felt
run
weather
north
stretching
start
night
wonderful
miles
listened
side
year
sky
rain
summer
back
half
nice
day
early
running
finished
overcast
zach
park
super
short
cool
quick
week
windy
putting
bad
shoes
late
runwalk
yesterday
tired
stitch
heat
hot
ive
fall
river
rainy
easy
feel
pretty
heavy
trail
morning
glad
strides
pain
struggle
bit
feeling
rough
didn
runs
fast
ran
strong
awful
hard
legs
podcast
drizzly
awesome
route
pace
faster
shape
stopped
walking
surprisingly
apartment
left
mile
wanted
days
humid
usual
door
quiet
strugglefest
work
plm
end
slow
stiff
walk
started
beautiful
ouch
horrible
great
part
dehydrated
warm
pond
sore
perfect
happy
lunchtime
tomorrow
breath
time
made
tight
groove
good