 99	★ ★ ★ ★ The Hangover Part II (11, Com) Zach Galifianakis, Ed Helms, Bradley Cooper.				Eleague (N)		The Hangover Part III Bradley Cooper.		20	TBS	(20) Family Guy	Family Guy	Brooklyn 99	Brooklyn 99	★ ★ ★ ★ The Hangover Part II (11, Com) Zach Galifianakis, Ed Helms, Bradley Cooper.				Eleague (N)		The Hangover Part III Bradley Cooper.															
6	KZJO	(22) Friends	Friends	Mom	Modern Family	Mom	Q13 News at 9 (N)		Big Bang Theory	Big Bang Theory	Two and a Half	Two and a Half		6	KZJO	(22) Friends	Friends	Mom	Modern Family	Mom	Q13 News at 9 (N)		Big Bang Theory	Big Bang Theory	Two and a Half	Two and a Half															
29	ESPN	(29) (5:00) NBA Basketball Minnesota vs Chicago (L)		NBA Basketball Portland Trail Blazers at Sacramento Kings Site: Golden 1 Center -- Sacramento, Calif. (L)				SportsCenter (N)				SportsCenter (N)		29	ESPN	(29) (5:00) NBA Basketball Minnesota vs Chicago (L)		NBA Basketball Portland Trail Blazers at Sacramento Kings Site: Golden 1 Center -- Sacramento, Calif. (L)				SportsCenter (N)				SportsCenter (N)															
30	ESPN2	(30) NCAA Basketball Detroit Mercy at Oakland (L)		SportsCenter (N)				E:60				NBA Basketball Minnesota vs Chicago		30	ESPN2	(30) NCAA Basketball Detroit Mercy at Oakland (L)		SportsCenter (N)				E:60				NBA Basketball Minnesota vs Chicago															
31	NICK	(31) Loud House (N)	TheAdventures (N)	Hunter Street (N)	Lip Sync (N)	★ ★ ★ ★ The SpongeBob SquarePants Movie (04) Tom Kenny.				Fresh Prince	Fresh Prince	Friends	Friends	31	NICK	(31) Loud House (N)	TheAdventures (N)	Hunter Street (N)	Lip Sync (N)	★ ★ ★ ★ The SpongeBob SquarePants Movie (04) Tom Kenny.				Fresh Prince	Fresh Prince	Friends	Friends														
32	DISN	(32) Jessie	Jessie	Bunk'd	Bunk'd	Andi Mack (N)	Stuck Middle (N)	Bizaardvark	Raven's Home	Gravity Falls	Gravity Falls	Andi Mack	Stuck in Middle	32	DISN	(32) Jessie	Jessie	Bunk'd	Bunk'd	Andi Mack (N)	Stuck Middle (N)	Bizaardvark	Raven's Home	Gravity Falls	Gravity Falls	Andi Mack	Stuck in Middle														
34	FAM	(34) (5:00) Gnomeo and Juliet		★ ★ ★ ★ Lilo & Stitch (02) Voices of Tia Carrere, Daveigh Chase.		★ ★ ★ ★ Pocahontas (95) Voices of Mel Gibson, David Ogden Stiers, Irene Bedard.						The 700 Club		34	FAM	(34) (5:00) Gnomeo and Juliet		★ ★ ★ ★ Lilo & Stitch (02) Voices of Tia Carrere, Daveigh Chase.		★ ★ ★ ★ Pocahontas (95) Voices of Mel Gibson, David Ogden Stiers, Irene Bedard.						The 700 Club															
35	FMC	(35) (5:00) ★ ★ ★ ★ Captain Phillips (13) Tom Hanks.		(45) ★ ★ ★ ★ Captain Phillips (2013, Docu-Drama) Barkhad Abdi, Tom Hanks.		Tyler Perry's Temptation: Confessions of a Marriage Counselor				Rap Game "Sweet 16 Showdown" (N)	(10) Da Brat (N) (15) To Be Announced			35	FMC	(35) (5:00) ★ ★ ★ ★ Captain Phillips (13) Tom Hanks.		(45) ★ ★ ★ ★ Captain Phillips (2013, Docu-Drama) Barkhad Abdi, Tom Hanks.		Tyler Perry's Temptation: Confessions of a Marriage Counselor				Rap Game "Sweet 16 Showdown" (N)	(10) Da Brat (N) (15) To Be Announced																
