

# BROOKLYN\_BORN

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## Regarding the weather, just call me Goldilocks

Tuesday, January 22, 2013

My goal this year is to increase my distance running. I even found a trail that perfectly suits my needs. It's a 25 miles drive, but out here in the country that's practically next door. The plan was to run there every week or two.

A week ago the temperature reached 70\* while I was out on the trail with unfortunate results. I described it here. "Seeking a distance run"

[www.sparkpeople.com/myprofile.asp?blog\\_id=5204597](http://www.sparkpeople.com/myprofile.asp?blog_id=5204597)

Today it's 18\* and according to the forecast it may not get above freezing all day. I own a lot of layers, but I'm not ready for that.

I'm like "Goldilocks." I don't like it too hot or too cold.

I also do not like to run in the rain  
or in the wind  
or when the pollen count is high.

Now I sound like Dr. Seuss.

Unlike Goldilocks, I rarely find conditions "just right." If I wait for that, I'll never get off the couch. The gym is an alternative. I run on the tm all the time, but usually never more than 4-5 miles. Last Saturday I hung in there for 6.25 miles. That took some determination.

I admire those of you who live in less temperate climates and get out there anyway. As for me, I'll either have to learn to like distance treadmill or hope for an early spring.

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**RUDITUDI2000**

I love to run...unless its crazy windy. Any run outside is a good one for me..the treadmill is my



dreadmill..I get too hot. Glad you are making it work & chasing your goals.  
3064 days ago



**BOILHAM**

I must be weird, because I run in the rain, heat and what we call cold down here in FL, like in the 40s. I think if I was back up in CT, I would still run in the cold, though. I kind of like toughing it out in different conditions. I used to ride a motorcycle in the snow and ice when I lived in CT. I have yet to take one step on a treadmill. Maybe I need to get one and see what I am missing. Love your blogs!

3065 days ago



**DR1939**

I can manage the cold as long as the wind is not blowing. However, the cardiologist says no outdoor activity in below freezing weather regardless of windchilld. Same thing goes for above 90. Purchasing a treadmill works for me.

3065 days ago



**GINIEMIE**

An early spring with low pollen. I understand your predicament very well, and it doesn't even usually get quite that cold down here. Today we have a balmy 30 degrees, but I have a sore throat and headache.  
Increasing from 4 miles to 6.25 is good. Do you own an MP3 player?



3065 days ago



**PMRUNNER**

I know exactly what you mean! I think my outdoor temp range has shrunk a bit over the years. But it is still nicer to be outside most days than run inside. (Yesterday I did 6.5 on the treadmill in a very crowded gym - all the undergrads were back from their winter break and every single treadmill, elliptical, and bike were in use!) Tomorrow is supposed to have a high of 17, I think I will just have to bundle up!

3065 days ago



**DAISYBELL6**

I have had a hard time going out in the "cold" in the winter and the "heat" in the summer, but I keep pushing it. Last year I wouldn't exercise outside if it was below freezing, yesterday I ran 5 miles at 16 degrees. So my tolerance is expanding. Last year I didn't like running when it was above 70 degrees. I'll have to push my heat tolerance up this year. It's all about improving and

moving!

3065 days ago



**CELIAMINER**

Wish there were a "Like" button, not only for the blog but for comments as well. I used to be an all-weather walker, even walking once in a snowstorm. Over time, my weather comfort range shrank considerably, and I'm just now trying to broaden it again. However, 22 degrees this morning was just too cold, and I wouldn't even think of running at this temp. Good luck with your distance training.

3065 days ago



**MAHGRET**

I am the same way!

3065 days ago



**SUZYMOBILE**

I do not like it in the snow,  
I do not like it when I'm slow,  
I do not like a distance run  
When it is neither nice nor fun!

3065 days ago



**CD8113065**

There is nothing like a long run on the treadmill to make you re-assess your tolerance for weather conditions for an outdoor run. This morning it was -4F, so I opted for the treadmill. If it had been 4F, I probably would have run outside.

3065 days ago



**WILSONWR**

Our climate is much milder, but I'm still not crazy about walking or running when it's very cold. Our gym at the local Air Force base has a great alternative - an 1/8 mile track on the second floor that looks down on all the activities on the first floor. They also alternate the running direction every day so you don't get sore muscles from all that turning in one direction.

3065 days ago





**MIRAGE727**  
Great blog! I live in Florida!



THAT gives me no excuse not to run! Stay strong and run well!



3065 days ago



**MISCHAKEO**  
I am with you. I will not walk when it is too cold. The gym is the only option. Good for yu doing the treadmill. Stay warm and hope spring is early!



3065 days ago



**NANNABLACK**  
I'm with you on the cold. Nice here this week. 50's in the morning and up to 70's in the afternoon. Have a good day!



3065 days ago



**LESLIE871948**  
I had to laugh. I live in a more temperate climate I guess. If you can call 94 degrees and 90% humidity most mornings at 5 A.M. in the summer temperate. It is remarkable how some mornings I can make myself do my version of running in that weather. Right now we have 60 to 70 (ish) and my routine got all shook up when we had a run of 40 (ish) mornings. I get all stiff and unhappy in that.



What I wanted to say about this is that it is VERY HARD to change any routine I get into. If my routine is to go out first thing in the morning, then I am BLIND to other options until I get desperate for the exercise. And I am blissfully addicted again to exercise. I would not want to even try to run on a treadmill, but the other day I put on my IPOD and did 90 minutes of dance, clean the tile, race around the house like an idiot workout. It was neat.

3065 days ago



**NELLJONES**  
I always used to laugh at mall walkers, but now I understand completely. I don't think they allow running, but for us walkers it is climate controlled.




3065 days ago



**GRAMPIAN**



Enjoyed this. 

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