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## New respect for residents of cold climates, especially runners

*Monday, January 13, 2014*

It's been unseasonably cold here in southern Virginia. Last week we dipped below zero for the first time in my recent memory. Ice storms, and a strong wind produced wind chills of -20.

I do own some "cold weather" running gear, but "cold" is a relative term. Usually 30 degrees is the limit for me to run outdoors. I belong to a gym so there's always a treadmill waiting for me even if it is a 10 mile drive one way.

This year I'm training for a half marathon in mid March, my first in 8 years. This is NOT a good time for inclement weather. I've got a schedule to keep.

Last week I pared it down to 3 days.

Monday: I began outside, but the wind nearly blew me right off the road. So 3 miles at the gym.

Wednesday: Mid twenties and I hung in there for 5 miles. My face felt frozen.

Friday: Cold and pouring rain, all day long. So 8.5 at the gym. Now that's a long time on a treadmill.

Saturday: Suddenly a warmup – near 60 degrees. I had a meeting out of town and thought I could get in a short run at my destination. No, there was a TORNADO sighted just west of us and moving east. We adjourned to the bathroom, the safest room in the building. No reported injuries, but some members of our group (not me) had cars damaged by flying debris. One suffered a shattered windshield.

The forecast this week looks better. 5 miles this morning in the mid thirties. 8 weeks until the race. I hope the weather cooperates.

Ice, storms and wind play havoc with my satellite Internet access too. I've missed my time on SP.

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**LINDAKAY228**

I hope you get better weather too. All that time on a treadmill is mind numbing to me. And so is the severe cold outside. Not good either way. Hopefully you'll get the kind of weather you need to



train.  
2705 days ago



**CD13758606**



I am in an area where I expect bad weather, not mildly cold. So you are doing what I am doing, and letting the weather dictate our runs. I was fortunate to have two weeks training in Tucson, the second week a bonus due to travel delays. I could not have been more happy to get runs in under the warm sun, while home was -40 wind chill.

So I returned to 40 degree weather, and have been out running every nice day. Yesterday it was sunny and 47, today 25 degrees. So I am taking a XT day at the gym on an elliptical. Weather dictates, and this is proving to be a brutal winter. I cannot wait to get to your neck of the woods in mid March for my HM to enjoy an early spring, although this could be wishful thinking!

You did a great job keeping up the training! I have yet to be tested on my resolution to winter training;)

Find your strong, Stay Strong!



2707 days ago



**MISCHAKEO**



I sympathize with you on the wild winter weather interfering with your training. It is frustrating..but there is often no choice but to go to the gym. I finally got a walk in after weeks of icy roads. I hope your weather gets warmer for your training and runs.



2707 days ago



**STRIVERONE**



You've probably seen the poster that says "There's no such thing as bad weather, just different training opportunities." So as long as you keep working around the weather, I expect a good outing.

2707 days ago



**CD13509833**



8.5 miles on the treadmill!

Yikes! I had to do similar distance when I was training for my half, but because of the heat last summer, not the cold. It's doable, but really boring.

Best wishes on your training. I'm sure you'll do great!!

2707 days ago



**MARYJEANSL**



The best-laid plans can be seriously undermined by bad weather. Actually, I am very impressed that you were able to train as much as you did. And that was some majorly bad weather. Even here in south Texas it got into the 20s and I was shivering in my winter coat, hat, and scarf...couldn't find any warm gloves.

I hope all the rest of your marathon training is unimpeded by weather problems!

2707 days ago



**SUSANNAH31**



Let me put in a word for Arizona. The winters are very comfortable - in the 60s - 70s during the day, colder in the evenings. There is outdoor hiking, biking, walking, running all winter long. In the warm weather months you can go back to Virginia.

2707 days ago



**\_LINDA**



So tired of this wild unseasonably cold weather. Polar Vortex?? Hopefully not again!! Glad you were safe! At least tornadoes are rare here. Just six months of cold to endure. Hope the weather stays better for you! A gym ten miles away?? Better off investing in a treadmill, probably could get a second hand one reasonably priced.

2707 days ago



**ONEKIDSMOM**



Wow! Tornadoes and freezing and wind, oh, my! This is why we have treadmills and gyms, right? Weather wimp, here!

2707 days ago



**WATERMELLEN**



That's some wild weather, for sure!! I'd rather be outside XC skiing in winter, but the gym is a great alternative when necessary.

2707 days ago



**DR1939**

We are very careful about temperatures. We both have diabetes and heart problems so we do not walk outdoors when the temperature is in the 90s or below 10. Both are dangerous for us. And we always take into account the wind. We count it a light wind if it is less than 12 mph.

2708 days ago



**GINIEMIE**

Yep it's been mighty cold, and my treadmill has gotten a little use, but I'm not motivated to walk on it, I'd actually rather walk in circles around my house 100 times, for 20-30 minutes which ever. The downside to that is I see all the things that need to be done and get distracted. My old treadmill is so noisy I can't hear the TV over it, so....

I congratulate you on your persistence Karen. Good luck and good weather to you.



2708 days ago



**TRAVELGRRL**

Hey, I don't think any part of the country has been immune this year!

We've had two ice storms here in Arkansas that have kept us housebound for DAYS at a time, and our harsh winter weather usually comes in February!

So hang in there and do your best. We are doing a half marathon in mid-february so I know exactly what you mean about the schedule...

2708 days ago



**SLENDERELLA61**

Consider moving to Florida. We had 2 days of winter this season so far, but no freeze yet. I know we are humid a lot of the time and our August/September heat isn't the best for running, but I suspect it's a lot better than your winter.

If that's not possible, I applaud you for doing it your way. Good going!! -Marsha

2708 days ago



**PICKIE98**


I second Karen's thoughts! I live north of her by about six hours and we were happy when it got UP to zero this week! Seriously.. Icy roads and cracked lips, frozen tear ducts, are not the stuff of super heroes,, treadmills, bands and basement stairs are...

2708 days ago



**CD13099273**

There's NO PLACE like HOME TRAINING SAID DORTHY to the munchkins as she clicked

her shiny RED Shoes  I hear you - last week my skivvies froze on the parking lot as they feel from my gym bag - good thing for scrapers - Lesson learned - Fruit of a LOOM is freezable - I feel your pain I have TRI in March and its been brutal to train so indoors I train - good blog - be safe ! Karen

2708 days ago



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