38	LIFE	(38) ★ ★ Brown Sugar (2002, Romance) Sanaa Lathan, Mos Def, Tay Diggs.		NCAA Basketball Gonzaga at Pacific				NCAA Basketball San Diego at Pepperdine				Champions Tennis			38	LIFE	(38) ★ ★ Brown Sugar (2002, Romance) Sanaa Lathan, Mos Def, Tay Diggs.		NCAA Basketball Gonzaga at Pacific				NCAA Basketball San Diego at Pepperdine				Champions Tennis														
39	ROOT	(39) (5:30) NCAA Basketball Washington at Oregon		NCAA Basketball Gonzaga at Pacific				NCAA Basketball San Diego at Pepperdine				Champions Tennis			39	ROOT	(39) (5:30) NCAA Basketball Washington at Oregon		NCAA Basketball Gonzaga at Pacific				NCAA Basketball San Diego at Pepperdine				Champions Tennis														
39	FS1	(39) (4:30) NCAA Basket.	UFC Flashback	Weigh-In "221: Rockhold vs. Romero"	UFC "221: Romero vs. Rockhold"	TMZ Sports (N)				Skip and Shannon: Undisputed Opinions on the biggest sports topics of the day.		Speak for Yourself		39	FS1	(39) (4:30) NCAA Basket.	UFC Flashback	Weigh-In "221: Rockhold vs. Romero"	UFC "221: Romero vs. Rockhold"	TMZ Sports (N)				Skip and Shannon: Undisputed Opinions on the biggest sports topics of the day.		Speak for Yourself															
43	SPIKE	(43) Friends	Friends	Friends	Friends	★ ★ ★ ★ I, Robot (2004, Sci-Fi) Bridget Moynahan, Alan Tudyk, Will Smith.						Bad Boys (95, Act)		43	SPIKE	(43) Friends	Friends	Friends	Friends	★ ★ ★ ★ I, Robot (2004, Sci-Fi) Bridget Moynahan, Alan Tudyk, Will Smith.						Bad Boys (95, Act)															
44	COM	(44) (15) The Office	(50) South Park "Ginger Cow"	(25) South Park		South Park	South Park	Chappelle's Show	Chappelle's Show	Chappelle's Show	Chappelle's Show	Dave Chappelle: Killin' Them Softly		44	COM	(44) (15) The Office	(50) South Park "Ginger Cow"	(25) South Park		South Park	South Park	Chappelle's Show	Chappelle's Show	Chappelle's Show	Chappelle's Show	Dave Chappelle: Killin' Them Softly															
45	HIST	(45) Ancient Aliens "Beyond Roswell"		Ancient Aliens "The Alien Disks"		Ancient Aliens "NASA's Secret Agenda"		Ancient Aliens "The Alien Architects"	(05) Aliens "Aliens and the Red Planet"			(05) Aliens "The Anunnaki Connection"		45	HIST	(45) Ancient Aliens "Beyond Roswell"		Ancient Aliens "The Alien Disks"		Ancient Aliens "NASA's Secret Agenda"		Ancient Aliens "The Alien Architects"	(05) Aliens "Aliens and the Red Planet"			(05) Aliens "The Anunnaki Connection"															
46	A&E	(46) (5:00) Live PD				Live PD "Rewind"		Live PD Live access inside the country's busiest police forces.						46	A&E	(46) (5:00) Live PD				Live PD "Rewind"		Live PD Live access inside the country's busiest police forces.																			
