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Training with real people

Sunday, August 17, 2014

I love SparkPeople and especially the friends I've met here. DH calls them my "imaginary" friends.

Regardless of their title, these online friends have helped me immensely. I follow their journey and they follow mine. The special interest teams have been especially valuable for resources, support and encouragement.

Still, my workouts are usually done alone.

I do canoe and kayak with DH and sometimes go for a "stroll" with him. I visit a gym because of the treadmill and rowing machine.

BUT:

My spark videos are done alone.

My weight training is done alone, and most importantly,

My running is always done alone.

We live on a lake in a rural area popular with retirees. I'm "that lady who runs."

I usually cut back on distance in the summer. It's hot and humid here and I NEVER race in those conditions. I'm a weather wimp.

My first race of the season will be a 4 miler in late September in a city about 50 miles away. It's a tough hilly course and I always walk a LOT.

Yesterday, I ran the course with 2 friends from church who live/work in that city. It was great. It was the first time I had someone to talk to while running. They set a nice pace (they are used to this course) and afterwards I felt energized.

So, for all of you who have training partners, running buddies or an actual running club, I envy you.

Online support is great and I could not be successful without it, but sometimes it's nice to participate with real people.

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TERI-RIFIC

I loved it when I was able to run a couple of 5 K's with my daughter. My problem is that I run so slowly that even if there were a running group near me there probably wouldn't be anyone who runs at my pace! Our pastor once told a story about a little girl who was afraid in a storm and her Mother told her that Jesus was always with her and the little girl said, " but I want someone with skin on them."

2490 days ago



MISCHAKEO

I am much the same. I live in a rural area and often walk alone and don't see people. I do see people I know at the gym. I am glad you found some friends to run with. My husband doesn't get my imaginary friends at Spark..but the support is wonderful.

2491 days ago



DOVESEYES



2491 days ago



TRAVELGRRL

I admire you for being able to do all of these things alone. I don't think I'd do half of what I do if it wasn't for other people, most notably my husband. But even at the gym I take the classes and the only thing I do alone is walk on the treadmill. But even then I'm either reading a book or listening to one on my iPod!

2492 days ago



CD4114015



2492 days ago



KATELJM

Glad you found some people to run with, especially those familiar with the race course in September.

I normally work out alone, but part of that is due to splitting up my cardio into small chunks throughout the day. I have now begun strength training, and I am content doing that on my own.

When I have had Spark friend meet-ups at the gym it has meant compromising because one prefers the treadmill or Lifecycle, while the other is partial to the elliptical. But the main point is to meet others in person and spark each other to continue on the journey to good health.

2492 days ago



NANCYANNE55

While having a workout partner can be beneficial, there are definite disadvantages, as well.

Two examples,:

You are limited in working out to the times that both you and your partner are available. It can be a bit of a juggling act getting together, and often this was not the most ideal time for me.

Secondly, it can take a LOT longer to workout, particularly if you are lifting weights. Changing the weights out, waiting for the other person to finish their set so you can spot them before you start theirs, discussing the ins and outs of what you are going to do next- It can become very time consuming.

It's not quite as easy as people assume it will be, but it IS a good thing if you find a good personality mix and someone with similar goals and styles. Finding a exercise partner is almost like dating- You can go through some painful stuff before you find "the one".

2492 days ago



LINDAKAY228

Glad you got to run with some "real" people! I do a lot alone too. I also love my spark friends and don't know what I'd do without them. I have had the privilege of meeting a few of them at various times who I met here. When I was in a hospital in Phoenix, 6 hours from where I lived then, and new no one two spark friends from a team I'm on found out where I was and visited me a couple of times. It was so awesome! There are a couple of others that I've met too and had good times with They don't live near me but we've met at various places. One lady and her husband from CA went camping with me and we met in AZ. I also got to visit them recently for 6 weeks in CA and we went to some awesome places. Imaginary or not, they are very real to me ha ha!

2492 days ago



DR1939

I walk with my husband and we are "those people who walk."

2492 days ago





AMARILYNH

I had to smile at this: " I'm "that lady who runs."



In my neighborhood I'm evidentially known as 'the walking lady'. A child (10 or so) stopped my DH not long after we moved here and asked him, "Are you married to the walking lady?" (She guessed because he was walking our dog, who I often walk.) When he said yes, she told him, "We've never had anyone like her. She even walks in the RAIN sometimes!" I always giggle when I remember that!

As to walking (or in your case running) alone, I walk with an audiobook for company. In these days of tiny iPods it is oh so easy and I often walk longer to continue listening to a good story. Just a thought??

2492 days ago

Comment edited on: 8/17/2014 10:45:14 AM



ONEKIDSMOM

Totally agree! When my kid sis biked with me yesterday afternoon/evening it made me remember how much I enjoyed riding with our older sis a few years back. I see a need for both solitary AND social activities in my training year!

2492 days ago



WILSONWR

You are so right, Eileen. Since my wife first got ill, I've done everything alone, and I really envied those with partners. Since my wife passed away, I joined an Adventure Club and it as been the best thing in the world for me. I've kayaked with groups of people, and I go on at least 3 hikes a week with members. The social interaction just seems to really give me a lift and the activity is a whole lot more fun. I still do things alone, but my outlook has changed tremendously. I hope you can find some more friends to do things with!

2492 days ago



WATERMELLEN

Yup, my Y buddies serve that "real time" function for me too . . . and I'm heading there now!!

2492 days ago



ALICIA363

THANK YOU!

You have just shed light on my current exercise malaise!

DD refused my suggestion of a bike ride, so I have a call out. I think a little company might be nice.

THANK YOU!

2492 days ago



SLENDERELLA61

I do love my Galloway group to run with, especially those long runs. It also makes me appreciate, though, the times I do run alone and get to run exactly the pace I want.

Hope you can meet with these people more often or find yourself some people to run with near home. We do have people in our Galloway group who drive 50 miles to join us. For me our start is about 4 miles from home.

2492 days ago



CD14815535

I so agree with you! I live in the sticks where the closest running group is about 25 miles away. I've run with partners in the past, and it always makes it easier for me Although I'm a little nervous at the start, 'cause what happens if they're faster than me? And you know what? That never mattered. Would love a running partner and/or group.

2492 days ago



MSJENNIFERT48



2492 days ago



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