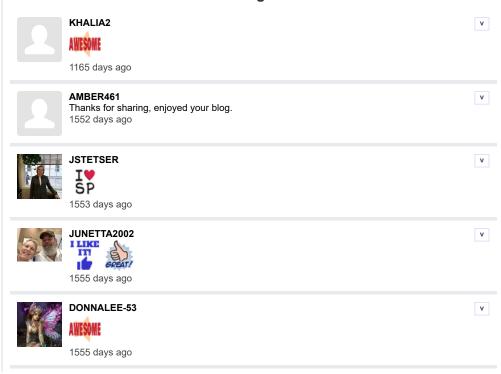


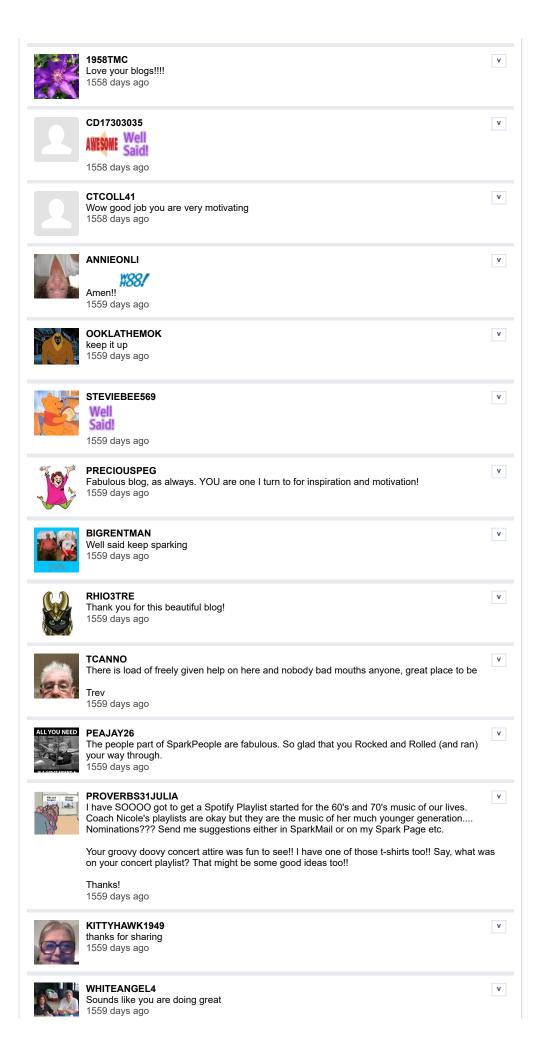
In the morning although the music was still playing in my head, I wasn't feeling the "Age of Aquarius" all.

Harmony and understanding? Sympathy and trust abounding? No more falsehoods or derisions? Golden living dreams of visions?

Really? That didn't work out as expected at all. What "Age" are we in now anyway? Then, after reading a blog by 2BDynamic, I decided to "treat" myself to a nice long run out in our beautiful world. Maybe that would clear my head and restore my spirit. What kind of a run would it be? The blogs of Slenderella provided a variety of options. I consider her my virtual coach. Soon I was just soaring along with a new spirit - 3 miles, 4,5,6 miles. The spirit was willing enough but then my right IT band was stiffening up. That's the tendon on the outside of the knee. "Don't run through pain" said the spark friends in my mind. I remembered the advice of a 99 year old runner to stop and stretch the wonky body part DURING the run. I stopped at 6.5 miles and stretched as a Spark coach once demonstrated in a video. That was good enough to complete another 3 miles ache-free and my spirit was ready for another day. Now there was a different song in my head. "Ain't no mountain high enough Ain't no valley low enough Ain't no river wide enough" To keep ME from my GOALS! Thank you Spark People! Edit Blog Entry | Delete Blog Entry Share This Post With Others Report Inappropriate Blog **Member Comments About This Blog Post** 



