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Glad I fell on my face and not on my knees. Weird, huh!

Sunday, November 30, 2014

Friday's run was the perfect storm. It started as a routine practice run. My only goal was to run up that last hill on the 5k course that always defeats me. Usually I check my watch and decide there won't be much difference if I take a 1 minute walk break even though I'm .3 miles from the finish.

I surprised myself that I was keeping a great pace and felt good going up that last hill. No problem, right?

At that point I met 3 people walking a large dog. I do not have a good running history with dogs, even "friendly" ones. So I swerved to the right to give myself a lot of space between me and them.

Unfortunately, I was on the only patch of gravel on the entire route. I am NOT a trail runner. I need good solid ground, preferably flat.

Down I went! Hands outstretched and took it on the chin. Both palms are bruised and scrapped. My chin is black and blue. My bottom teeth sheared off the enamel on the back of my 2 top teeth and chipped a corner of one. I will need some dental work, either bonding or a cap according to the dentist I called. Strangely, my nose is bruised in 2 places too. I don't even remember it hitting the ground.

This morning I look like I've been in a fight.

Now I really feel like an oddball.

It's not that I don't care about my appearance or the potential cost of the dental work.

However:

I'm thankful I didn't break a bone and or need stitches.

I'm glad I didn't fall on my knees or hurt a hip or damage some other lower joint that impacts mobility.

I went for a walk, did some low impact aerobics and weights and feel OK.

I'm hoping to tackle the same route next Saturday for our town's annual 5K race and stay upright.

My front teeth were never all that attractive anyway. Maybe, a cap will be an improvement?

The people stopped to help me and walked with me back to my car.

The man said "you must be OK because I can't keep up with you." LOL

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AKA_GAMERMOM

How are you feeling? Falls like that are so traumatic. There is that suspended moment when you realize you are going down, but don't know just how bad the damage will be. You seem to be back on your feet, though!

2369 days ago



TODDERICKV

Ouch, I am too old to be falling. I am extra careful, especially when riding my bike.

2376 days ago



KAREN4HEALTH

Oh! I am so sorry you fell! Good luck at the dentist!

2382 days ago



LINDAKAY228

I've done that kind of thing before the past couple of years when I was running. More often it happened when I was walking LOL. One time I tripped on a curb for some stupid reason! And another time I bruised my hip about 3 or 4 years ago really badly when I was just standing at the bus stop with my granddaughter and then squatted to tie her shoe and when I went to get up fell over sideways on my hip! Since I've had a stroke I've only fallen once again tripping on a sidewalk walking! Scraped up one arm pretty bad but otherwise okay. I'm so thankful every time that I haven't broken a bone or something worse! Since the stroke my balance is off more so it takes more concentration just to walk which I think is why I've only fallen once. I'm concentrating more on what I'm doing ha ha. Has to be an upside to this :).

Glad you weren't badly hurt and are getting back out there again!

2382 days ago



WATERMELLEN

Don't know how I missed this -- but I am sincerely most sorry about your fall. And in awe at your grace and fortitude and humour describing your response. In awe.

Who knows whether those teeth will be improved.

But as for your moral character: already perfection.

2382 days ago



LEWILL1982

Glad you are ok and you certainly aren't alone! We've all done it!

By the way, I'm late reading this. Not sure when your 5k is/was, but a trick I've learned for running bridges and hills is to pump your arms when going up. Such a simple thing really helps with the forward motion and momentum. Best of luck and run happy!

2383 days ago



SWEDE_SU

ouch! i'm so sorry:((at least you didn't break anything, but still - wishing a speedy recovery!

2383 days ago



SUNNYWBL



2384 days ago

Comment edited on: 12/2/2014 1:35:29 AM



MARYJEANSL

I'm so sorry you got hurt...but also glad it wasn't worse. Here's hoping the dental work needed is minimal.

2384 days ago



KANSASROSE67

So sorry that happened...I'm sure it was painful. But I'm glad your injuries weren't more serious.

Take care!

