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Seeking a distance run – the twists and turns and ups and down of my day

Sunday, January 13, 2013

As my status says, I have new motivation to increase my distance running. As I wrote last Sunday, I discovered a beautiful running trail 25 miles away from me.

I haven't run a race longer than a 5K since my retirement 5 years ago since my rural roads don't lend themselves to distance training. My definition of "long run" changed accordingly.

Yesterday morning I set off to channel my former self, the woman who used to reserve Saturdays for a long run. The day began beautifully.

It was 42* when I left the house. Arriving at the trail 50 minutes later (country roads and city streets!) it was warmer. Hmm, maybe my long shirt, vest and tights are too much?

There was a shelter house by the parking lot. (good)
The bathrooms were locked (bad)
There was a portapotty (good). It stunk. (Of course, it did)

Now, which way to run. According to the marker, I was at mile 21.8. I went left and ½ mile later the trail ended at a city street with an arrow pointing to the rest of the trail. I guess the trail consists of segments.

I retraced my steps and went the other direction.
Very nice scenery along the river and markers every tenth of a mile. (Good).
Oops, I'm running very slowly (Bad?) Not really, this is exploratory and it's supposed to be a LSR (long, slow run).

Lots of people are on the trail – runners, walkers, bikers, families with kids and dogs (all on leashes!). The trail is wide with lots of passing room. All bikers use their bells and faster runners announce "passing on the left" (Very Good & Safe). I'm very happy!

It's getting much warmer (bad) so I slip out of my vest and leave it zipped around my waist. In ½ mile, I realize that I put my glasses in the pocket and now they're NOT there (VERY BAD). Aside from the cost, I need them to drive home.

I retrace my steps, walking VERY slowly and squinting to search the ground.
On a whim I ask a couple coming towards me if they saw a pair of glasses on the trail.
YES! They found them in the middle of the trail and put them safely on a manhole cover at the edge of the grass. (VERY GOOD)

I kept walking. There were about a dozen manhole covers along the way.
Finally I saw my glasses shining in the sun, not broken or even scratched. (VERY GOOD).

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Back to running. I'm wearing my glasses this time even though they keep slipping down my nose in the heat. I run/walk back to the car. The heat and stress of losing my glasses have taken a toll. Finally, a 1 mile walk to cool down.

I'm very hungry and reach for the energy bars I keep in my car. There are none left! (Bad)
People at the shelter house are having a cookout. It's January but must be nearly 70*.
I've got to get something to eat and they tell me about a Co-op a few minutes away.

What a surprise! It's a huge, healthy foods/organic Co-op. (GREAT)
I found all kinds of vegetables and products I didn't think existed around here and bought a bagful as well as some energy bars to replenish my car supply.

So I count this as a very successful day. I know this has turned out longer than a marathon report, but it was a milestone day for me - 7.2 miles total. Yeah, I even counted the distance looking for my glasses. At my age if my feet are moving forward, I'm going to count it. It's a benchmark and something to improve on. I hope to make this a habit.

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HAYBURNER1969

LSR? Not LSD? Did they change the acronym? (long slow distance to long slow run?)



Oh my, what a day. Congrats on your milestone. Maybe you'll run the Virginia 10-miler this year.
3073 days ago



DR1939

Our county has just received funding for a paved trail to connect the nearest small city with a state park. It will run through our small (pop 449) town. At least some of it will be completed this year. Several years ago MN passed a constitutional amendment establishing a penny-tax to fund what I thought was primarily hunting and fishing areas. I did not vote for it. In fact, a lot of the Dept of Natural Resources portion has been spent on trails and other amenities. In addition, there is money allocated for the arts and for preservation of historical sites. The amendment was written so the legislature could not grab the funds and so that they must be allocated across the state, not just in Minneapolis/St Paul.



3074 days ago



CD13136117

Great blog - with all the goods and bads. Glad you found your glasses and glad you got a nice longer run in!!



3074 days ago



WINDSURFNERD

Wow, sounds like quite an adventure! I love "new runs" because of the sense of discovery and surprise...sounds like you found many things, your glasses, your long-run mojo and a new trail!



3074 days ago



SUZYMOBILE

The universe was definitely rewarding you for making that run!



3074 days ago



CD13167855

I'm glad you found your glasses, unharmed. 🍌



3074 days ago



MJZHERE

What a nice discovery! Yay for you! Hope you get to enjoy it often.



3074 days ago

CELIAMINER

Good for you! Sounds as if the goods way outweighed the bads.



3074 days ago



COCK-ROBIN

What a great run! I'm proud of you.
3074 days ago



WILSONWR

What an interesting run! Glad you found your glasses, though - that can be tough if your vision is as bad as mine. I was throwing brush on a fire once and a limb caught on my glasses and pulled them off. I was on my hands and knees looking for 15 minutes before I found them!
3074 days ago



DAISYBELL6

I love your persistence, perseverance and attitude!
3074 days ago



SWEDE_SU

sounds like a great day all in all - love your blogs:-)
3074 days ago



CD10259955

Every step counts! Sounds like a nice place to run, and lots of found "treasures!"
3074 days ago



BOILHAM

Yes, you count every inch. LOL. Sounds like an interesting LR. Thanks for sharing your run. Glad you found your glasses!
3074 days ago



CD8113065

Good story. And yes, at our age, if our feet are moving forward, it counts!
3074 days ago



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