

Monday, 04 October 2010

## Down time on the track keeps Campbell-Brown busy off the track



**Veronica Campbell-Brown with Jamaica's Minister of Sport Olivia 'Babsy' Grange (Paul Reid)**  
The 2010 track season might be over but Veronica Campbell-Brown is still busy running around with off the track events and obligations.

“So far this ‘off-season’ I have done more running around off the track than I did on it during the 2010 track season. As I said in my previous diary, I needed to pay attention to some off the track endeavors and that’s exactly what I have commenced.

"I took a brief trip to Jamaica to lay the groundwork for a couple of projects I am working on and was quite pleased with the headway I was able to make.

"Additionally, I had meetings to further explore possibilities in my capacity as a UNESCO Champion for Sports Ambassador.

"What is a trip to Jamaica in the off season without indulging in the cuisine? Yes, I did take advantage of it being my down period from training and must say the jerk chicken, pastries and assorted snacks never tasted so good (LOL).

"I also spent a few days in Florida relaxing as well as doing some gardening work at my home there. I am now back in Atlanta and my mom is visiting from Jamaica so I can afford to be lazy and enjoy her excellent “work” in the kitchen! It will be back to training soon so I am trying my best to get in balanced diet of rest and fun.

“Until next time.”

**VCB**

[print](#)

[email](#)