47	TLC	(47) Untold Stories "Don't Touch That!"		Untold Stories "Never Say Die"		Untold Stories of the ER "Shocking!"		Untold: Extra Dose "Dr. Robot"		Untold Stories of the ER "Heeled!"		Untold: Extra Dose "Dr. Robot"		47	TLC	(47) Untold Stories "Don't Touch That!"		Untold Stories "Never Say Die"		Untold Stories of the ER "Shocking!"		Untold: Extra Dose "Dr. Robot"		Untold Stories of the ER "Heeled!"		Untold: Extra Dose "Dr. Robot"															
48	DISC	(48) Gold Rush		Gold Rush "Broken Men"		Gold Rush		Gold Rush: Parker v Beets (N)		(10) White Water "Dredge Down"	(10) Gold Rush: Parker v Beets			48	DISC	(48) Gold Rush		Gold Rush "Broken Men"		Gold Rush		Gold Rush: Parker v Beets (N)		(10) White Water "Dredge Down"	(10) Gold Rush: Parker v Beets																
49	NGEO	(49) American Mob "Rise and Fall of Gotti"		Inside the American Mob "End Game"		Alaska State Troopers "Arctic Force"		State Troop. "Drunk and Dangerous"		Alaska Troopers "Hostage Standoff"		Alaska Troopers "Midnight Poachers"		49	NGEO	(49) American Mob "Rise and Fall of Gotti"		Inside the American Mob "End Game"		Alaska State Troopers "Arctic Force"		State Troop. "Drunk and Dangerous"		Alaska Troopers "Hostage Standoff"		Alaska Troopers "Midnight Poachers"															
50	TNT	(50) Bones "The Bodies in a Book"		Bones "The Boneless Bride in the River"		★ ★ ★ ★ Maleficent (2014, Adventure) Elle Fanning, Sharlto Copley, Angelina Jolie.		The Alienist "Silver Smile" (N)		Disturbia (2007, Suspense) Shia LaBeouf.		Green Lantern (11, Act) Ryan Reynolds.		50	TNT	(50) Bones "The Bodies in a Book"		Bones "The Boneless Bride in the River"		★ ★ ★ ★ Maleficent (2014, Adventure) Elle Fanning, Sharlto Copley, Angelina Jolie.		The Alienist "Silver Smile" (N)		Disturbia (2007, Suspense) Shia LaBeouf.		Green Lantern (11, Act) Ryan Reynolds.															
51	AMC	(51) (5:30) ★ ★ ★ ★ The Day After Tomorrow (04) Jake Gyllenhaal, Dennis Quaid.				★ ★ ★ ★ Pirates of the Caribbean: The Curse of the Black Pearl (03, Adventure) Geoffrey Rush, Orlando Bloom, Johnny Depp.						Modern Family	Modern Family	51	AMC	(51) (5:30) ★ ★ ★ ★ The Day After Tomorrow (04) Jake Gyllenhaal, Dennis Quaid.				★ ★ ★ ★ Pirates of the Caribbean: The Curse of the Black Pearl (03, Adventure) Geoffrey Rush, Orlando Bloom, Johnny Depp.					Modern Family	Modern Family															
52	USA	(52) Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	52	USA	(52) Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family													
53	FOOD	(53) Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins "Rockin' New Orleans"		Diners...Dives (N)	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	The Grill Dads	Diners, Drive-Ins	53	FOOD	(53) Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins "Rockin' New Orleans"		Diners...Dives (N)	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	The Grill Dads	Diners, Drive-Ins													
54	HGTV	(54) Island Hunters	Island Hunters	Island Hunters	Island Hunters	My Dream Home	My Dream Home	Dream Home (N)	My Dream Home	House Hunters (N)	House Hunters	House Hunters	House Hunters	54	HGTV	(54) Island Hunters	Island Hunters	Island Hunters	Island Hunters	My Dream Home	My Dream Home	Dream Home (N)	My Dream Home	House Hunters (N)	House Hunters	House Hunters	House Hunters														
56	FX	(56) (4:00) Kingsman: The Secret Service		★ ★ ★ ★ Iron Man 3 (2013, Action) Gwyneth Paltrow, Guy Pearce, Robert Downey Jr..						★ ★ ★ ★ Iron Man 3 (13) Gwyneth Paltrow, Robert Downey Jr..				56	FX	(56) (4:00) Kingsman: The Secret Service		★ ★ ★ ★ Iron Man 3 (2013, Action) Gwyneth Paltrow, Guy Pearce, Robert Downey Jr..							★ ★ ★ ★ Iron Man 3 (13) Gwyneth Paltrow, Robert Downey Jr..																
