

Running Friends With Benefits

Ever have one of those days where you have such good intentions to be productive, and then suddenly the whole day has gone by and you didn't get to any of it? It happens to the best of us, but the problem comes when those days string together into weeks and then months until we are suddenly so completely overwhelmed that we don't know where to begin. That has, more or less, been my running for the past several months. I saw a quote the other day that said, "If you had started running when you first started thinking about it, you'd be done by now." EXACTLY!

After I get out and go for a run, I am energized. I have accomplished something for the day that I can feel good about. And when I run consistently, I am proud of my strong body and mind. Plus, being the over-competitive woman I am, I thoroughly enjoy being in good enough shape to embarrass a few people in a race from time to time. Now, when I don't run regularly, that's another story. And now that I am no longer running for a team with set practice times and a group of people who are counting on my, it is SO easy to come up with reasons why I can't go. I'm too busy. It's too cold. It's too hot. It got too dark. Something better came up. I ate too much. I'll run tomorrow. The list goes on.

So, to get myself back on track, I got an accountability partner. Let me tell you, it's a lot harder to skip a workout when you have a friend waiting on you. Not that it stopped me from trying. With our crazy busy lives, we decided to run early to get it out of the way and avoid scheduling conflicts later. Needless to say, 7:00 AM came a little earlier than planned. In my sleep deprived mental fog, I rationalized my plan to just call and cancel. No go. My accountability partner gave me a pep talk and got my sorry little butt a bit more motivated. And once I got out there, I was so glad I did! We caught up on each other's lives, got some fresh air, and didn't have to feel guilty when we got hibachi for lunch later. But could I have done it alone? Obviously not.

For those of you who may not already have this person in your life who is either fit enough to work out with you or motivated enough to hold you accountable whenever you try to pull the covers over your head and go back to sleep, no worries. You can MEET your someone through one of the various group running programs in the area. In fact, any of us here at the store would love to be that person for you. Many of these programs have fees, but if you want to try a free group, stop by our store (Tri-State Running Company in Edgewood, KY) on Wednesdays at 6:30 PM or Saturdays at 7:30 AM to meet some "running friends" as I like to call them. These people will help you through training setbacks, celebrate with you when you finish a race, and generally make running fun.

Running can be rewarding as a solo sport that allows you to test yourself and gather your thoughts, but you're missing out if you never run with others. Runs go by so much quicker when you are able to pass the time talking and laughing with friends. And distance running, especially when done early in the morning or late at night, is much safer with a group. Plus, the additional encouragement you receive and the sense of community a group provides are often motivators that end up helping improve performance. Whether you're an avid runner or someone who's always wanted to become one but never knew where to begin, Tri-State Running Company has a running group that can accommodate your needs. We train for full and half marathons, 5Ks, 10Ks, and more. Check out our website at www.tristaterunning.com for more details on our training groups or come by the store to get a copy of our training schedule.

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