	QUAIL75 Well Said! 1556 days ago	V
	MOM4HOCKEY Thank you! Wonderful blog!! 1556 days ago	v
	BEESHELL8 Love it - wow, you got a good run in!! 1556 days ago	v
	EDDYDVM Great advice! 1556 days ago	v
	MICHELORRAINE What a great testament to incorporating all the many lessons you're gathered from SparkPeople over the years! Thanks for the reminder about some of these things and a new lesson or 2! Well Well THANK Said THANK 1557 days ago	V
	AWONDERS59 GREAT JOB! 1557 days ago	V
R	JVANAM Freedom is not worth have isn't worth having if it does not includes the freedom to make mistakes. ~ Gandh 1557 days ago	V
	<b>BACK2SCHOOLGAL</b> I am one that doesn't plan as plans don't work out. There are things I know I need to do each day, but that isn't the same as planning, as it is a need. 1557 days ago	V
	RACHNACH	v
	WORKOUTWITHPAM YOU are AWESOME! 1558 days ago	v
	LVMS61516 GREAT JOB! ★ 1558 days ago	V
	BRIDGETTEANNB2 Way To Go Girl!! 1558 days ago	v
	<b>CD13425951</b> That's awesome. 6 miles! I am not there yet. I was ecstatic yesterday that I made it 6.6 kilometers for the first time in my life. You inspire me. 1558 days ago	V
Living <b>()</b> Healthier	TOMATOCAFEGAL Awesome blog. Thanks. 1558 days ago	V



	ARTJAC Well Said! 1559 days ago	V
	LESLIESENIOR "Winter, spring, summer or fall, All you have to do is call, And I'll be there, ye ye ye, You've got a friend"	V
	After reading your blog, so many friendship songs popped in my head from the 50's, 60's and 70 Thanks for sharing! 1560 days ago	0's.
	PHHHISC Great! 1560 days ago	v
	SUTHRNWMN Great Attitude to go along with the great help here on SP. Keep up the good work! 1560 days ago	v
	<b>KENDRACARROLL</b> What a great performance this must have been? Your (rhetorical) question about what "Age" we are in now made me chuckle. I don't even want begin to define that.	v to
	Glad your run snapped you out of it. Physical activity is a definite mood booster. 1560 days ago	
Living <b>Healthier</b>	INAMINIT 企会会合め 1560 days ago	v
	IDICEM IS60 days ago	V
	CD4114015 AWESOME to see you on this side so much!!!	V
	<b>1DAY-ATA-TIME</b> Thank you I needed that this morning. Love the outfits!!! Woke up with a sore back and felt disappointment and frustration because I was just getting bac into the swing of things. So today it a change of plans. Instead of my early morning walk, I have readjust and get on my exercise bike and consider a trip to the chiropractor. But I will not my malady get me down. 1560 days ago	
	PGBACK GREAT JOB! SP 1560 days ago	V
The only person, you should ity to be better than Is the person you were yesterday	IMLOVINGME Keep smiling, Keep shining knowing you can always count on friends. KEEP SPARK "That's What Friends are For".	v
	1560 days ago	

	GLORYB83 v Keep up the great work!! 1560 days ago
	SUSANYOUNGER v Fues 1560 days ago
	NATALIA_123 v ANESSINE 1560 days ago
	RUNSWITHDEER v   Keep singing and running!!! 1560 days ago
	GRAMPIAN v Well done! 1560 days ago
LOST 90 POUNDS SPARKPEOPLE	BLUEJEAN99 v ANESONE 1560 days ago
Leave end	our Comment to the Blog Post ouragement, a question, or anything else relevant to this post. All blog comments must abide by ole's Community Guidelines.
	cribe to this blog ADD AN EMOTICON SPELL CHECK
Disclaimer:	Imments Page (175 total):   1   2   3   Next > Last >     Neight loss results will vary from person to person. No individual result should be seen as a typical wing the SparkPeople program.   1   2   3   Next > Last >