



# BROOKLYN\_BORN

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## The voices in my head & my Dad's jacket

Wednesday, March 11, 2015

I have a half marathon in 11 days. I am not well prepared.

In January my allergy/asthma triggers (perfume & cigarette smoke) sidelined me for a week. In February a night out with friends resulted in food poisoning and another week lost. I did keep up with the short runs, but no real distance effort.

The weather has been awful – rain, ice, snow, temps in the teens. Unplowed roads limited visits to the gym. When I did get to a treadmill, my limit indoors is about 6 miles running.

Two weeks ago I replaced my running shoes with the same brand and model only to discover that the “improvements” do not work well for me. I even blogged about my frustration.

Yesterday morning I was determined to get in 12 miles (plus warm up and cool down walks adding 20+ minutes more). I didn't care how slow I went or how many walk breaks I would take or how many times I had to stop and re-tie those shoes.

I resolved that I would just keep going – until I opened the door to see heavy rain. Did I miss this forecast? I'm a weather wimp. I don't even have rain gear. Now what!

I returned to my computer and Spark and came across a blog by BA5454 where she posted “Make sure your worst enemy doesn't live between your own two ears.”

That got my butt out of the chair, but I still didn't want to spend nearly 3 hours in the rain. Then the voices in my head. Forget it. Maybe the weather will be better in a few days. What will I do if it's raining on race day? What can I wear that won't be a soggy mess?

In the closet I found my Dad's waterproof jacket. Dad's been gone since 1997, but there was his jacket still in the closet. Dad outweighed me by 70 pounds, but this would work. I just had a lot of extra room

I was wrapping my hat with plastic wrap when DH produced a “water resistant” hat – the kind with a floppy brim that you might wear in a jungle. I was quite a sight.

Dad's voice in my head: Go for it!

Mom's voice in my head: Are you crazy?

My compromise: I would do 2 mile loops, stopping in my driveway each time to re-tie my shoes & decide whether to continue. So I would “go for it” while deciding every 21-22 minutes if it was “crazy” to continue.

The result: Yeah, I finished the 12 miles plus another 1.5 warmup/cool-down. I felt like I was plodding along but at least I was dry although I did have to remove my wet glasses.

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A SPAT discovery. If my stop to readjust my shoes was less than 2 minutes, the SPAT just added it to my time. If I passed the 2 minute mark, it recorded the workout time and started anew. I always wondered about that.

Fortunately, I did plan ahead for one thing. I pre-scheduled a massage for this morning. I'm looking forward to that.

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**1STBUCKETITEM**



Hope you enjoyed the massage!  
2281 days ago



**LINDAKAY228**



Congratulations on getting it done! Braver than I would be for sure!  
2281 days ago



**WALLAHALLA**



You never fail to inspire me!  
2282 days ago



**KRISZTA11**



Loved your blog!



It was very smart of you to go out for loops, so you stayed safe and bypassed resistance against going out in the rain for 12 miles .

I like to run in the rain, in hat and jacket, just like you, and most of the time the weather is actually a lot more enjoyable than I expect looking out of the window : )

2283 days ago

Comment edited on: 3/12/2015 8:22:05 AM



**MARYJEANSL**



I am very impressed. Running in the pouring rain has to be pretty unpleasant even with good gear. You will rock that half marathon, even if you have to go slowly!  
2283 days ago



**DOVESEYES**



Great work, massage will be great too  
2283 days ago



**CD4114015**



2283 days ago



**TERI-RIFIC**



Props for getting out there no matter what! 12 miles is crazy long to do in the rain!! I'm surprised you don't have rain gear for all of the running you do and have done. Breathable rain gear is wicked expensive, though. I don't have any.  
2283 days ago



**POLSKARENIA**



Well done for outwitting the rain.  
Keep it up!!  
2283 days ago



**KNH771**

I'm sorry you've had some setbacks lately, but congrats on getting out there and tackling a workout in the rain!  
2283 days ago



**SOPHIEDO13**

That's great you got out and found some rain proof clothing. Keep up the good work, you're doing 100% better than me !!  
2283 days ago



**PHOENIX1949**



2283 days ago



**WATERMELLEN**

Oh those voices in our heads -- you made 'em work for you!! And how lovely to have your dad's jacket to keep you dry. My house is just like that -- random coats and boots and hats and . . . yeah. Lots of 'em!!  
2283 days ago



**ONEKIDSMOM**

That discovery explains some of my SPAT behavior... thanks for sharing!

Good job getting out there. The thing about a HM, is that you know you can do it. You've done it

before, you'll be fine... and you just proved it, Dad's jacket and all. 🌧️

2283 days ago



**PHEBESS**

I love it! You did what you needed to do, you toughed it out, and you did fine!  
2283 days ago



**DR1939**

I always double- tie my shoes. I have high arches and cannot keep shoes tied. I would gladly buy adult versions of the thingies we put on baby shoes.  
2283 days ago



**KBSPARKY**

"the kind with a floppy brim that you might wear in a jungle. I was quite a sight. " this made me laugh out loud. thanks for the smile!!  
2283 days ago




**SYLPHINPROGRESS**

Father knows best and yours must have been a sweetie. You didn't compromise. (When I was a child, I thought that my father and Robert Young looked alike. It wasn't at all the case, but I conflated them into a big ball of perfection. Then I grew up.)  
2283 days ago



**LIVEDAILY**

You had a  day!! Good for YOU!!  
2283 days ago



**CD14815535**

I'm in the varsity league when it comes to making excuses for not doing something--I feel your pain! WTG on getting out there and getting the job done--that's awesome. And your half will

probably be the better for it. 🏃 Oh, and thanks about the SPAT, I was wondering about that little detail the other day.  
2283 days ago



**TCANNO**

With determination like this you are going to do well on marathon day. You really did well with what the last two months have thrown at you.

Good luck

Trev  
2283 days ago



**MISCHAKEO**

That was great that you got out in the rain and exercised..plus that you found clothes to keep you dry. You listened to the health voices and headed out the door. That is good to know about the





SPAT and the two minute mark.

Well done!



2283 days ago



**GINIEMIE**

Way to go, thank you dad, thank you DH. You were meant to get out and do it. One thing about the rain, I usually don't have allergy attacks, not as many in the cold either.... So glad you

did it in spite of the adversity you PREVAILED.



2283 days ago



**WUMPASTAR**

You're pretty courageous. I admire you for not giving up after all those obstacles. Hey, for the half marathon, just do as best as you can and don't aim for performance. Just... run it. It's impressive enough that you're running them regularly and I've never even done one yet. Not even a 10k hahaha!  
2283 days ago




**SWEETNEEY**

How do you deal with adversity - Face It. You can do it.  
2284 days ago



**KELLIEBEAN**

You are  !! Way to get out there and get it done! Dad was smiling I'm sure.

Thanks for the inspiration today!  
2284 days ago

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