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Where to run 10 miles? That's the question.

Saturday, February 08, 2014

It's 32* at 7 am. That's good. Any day above freezing is a good day lately.
It's overcast and there's a 40 % chance of rain. That's bad.

I don't mind a drizzle, but if the clouds open up, I want to go home.

So here are my choices.

The gym – It's a 10 mile drive, but I can monitor my pace and stay dry. I don't "dread the tread" but, that would push me beyond my 1:30 hour limit. After that even I get bored.

Repeat a quarter mile on the road in front of my house 40 times.
It's safe with little traffic since the road ends at the lake and only residents come down this far. The neighbors will probably think I've lost my mind.

Repeat a half mile on the road in front of my house 20 times
That includes a hill and a blind curve. I must be alert so a careless driver doesn't hit me.
I can't expand the distance on this road. The further I get from home, the more dangerous the road.

Drive 25 miles to town. We have a house there (used to be my parents' house)
Nice safe sidewalks. I can repeat any distance I want and if there's a downpour I've got a place to go.

Drive 35 miles to a city with a trail along the river. This takes about an hour 1 way.
5 miles out and back would be nice. It's scenic and essentially flat, but if it rains, there's no shelter.
Getting drenched is not so nice.

With warm-up and cool-down (1 mile each) that's 12 miles total.
The half marathon is March 16th. I've got to get this in.

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CD13509833

Great choice! Glad you got your run in safely!





2679 days ago



CD13758606

Good Choice! I have had to alter and make choices on all my runs. I try to mix it up as much as I can, but I would have LOVED to get outdoors. Too unsafe for me now. My half is March 16 too, and I did my 12 miles this morning on an indoor track, dreaming about the mountains I had at my disposal last month.



2681 days ago



EGRAMMY

Your activity is impressing me.

2681 days ago



SMILES4383

I'm a woose.....I'd use a treadmill until it gets warmer and less icy.

2681 days ago



CD12146214

Doesn't matter how it gets done as long as it gets done right! Good job sticking to your training schedule.

2682 days ago



BROOKLYN_BORN

Thanks for the input everyone. DH & I drove to town and I got it done on nice safe sidewalks. We'll stay here tonight since our church is here in town, so we didn't even waste any gas. The rest of the day will be restful, watching the Olympics.

2682 days ago



HAYBURNER1969

I still think you should try my 5.3-mile "Beechwood West" route sometime. It is really quite safe. No traffic to worry about and no dogs have ever come at me. You can carry pepper spray to be extra cautious. I've got a new one I can give you to replace the old.

It's also a good hill workout and will make the beach half marathon seem easy.

2682 days ago



LINDAKAY228

I'm not sure which I'd pick but I'm glad you have this in the bag!

2682 days ago



BOOKAPHILE

Yikes. It takes commitment to overcome that kind of obstacle. I hope you find an interesting view without drizzle or downpour for your run.

2682 days ago



PHOENIX1949

Nice to have options even if they aren't ideal!

2682 days ago



MJREIMERS

That's a tough one! I think you'll have to decide on this one, but I look forward to finding out your decision!

(I personally would do anything at anytime to make the neighbors wonder! I love messing with

people!) 😊 I'm not sure today would be the right day, though.

Good luck deciding!

2682 days ago



DR1939

I think I'd pick the gym. Getting wet at 32 could have bad consequences.

2682 days ago

GINIEMIE

Who cares what the neighbors think. Stay where you are safe, and if you feel like it, you can



occasionally expand to the lest safe route, so you can do ten of one and 20 of the other. What ever you choose be safe and dry.



2682 days ago



MISCHAKEO

Wet and cold is not good. Hope you find a run that works for you! good luck on your training. I know it is important for your next race!

2682 days ago



ONEKIDSMOM

"Is a puzzlement" as Yul Brynner line goes in the movie. Looking forward to seeing what you

decide! Happy trails!

2682 days ago



TRAVELGRRL

Yikes. Nothing sounds OPTIMAL! I hope you'll tell us what you ended up doing. I too hate getting wet (especially when it's cold!) so I'd probably drive into town where I had my parents' house for shelter! We are doing a half marathon next weekend and our 13 miles last Saturday was done in 34-degree drizzle. Even though we walk, we jogged the entire last mile just to get it over with!



2682 days ago



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