



# BROOKLYN\_BORN

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## Group Envy

Sunday, November 10, 2013

This isn't about cliques or mean girls, but enjoying a shared activity.

I've written before that there isn't anyone in my immediate area who runs, at least no one other than the HS cross country teams. There are many reasons for this. It's a small town, a popular retirement area and on our narrow, curvy country roads with 45-55 mph speed limits you risk your life by being a pedestrian. We're not so much a town as a collection of neighborhoods (without sidewalks) around a huge lake.

At least once a week I drive 25 miles to the next town. They have sidewalks and I combine my run with other errands.

One of my goals has been to increase my distance and perhaps participate in races longer than my comfortable 5Ks. So, at least once a month I drive 40 miles to the nearest city where they have a wonderful paved trail along the river.

Yesterday, I got there early and as I was running I kept coming upon one group after another, all in distinctive blue shirts with the logo of my favorite running store (Fleet Feet in Roanoke). The groups were of various levels of fitness. Some were doing run/walk intervals. All were talking and encouraging each other.

I know that my running store has training programs since they email me all the time about these opportunities, but this was the first time I saw them and I was envious. I wanted to join them. I want a group too. Sadly this isn't possible so I will have to content myself with reporting my fitness efforts to my "imaginary" friends here on SP. It's a nice alternative and I'm glad you're here.

For the record, I did 8.2 miles yesterday, my longest distance so far.

Side note:

I did meet up with the entire bunch at the end of my run. They had a tent & table set up where they checked everyone in and conducted group stretching sessions. I met the store owner who previously had been only a name on email and congratulated him on his contributions to the community.

That's why I shop locally. I want him to stay in business and continue to provide employment and encourage fitness in the population.

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**CD13758606**

Agree! I am going to join a Fleet Feet group in my area this winter to help me stay focused on training for my HM. I, too, do not have anyone I can run with, but there are many choices in my area. My problem becomes my schedule. The camaraderie is amazing. You should work something out with the owner to join the group 1X a month.



2765 days ago



**CD8126238**

I feel the same way, I don't have anybody to walk/jog with, but I do have Sparkpeople and I'm truly happy happy for that.



2771 days ago



**WATERMELLEN**

At one point I ran with the other ladies from the Y and it was really very encouraging and motivating . . .



2772 days ago



**TRAVELGRRL**

I too drive to walk/jog, because my neighborhood and small town aren't conducive. I would



have to drive 45 minutes to find a group. 🤔 But I am so impressed with your drive and stick-to-it-iveness, so congrats to you on your 8.2 miles! No one in a group could do better.

2772 days ago



**MARYJEANSL**

I'm so glad you at least got the encouragement of seeing the group and congratulating the store owner. And a big congratulations on finishing 8.2 miles!




2772 days ago



**CD14034154**

Brooklyn,



a new best!!! Sounds  to me!!! Good for you meeting the gentleman who owns your favorite running store, along with all the runners. I'm like you, I wish I had somebody to walk with me, I'm up to 5 miles a day, my personal best. Sometimes it can get a bit lonely, out there day after day, but God's grace and unmerited favor, are seeing me through, along with ALL of my FRIENDS here on SP.

There's just one thing that I'm going to disagree on. I'M NOT INVISIBLE!!! I'm flesh and blood, just sitting at another computer, making contact with you and joyfully celebrating your accomplishments.

Brooklyn keep up the good work, and keep me posted, as I'm VERY INTERESTED in how you do!!!

Be blessed,

- Nancy Jean -  
GA

2772 days ago



**GINIEMIE**

Nice that you got to see the fruits of the efforts provided by your sports gear store. I regret I don't live closer so I could go with you, on the other hand I wouldn't be able to run so guess other than being your very "real" cheerleader I'm not much help. Glad you got such a good run in and met the owner. I love supporting local businesses too. Have a great Sunday my friend.





2772 days ago



**BOOKAPHILE**

It sounds like you're making the best of the circumstances you have. Yay for your motivation to run even if you have to drive to do it!

2772 days ago



**SLIMMERJESSE**

Hooray for you and your 8.2 miles! Way to go!

2772 days ago



**CD14270285**

Super job on the 8+ miles! And I'm like you, I have to drive to run anywhere safe and there are no running clubs in my small burg. I keep seeing a few of the same runners out, though. Would it be crazy to stop and ask them if they wanted to form a club? Hm, I don't think I'm that brave yet, lol. Keep up the great work--and keep running!

2773 days ago



**MJZHERE**

Good job on your 8.2 miles! Wish there was a group for you in your neighborhood. Maybe a neighbor would start walking with you. This is difficult without sidewalks, speeding cars - that is how the area was where I grew up. And I do know you aren't a walker - but I did a lot of walking before I even attempted running (which I no longer do). So thinking that person might need to start out slow. Course I am giving out all this advice and am not walking with a neighbor - use to and that is where I came up with the idea. It is nice to be part of a group...

2773 days ago




**MISCHAKEO**

Great job on the 8.2 miles. Is there anyway you could join a group once a week for a run? Your Spark Team is here for you no matter what you do. You are inspiring all of us with your commitment to running and health!

2773 days ago



**CELIAMINER**

 on the 8.2 miles!

I have group envy, too. I would love to find a Galloway training group, but I don't want to spend more time driving to and from training runs in nasty traffic than I actually spend running. There is a non-Galloway running group closer to me, but they schedule their runs at strange times. Don't they have jobs? Anyway, I am not inclined to organize a running group, as I have too many other responsibilities to want to take on yet another, so I'll just content myself with running on my own.

2773 days ago



**CD14253479**

You might have already tried this, so please forgive me for suggesting it if you have: How about getting the word out in your local area for a running class with you leading it? You sound very capable. You could caravan to a safer area to start training your team?

Leave your response on my SparkPage or perhaps SparkMail me.

Where there is a problem many times we get an answer. Sometimes I simply need to ask and be still.

Congratulations for staying committed to your running in a living environment not so conducive.

2773 days ago



**DOVESEYES**

Great effort --sad you can't join the group but I love to hear how you are going!!

2773 days ago



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