



My One and Only Glow From Running

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I recently came across some I Hate Running Quotes on Pinterest from the website [PopSugar](#) which made me **SMILE**. Running is something that does not bring me joy, but I continue to try to love it. **I run because I really like food** pretty much sums me up. This past weekend I participated in the Foam Glow 5K with my husband, daughter and her friends. If you follow me on [Instagram](#) and [Facebook](#) you may have seen a few of my pictures.



I learned the Foam Glow 5K isn't for the serious runner which is perfect for those who hate running. It's a mass gathering of people ready to party and glow in the dark after having soapy foam shot out at them from cannons. At one point my daughter and her friends stopped on the trail to lay down and make snow angels in the foam. There were also people breaking apart glow sticks and spraying liquid from the glow sticks on themselves. I'm pretty sure there is probably some sort of toxic warning on those things, but people will do anything just to up their glow. If you like dance music and drinking and a few beers before and after the race then this is the race for you. People of all ages, shapes and sizes were in attendance and having a good time.





I'm not a serious runner. I'm more of a run/walk runner. I run for a minute and walk for two twice a week on the treadmill. I've tried jogging, but my legs feel like lead when I jog. The runner's high I experience isn't during my run, but after I'm done and I've sweat out about 5 pounds of toxins. I was proud of myself for running a good portion of the 5K despite being slowed down by people who don't know they're supposed to be on the right side of the path, random bright lights blinding me and the fear of tripping over a cone or water bottle on the ground.

THAT AWKWARD
MOMENT WHEN
YOU'RE WEARING
NIKE'S AND YOU
CAN'T DO IT.

I have friends who have run marathons and I am in awe because it's something I can't ever imagine doing. That's where the awkward moment where you're wearing Nike's and you can't do it quote would apply to me. However, in my case I wear Saucony.

If you love running I'd love for you to share how it brings you joy. Maybe the rest of us in the I hate running club will be inspired. If you want to have fun, sleep in, get messy and get your heart pumping the Foam Glow 5K might be your kind of race. I encourage you to get out of your box and try something new. No running required!

Date Created

2015/08/20

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