

## 2 Things About Today's Run

### 2 Things About Today's Run...



*Running*

So today I ran outdoors for the first time since November! I have 2 things to say about this...

1. Running on the treadmill is definitely not the same as running outside and...
2. I live in one of the most perfect places in the world!

The past 2 days have been beautiful! Temperatures have melted about 95% of the snow. So that means the sidewalks and streets do not have snowbanks that hinder visibility or mobility. So today I took advantage of the mild weather. The conditions were spring-like...just a bit nippy but pleasant.

The sun was shining and I found myself smiling and enjoying my run outside which is something I try very hard to do indoors running on a treadmill. I don't know about you but as much as I try, I'm overcome by boredom when I run inside. Today was amazing! I was able to run by the water, view the Newport Bridge and see 2 nearby islands, Goat Island and Rose Island. Many neighbors were out walking their dogs and enjoying the mild weather. I live in one of the most beautiful places in the world. Here was my route today:[www.usatf.org/routes/view.asp?rID=536543](http://www.usatf.org/routes/view.asp?rID=536543). My total mileage was a 5K. It took me a while, I ran slow and was careful about my footing and surroundings but it was very enjoyable...I missed it so much.

As I was running, I thought about 2 things.

1. My next race
2. If I can help it, I'll probably not ever stop running!

I'm going to continue to do a few 5k races, but I want to expand to a few longer races in the spring. My big goal is to do a 1/2 marathon this year. If I am healthy, continue to run regularly, I think I can do a 1/2 marathon in the fall. I'm excited to see how far I go this year.



13.1

So If I can help it, I don't want to ever stop running.

This year, I read sadly about Joy Johnson. She was an elderly woman who died shortly after completing the NYC marathon this year. She began running in her 50's (just like me) and continued to run well into her 80's. Her story is very inspirational. Here it is...

[www.nydailynews.com/new-york/oldest-woman-new...](http://www.nydailynews.com/new-york/oldest-woman-new...)



*Joy Johnson*

I'm going to try to increase my distance each week as I continue to run outside. Let me know how your running goals are coming along!