

OnTheRun

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I believe daylight savings and warmer temperatures are on everybody's mind right about now. I love the fact that living here in the Southeast, we get to enjoy all four seasons. I love Fall the best but I enjoy something about each and every season. One thing for sure is that at the end of each season, I am ready for the next one to be here. What does this time of year mean for each one of us?

I am excited about the extra daylight for starters. Just this past weekend we got to Spring our clocks forward an extra hour and now we get it at the end of the day. For now, no more cold starts running in the dark for all of you evening time runners. This is especially nice for the many training groups that Fleet Feet has. I look forward to running with our groups starting and finishing in the daylight.

Warmer temperatures are nice too. We have had enough really cold days. I do believe you will have some of your fastest runs and races in the cold temperature but the fact is, we are tired of cold dreary days. I don't know about you but I am ready to feel some nice warm sun on my skin. We are more used to colder weather than you realize, so when temps hit the 70's it is going to feel very warm. This is a good time of year to make sure you are staying well hydrated because warmer weather makes staying hydrated a little more challenging. Staying hydrated will get much harder when summer gets here.

If you like to ride a bike or cross train, Spring is always another great time to pick up some extra exercise. Take the dogs out for a nice walk or maybe take to the woods for some trail hiking. Get outside. While I believe rest is important, it is not too much to ask for at least one hour a day of exercise for optimal health. It does not have to be running, but I think one hour per day is great for our health physically and mentally. I personally have not taken a day off in 2013. You can ask Jennifer Carter how I feel about rest. "There will be plenty of time for rest when I'm dead." That is my own personal philosophy. Another favorite quote of mine is "It's not that life is too short, it's you're dead for so long."

Enjoy the Spring weather. Get outside, work hard, play hard and rest when you need too.