**RUNNING**



04/17/2022

Great run to Horner, under the now completed pedestrian path below Irving Park and then through California Park and back up to Horner and then the width and length of Horner on woodchips, which felt really great. Added on a lap around Welles Park and then trotted back home along Lincoln.

Chicago blocks are 330 ft (100m) by 660ft (200m)

16 = 1600 m = 1 mile (north south)

8 = 1600m = 1 mile (east west)

Irving Park- Belle Plain- Warner - Berteau - Cullom - Montrose - Sunnyside -

04/06/2022

Had a wonderful running day-- back from the car drop off and then back to the garage to pick up the car when it was all repaired. All total I got about 5 miles in. Body felt really good -- stride felt smooth and fluid.

03/29/2022

Had a conversation with Dan E. about running-- he like everybody who is not into stretching pushed back on the idea of running less and stretching more. My goal is to exercise consistently and to feel good and stay injury free -- both not allowing the sedentary aspect of my job destroy body and also not allowing my exercise to beat me down either. Attempting to ground myself in the wholistic flow of my life. Operating in a balanced cycle of nourishment. Cutting out the unnecessarily manic, harried, crammed in, attempting to strip my life of some of the commercial-cultural bloat-- so much of culture is commercial culture-- life is a commercial. The comment on the actors. They know people who know the actors-- they congratulate these people for having such a sweet steady gig. But why did they make that one pitch lady less hot that she actually is? Why would you do that on TV? Little face pulls up a picture of some tits or something on his phone. Pictures of women that his buddy sends him. He tells the story of waking up next to this woman with a rager and then waking her up by just shoving it into her mouth and her little three year old is lying there and then wakes up and you see his eyes get real big and he goes running out and she covers up and its all crazy for a little bit, but oh, ho, I love that story.

My question is how can you invest so much time into something and be so scantily invested in it personally.

03/28/2022

Graceland Run 3.41 mi. Good effort. Ran from breadbasket. At the beginning of the run felt cold. Felt the snap of late March. Biting. Sharp. Discouraging weather in the wind. Good sun though. Stayed in the sun and in the lee of a building or a wall. Ran along the metra embankment, the Ravenswood corridor, a midday ghost town in the cold of the day.

03/15/2022

Running on the ides

Down in the basement with the late afternoon light defused through the ttransluscent paving blocks.

Inspired I take ot the treets Running in my thin sandals. Feeling the flow of the road below me. The condum no condum metaphor. Chasing the Waxing Gibbus east down Irving Park until I pass between the two cemeteries just west of Clark and then truth north along the east side of Graceland, trotting through the unexpected vertical park tucked between Graceland’s east wall and the elevated red line tracks.

When reach Montrose-- grass, mud, stones, etc, down Montrose the sun has melted into an evanescent puddle of dayglo reds and oranges, peaches, and pinks, golds and purply blues, I’ll chase the fruity collaspse west as the light drains from the day.

02/12/2022

Named the stretch of Damen between Irving Park and Lawerance -- that mile we travel back and forth on all the time to get esme to school, its one of my consistent jogging routes. Northin along Ravenswood and then over to Damen at Lawerance for a two mile loop or up another half mile to foster for a three mile out and back loop.

Qi gong running.

Barefoot running

Sandal running

Pulling

Pushing

Running over self

Running within self

Way less pounding on knees.

End up stretching sometimes while I am running.

Core more settled-- running feels like more or a core workout.

Upper body is more relaxed.

More stable on ice and snow because my stride is much more compact and my center of gravity is tighter, less forward searching.

Feet stayed warm, despite just wearing cotton socks and sandals. Being able to flex toes up felt key to keeping them warm and then the initial snap of cold was a great motivator to get coming and keep up a nice clipping stride. Generally, but the end of every run I am radiating heat and shedding my gloves and hat, even when the temps are in the 20s-30s.

Running stoned.

Stretching has been a huge difference. I stretch all the time now. I used to just maybe stretch a little bit right before I ran, but now I generally don’t even stretch out before I run and I feel good because I have this constant stretch going on. Its taken some doing and probably a pandemic and almost two years of being unemployed, but of all the Covid fallout, habits, and errata I truly hope the stretching sticks around. I think it will. It truly feels like a practice now.

Injuries --