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My very long, extremely productive, spark filled day

Sunday, November 09, 2014

It actually began Friday afternoon when I read an email from my favorite running store about a sudden "flash sale." I planned to visit them at some point anyway and this seemed like a personal invitation.

DH decided to come with me and combine some errands. The store is in a city about 30 miles away – a 45 min drive on our country roads

I brought 3 pair of old running shoes to be donated to the "Rescue Mission."

DH checked out walking shoes for winter. Yes, he's planning to continue in the winter – yea!

I bought a moisture-wicking "performance" shirt with long sleeves that were loose enough to push up if I got too warm while running. This one is very plain. I bought 2 last year that were so pretty I didn't want to run and sweat in them. They became a staple of my regular wardrobe – practical, comfortable and pretty – great for traveling. I don't mess them up running short distances.

I talked to the staff about an upcoming 10K on a hilly route through the city.

Next stop: Recycled our printer cartridges for store credit which I spent on flip a cover for my phone that I saw on clearance. Now I can carry it in my pocket when out running.

Finally a stop at the grocery store to buy our food for the week.

Saturday morning, up by 6 as usual, I was energized for a longer run. I decided to drive to the city to check out that 10K route. DH decided to go with me.

We found the starting point and with the course map in my pocket I intended to run easy and check it out. I always walk 1 min per mile. That's when I manually check my heart rate, sip some water and wipe my nose. If I know the course, I can save that minute for the steepest uphill.

DH meanwhile went for a walk on the trail by the river. Lucky people who live in this city!

Meeting up with DH afterwards we discovered that we had parked at the starting point of the Veterans' Day parade. DH is a Vietnam vet and we watched as they started off.

Next stop: This city has a coop where every single item is certified as good for you. The produce is all organically grown, most locally. The staples are organic too. We stocked up on everything from fresh vegetables and fruit to tomato sauce, chicken stock and even canned pumpkin. The prices are a bit higher than the non-organic in supermarkets, but we've made a decision to vote with our pocketbooks.

By now it was time for lunch and DH suggested we visit an Expo at the conference center – "Green Living Energy Expo" – Admission FREE – "15 years of people taking action."

Exhibits from every natural living, environmentally beneficial area you can imagine. Too many things to list, but I do have directions to make a "rain barrel" to water our garden. It's easy and cheap

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We even checked out a Ford Fusion hybrid. We're looking to replace our 03 Taurus (nearly 200,000 miles). We never considered the hybrid option. It's something to think about.

We ate lunch at the Expo. I ate healthy. DH, not so much, but he did drink water instead of soda.

Oh yeah! I registered for that 10K. My new shirt was great and my phone with its new cover fit perfectly in my pocket.

If anyone has actually read this far, thank you. I think I wanted to document it for myself to re-read in those times when my motivation sags. I want to remember how I feel this morning.

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PHEBESS

Definitely a healthy weekend!!!!
2406 days ago



WALLAHALLA

We got our Run for God shirts today. I ordered XL because I like my shirts to fit a bit loose. My long sleeve one is huge, like a man's XXL. The sleeveless one looks like it would fit the average 10 year old. Same company, same material. What gives with that? I hope someday to be able to run a 10K. You are such an inspiration to me!
2406 days ago



1STBUCKETITEM

Your day was productive and you had fun doing it!
2406 days ago



MJZHERE

Great idea to document it. I often blog for the same reason. Your shirts you ended up using for traveling instead of running -- I tried to break this habit and wear my shirts to "feel pretty" instead of for good and then was aggravated over the stains, etc. I ruined them with!
2406 days ago



MARYJEANSL

I always like to remember the good days, too. It makes me smile later on.
2406 days ago



ONEKIDSMOM

What a great day! Glad you wrote it down. You are so right about how re-reading things gets

one's juices flowing again when the sluggishness sets in.
2406 days ago



DR1939

We donate our printer cartridges to our local school. We use a laser printer and they get about \$20 worth of product for the cartridges. No children/grandchildren are in public school now but we feel a strong obligation to support our small town school district.
2406 days ago



SUBMOM2

Wow, you packed a lot of good stuff into one day!
2406 days ago



GINIEMIE

Thanks to your DH for serving in Nam. One of my brothers did too.
I will pay a little more to buy natural, organic or local. I have a friend who has an alpaca/goat farm I'll be buying some of her yarn for my DIL who likes wool for her family. My prayer shawls and chemo hats can't be in wool because many people have issues/allergies with it-plus it is more care



intensive.

I thought of a Hybrid, but I can't really afford a new car at the moment, paying for our new windows put a dent in the wallet.

Your weekend to this point sounded fabulous and I love the DH is joining you for some of your excursions.



2406 days ago



CD4114015

WONDERFUL day! I love productive days! And thank your DH for his service in Viet Nam...mine was there too and I really have a great appreciation for ALL our service people, past and present!

v

2406 days ago



MILLEDGE2

What an inspiring day you had! Thanks for reminding us all how productive a Saturday can be!

v

2406 days ago



WATERMELLEN

So upbeat and positive, it's an absolute pleasure to read (and enhances my own motivation just reading it!)

v

2406 days ago



FEISTYLIZARD

That sounds like an amazing day!

2406 days ago

v



WUMPASTAR

WOW - I LOVE motivational days like this where you are efficient and get stuff done! Your day sounds amazing - I would have followed you absolutely everywhere without a question, especially the last two places which is the kind of places I'd love to go but we don't really have here. I also love that I read your blog right after getting up in the morning because now I feel ready to take on my day, THANK YOU!

2406 days ago

v



TERI-RIFIC

Productive and fun!

2406 days ago

v



BBEAGAN

sounds like a fabulous day!

2406 days ago

v



IFDEEVARUNS2

Way to go!

2406 days ago

v



HOLLYM48

2406 days ago

v



MISCHAKEO

That was a great day. It was a good day of supporting your health. The 10 k sounds challenging. I have been thinking of a hybrid also..I want to save money on gas! You are taking very good care of yourself and are supporting your successful habits for health! well done.

2406 days ago

v



SWEDE_SU

i read it all - loved the description of where you went for the run. we also vote with our wallets, especially since our diet is heavily fruit and vegetables we choose organic as much as possible. we drove a hybrid while in sweden last summer, and can recommend it - not only was it great for gas mileage, but it encouraged economical driving because it told you whether you were using fuel or electricity and we had a tendency to keep an eye on that gauge and drive to maximize it.

v

good luck on the race!
2406 days ago

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