57	CNN	(57) Anderson Cooper 360		CNN Tonight With Don Lemon		CNN Tonight With Don Lemon		CNN Special Report		Anderson Cooper 360		Anderson Cooper 360		57	CNN	(57) Anderson Cooper 360		CNN Tonight With Don Lemon		CNN Tonight With Don Lemon		CNN Special Report		Anderson Cooper 360		Anderson Cooper 360															
58	FNC	(58) Hannity		The Ingraham Angle		Fox News @ Night		The Five		Hannity		The Ingraham Angle		58	FNC	(58) Hannity		The Ingraham Angle		Fox News @ Night		The Five		Hannity		The Ingraham Angle															
61	CNBC	(61) Shark Tank		Shark Tank		The Job Interview	The Job Interview	The Job Interview	The Job Interview	The Job Interview	The Job Interview	Paid Program		61	CNBC	(61) Shark Tank		Shark Tank		The Job Interview	The Job Interview	The Job Interview	The Job Interview	The Job Interview	The Job Interview	Paid Program															
63	BRAV	(63) Atlanta "The Peaches of Wrath"		Housewives Atlanta "Storming Out"		Housewives Atl. "Tea Is of the Essence"	Married to Medicine "Island Fever"			★ ★ ★ ★ There's Something About Mary (98) Cameron Diaz, Matt Dillon, Ben Stiller.				63	BRAV	(63) Atlanta "The Peaches of Wrath"		Housewives Atlanta "Storming Out"		Housewives Atl. "Tea Is of the Essence"	Married to Medicine "Island Fever"			★ ★ ★ ★ There's Something About Mary (98) Cameron Diaz, Matt Dillon, Ben Stiller.																	
64	TCM	(64) (5:00) ★ ★ ★ ★ What Ever Happened to Baby Jane?		★ ★ ★ ★ A Room With a View (85) Helena Bonham Carter, Maggie Smith.		(45) ★ ★ ★ ★ Darling (1965, Drama) Dirk Bogarde, Lauren Bacall, Julie Christie.								64	TCM	(64) (5:00) ★ ★ ★ ★ What Ever Happened to Baby Jane?		★ ★ ★ ★ A Room With a View (85) Helena Bonham Carter, Maggie Smith.		(45) ★ ★ ★ ★ Darling (1965, Drama) Dirk Bogarde, Lauren Bacall, Julie Christie.																					
65	SYFY	(65) (5:30) ★ ★ ★ ★ The Fifth Element (97) Milla Jovovich, Gary Oldman, Bruce Willis.				Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	65	SYFY	(65) (5:30) ★ ★ ★ ★ The Fifth Element (97) Milla Jovovich, Gary Oldman, Bruce Willis.				Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama														
162	RFD	(162) County Reporter	FarmHer	Chasing-Madison	The Jimmy Dean Show			Country's Family Reunion "Kinfolk"		County Reporter	Chasing-Madison	Time Life Library		162	RFD	(162) County Reporter	FarmHer	Chasing-Madison	The Jimmy Dean Show			Country's Family Reunion "Kinfolk"		County Reporter	Chasing-Madison	Time Life Library															
SATURDAY EVENING														A - Charter Astoria/ Seaside - L - Charter Long Beach														FEBRUARY 10													
A	L	6 PM																																							