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## **IREM President's Message: "It's a marathon, not a sprint."**

May 06, 2022 - Owners Developers & Managers

"It's a marathon, not a sprint." Most of us have heard this adage countless times throughout our lives, applied to various events or situations where we need to be reminded to pace ourselves, to put in the hard work, and to not expect instant gratification. Although a simple analogy, it's sometimes a hard lesson to be mindful of –especially when you're in the midst of the marathon, with more challenges ahead and the end not yet in sight.

As our region recently witnessed, the Boston Marathon returned to Patriots Day last month, and with it, story after story of people's marathon journeys. The countless training hours, the injuries, the sacrifices, the whys – each participant at the starting line with a different story of what it meant to them to run their marathon.

One of the great themes of stories heard about Marathon Monday is all the support the runners receive. We hear countless expressions of gratitude from participants to their spouses, partners, children, and other family members who were patient and encouraging during the long training period. Even more remarkable are the stories of perfect strangers who are compelled to line the entirety of the course to cheer on the marathoners, whether at mile 2 or mile 12 or mile 22 – and, of course, at the finish. They come because they recognize the greatness – and the great challenge – of the journey, and they are compelled to do their part to make a small part of the trek just a little bit easier.

As we continue to live through times of uncertainty, and especially on days when we feel worn down, try to remind yourself that it's a marathon. Our past experiences have helped us to be ready for where we are now, and even though it doesn't feel like it sometimes, we have strength inside of us that helps us move forward even when it seems like we couldn't take another step.

Remember to support your colleagues during the journey too – an encouraging word or kind action or a demonstration of patience can go a long way to make someone else recognize the strength they have to finish their own marathon. After all, running may be a solitary sport, but a marathon is a coming together of many to celebrate human triumph over tribulations. Let's do this!

Melissa Fish-Crane is the 2022 president of IREM Boston and principal & COO at the Peabody Properties.

Upcoming IREM Boston Events:

May 25, 2022

Building a Resilient Post-COVID Workforce Granite Links - Hannon Ballroom

Granite Links, 100 Quarry Hills Dr., Quincy, MA

June 21, 2022

Boston Red Sox game Fenway Park and Networking Event at Cask & Flagon Restaurant 5:00 to 10:00 PM

September 12, 2022

Annual Golf Tournament and Networking Event

Granite Links, 100 Quarry Hills Dr., Quincy, MA

October 2022

Wine Dinner Networking Event at Granite Links, Quincy, MA

Granite Links, 100 Quarry Hills Dr., Quincy, MA

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