

3rd March 2021

Achievement

“My object all sublime I shall achieve in time.”

W S Gilbert, The Mikado

This is not an advertising feature, but if the makers of the product I'm about to reference want to offer a free lifetime subscription, I'll not say no!

To help with the running I do with my daughter, and to encourage other family members through our “WhatsApp” running group, we use an App called *Strava* which not only records your route using “GPS tracking”, but also gives you a read-out of your “stats” – distance, pace, and the like – and even records your “elevation”. (Yes, that *was* a hill I ran up!) And, cleverest of all, it shows your progress – a wee bit faster; a wee bit longer; a wee bit better. There are other things *Strava* can do, though, given that I use the “free” version and don't pay a monthly subscription, I don't know what these are! And, of course, other running Apps are available ...

The name *Strava* is, not surprisingly, taken from the Latin:

strava *f* (genitive *stravae*)

1. A monument of victory, built of captured arms

First declension noun.

My running, good or bad, isn't a competition against my daughter or anyone else. And I'm certainly not building every success on any “captured arms”. But I *do* see it as a “monument of victory”, little victories, built on one another, to give me a sense of personal achievement.

Strava has a trophy system on the App in the form of periodic challenges. Each activity has its own trophy badge shown in the *Strava Trophy Case*. In a lifetime of doing things to help others, it's good to know I can do things that benefit me. I have my own personal “trophy case”, full of my little victories, that help me feel good about myself.

However you care for yourself, I hope that you give yourself credit for every little “monument of victory” you achieve and put it in your personal “trophy case”. Keep at it, as *Strava* suggests, and tomorrow might just be the time W S Gilbert's “object all sublime” can be rightly yours.

A prayer for today

“Run the straight race through God's good Grace.” (John Samuel Bewsley Monsell)

An original reflection by © Tom Gordon

Also available at <https://swallowsnestnet.wordpress.com>