2384 days ago



1STBUCKETITEM

😞 Ouch that hurts! Kudos to you for still wanting to go for the 5K on Saturday. I'm unable to "jog" or "run" because of a bad left foot & bad right knee that needs an operation. But I can walk! So Saturday I'm going to do my first 5K "walk" in my town's Jingle Jog. I'm really excited! I'll be



thinking of you, and hope you'll feel okay and do well on your event.



2385 days ago



WALLAHALLA

Ouchie! Hope you heal quickly. You can always tell people you are decorating in black and

v

blue for Christmas.

2385 days ago



Take care of you!



KRISZTA11

Get Well Soon



2385 days ago

v



SUBMOM2

I'm sorry about the fall and I'm glad it wasn't worse. Take care!

2385 days ago

v



TRAVELGRRRL

I am so sorry about your fall! If you are like me, you will probably be stiff for a day or so.

Take care of yourself, and I'm so impressed that you've turned a bad thing into a thing where you can express gratitude!!

2385 days ago

v



CD4114015

OMG! I am SO glad you are allright! I do understand about the not breaking a bone or such

that is my fear also...but I am still so



I do also hope you and that just bonding takes care of it! I have had that done on the backs of the front teeth...amazing so hope the chip can be done too...my son had that done successfully too.

2385 days ago

v



HOLLYM48

So sorry to hear you took a fall. Feel better soon. I am glad you didn't break any bones but chipping teeth is no fun either!

2385 days ago

v



MJZHERE

Sorry to hear you fell. Glad to hear you staying so positive. We may fall but we won't stay down.

2385 days ago

v



DR1939

Scary. Glad you are doing ok.

2385 days ago

v



ALICIA363

Feels strange to say, but Way To Go! You are one tough grandma. So glad your mobility

wasn't impacted, and



that the kind stranger couldn't keep up with you.

May your injuries heal quickly, completely, and with as little discomfort as possible. Rock on!

2385 days ago

v



PHEBESS

Wow, sounds like a rough spill! Glad it wasn't any worse, and that you could get up and still move. (And yes, gravel is horrible, I skid on gravel just walking!)

2385 days ago

v



WILSONWR

I'm definitely glad you're ok! (as "ok" as you can be with all that bruising and dental damage)
Take care of yourself, and good luck in the 5K next week!
2385 days ago



TERI-RIFIC

Yikes! At least you're able to look at the bright side! Take care. I hope you heal quickly and good luck with the dentist!
2385 days ago



ONEKIDSMOM

Glad you're OK! Having had an embarrassing fall or two myself (I'm thinking of learning to ride a bike "clipped in" and one time walking down a crowded sidewalk trying to "hurry up" past a group of teenaged girls)... I get that being as fit as you are probably helped you not get injured worse.



Speedy recovery wishes headed your way!
2385 days ago



CD8113065

Who knew running was a contact sport? Glad to hear you survived with only minor damage.
2385 days ago



CD14815535

Oh sheesh--so glad you are okay! I've fallen before and it's a horrible feeling. Way to bring out the positives, though--hope you heal quickly ;-).
2385 days ago



GINIEMIE

So glad you were not more seriously injured. Although I do consider needing dental cosmetic work serious, just say dentist.

I have had a bad history with dogs-just walking. Any dog I have not met with its owner is suspect, we have one that at the end of the cul de sac that thinks it owns the block, the people let the dog out in the morning without a chain/leash and put it inside when they leave for work-if they remember. The dog bars people from going down to the end of the street near its home. I can see it happening. I also like to fall off of uneven surfaces. I think belly splats are sometimes



more embarrassing than hurtful.



2385 days ago



KELLIEBEAN

Oh GEEZ! I'm glad it's worst. You have an admirable attitude!

Feel better!

2385 days ago



PHOENIX1949



Interesting angle on the teeth -- one I've experienced. My forever-crooked, upper-front permanent teeth got replaced with four crowns spaced for the illusion of being more straight after making contact with a steering wheel in an accident. I welcomed the new smile. Glad no major bone breaks for you -- hope the bruises & scrapes heal quickly.

2385 days ago



CD15061175

Ohh, I'm sorry to hear that dear friend. Thank God you didn't break anything else. So happy to hear that there were two angels there to assist you. Hope everything heals quickly...take care ! All the best !

Deb



2385 days ago



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