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Standing my ground with a big stick

Info

Wednesday, July 09, 2014

Recently there have been several articles about proper etiquette for walkers, runners and bikers when sharing the trail. I've added my opinion about confronting a solid wall of walkers either in front of me or coming toward me.

Lately though, my problem has been my country road. There are no shoulders. Sometimes just a strip of grass. Often just a ditch.

Biking there is way too dangerous, but I do like to walk or run the 1 mile uphill and back down to our house which is where the road ends at the lake.

There's not much traffic, but drivers do tend to speed. I don't know why. Probably, because they can.

I always wave at oncoming cars and since we're in the south, they usually wave back. However friendly they may be, they don't leave me much room as I cling to the leftmost part of the pavement.

When I decided to incorporate a bit of upper body work into my walk, I noticed something different.

I began carrying my 50 year old baton from HS, and twirling it as I walked. As a car approaches, I give it a wave with the baton. Amazing! Now they move over almost into the other lane. Drivers may not worry about hitting me, but they don't want me to scratch their car.

I don't run with the baton, but maybe I can substitute a lightweight stick – like I'm in a relay race – and see if it has the same effect.

Note: For longer distances I either drive to the gym for a treadmill or on to town where there are sidewalks. No, I don't take my baton.

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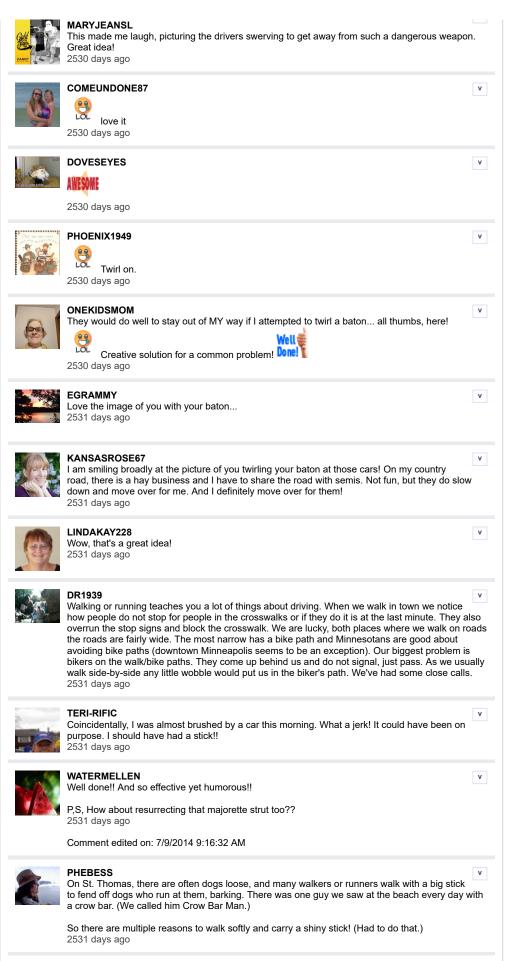
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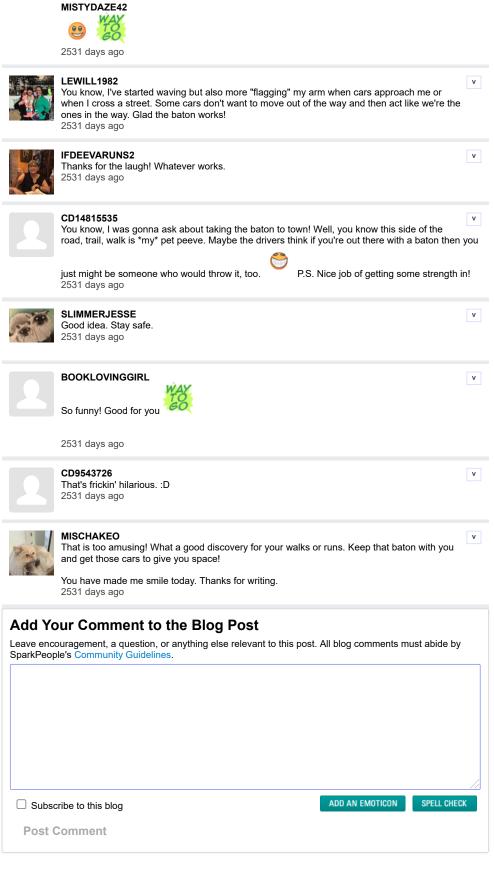
OPTIMIST1948

You are not waving a baton while exercising. The drivers are doing their duty to get out of the way of a *very* short parade! 2526 days ago

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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.