



Excuses for Not Doing Workouts

09/07/02, 10/18/03, 08/28/04, 08/13/05, 08/26/06 thanks to the entire RxRunning Club

1. I'm a wimp.
2. I'm constipated.
3. I have diarrhea.
4. It's too: hot/cold, windy, wet, dry, dark, sunny out.
5. I'm: sore, tired, grumpy (or grumpier for some), happy, moody, depressed.
6. It's good recovery... really!
7. Recovering from Bloody Nipple Syndrome (BNS).
8. Shoes are too: tight/loose, old/new, wrong color.
9. My shoes are still attached to my bike.
10. I swam today.
11. I had a golf game.
12. I did my leg weight workout.
13. My grandson took too long a nap.
14. PMS
15. I have angina pain.
16. There's this one dog...
17. Did my Kagel exercises this morning and strained something.
18. I'm too sleepy.
19. My heart rate is too high.
20. My heart rate is too low.
21. I don't have a heart rate.
22. I'm not really a runner.
23. I'm not really an athlete.
24. You get faster when you don't do back-to-back days.
25. Helium coach... my turn to weight it down.
26. Ever tried to tie your shoes at 4 AM?
27. I live in Tucson.
28. Reggie ate my shorts.
29. My wife needs more attention & we run at different speeds.
30. Drank too much last night.
31. I locked my keys in my shoes.
32. Two words: Chai Tea.
33. I have explosive diarrhea and I'm afraid my shorts will catch on fire.
34. My body fat is too low.
35. It interferes with my smoking goals.
36. My doctor told me sweating was bad for me.
37. Oooh, that pesky plantar fasciitis.
38. Because I bought my shoes from brand XX store.
39. Double-D – need I say more?
40. I only had 4 hours sleep.
41. I live in Maryland.
42. I live in California.
43. I'm from Morocco.
44. I'm from another planet.
45. Nobody runs from where I come from.
46. Nobody runs where I'm going.



47. Everybody else isn't doing it.
48. Too much wine.
49. Too much whine.
50. Coach said hard-easy days are good for me... this is my easy day.
51. It's too far to drive.
52. I don't want to hold everyone up.
53. My puppies trip me.
54. The friction from my thighs rubbing together causes too much drag and chafing.
55. Too much phlegm.
56. I had a flat on my left shoe.
57. It's too muddy in this desert.
58. The kitties won't let me run.
59. I'm still recovering from the workout my significant other gave me last night.
60. The dog quit because it was too hot and I had to take him home.
61. Can't get out of bed in the morning. Too late after work.
62. Unsteady times/times vary too wildly.
63. I took 6 years off to be a drag racer.
64. The wind was blowing too hard to run.
65. I can't leave the house because I'm potty training my son.
66. John broke both my legs.
67. I go Pink Eye (both eyes) and the wind hurts to run, can't close my eyes to run, risk greater injury.
68. My dog chewed up my running hat.
69. Water shortage... don't want to have to take more showers than necessary.
70. I didn't want to!
71. Sisters rule, and I'm a bro.
72. I need another day of muscle building (i.e. rest).
73. I had a late lunch.
74. Tired, sold 50 pairs of shoes today.
75. I wore high heels this weekend.
76. I trained too hard.
77. I have to unpack, clean the pool, clean the cabinets, line the cabinets, organize the closets, rake the front yard, mow the back yard...
78. I'd rather play soccer.
79. Plantar fasciitis
80. Hangover.
81. Too much Chardonnay.
82. I really will feel better AFTER the run (for everyone else).
83. The roads are wet.
84. If I ride a bike, I'll get done sooner.
85. I get dizzy going around the track so many times.
86. I forgot.
87. I have Atrial fibrillation with right bundle block.
88. Dean said so.
89. I missed yesterday so the week is shot now!
90. It was in my horoscope.
91. Ian Chapell told me not to run during the summer because the heat will melt the glue in my orthotics.
92. I don't like running.
93. The snake scared me off the trail!
94. I don't know whether I should warm down or cool down.



95. My body functions/fluids wanted to depart my body!
96. Eye trouble... I couldn't see running today.
97. Temporary amnesia... I forgot I was a runner.
98. Watching Olympics.
99. I can't workout cause my neighbor's cat at my running partner. (With newspaper headlines: "Marathon Mice can run farther, longer")
100. Three words... Mo – ji- to!
101. The fire danger is extremely high and I do not feel like shaving my legs.
102. I'm a college student so my alarm clock doesn't have a 5:00AM.
103. I had a great run yesterday.
104. I've fallen and I can't get up.
105. 6 knee surgeries and now on to other body parts.
106. I'm afraid to be chased by bulls
107. I have no one to run with.
108. Too old and haven't learned enough to know better.
109. Too young and know better.
110. Don't want to pay a babysitter.
111. Baby wanted to eat every two hours last night – too tired.
112. My son has my running shoes.
113. My dog ate my running shorts and hid my running shoes... sadness.
114. I'm tapering for the AR Summer 5k Series.
115. Sorry, I'm on the phone right now.
116. Yeah, I've been meaning to talk to you about that.
117. No more toe nails.
118. What's the point of it.
119. I'm afraid of the mean mother duck protecting the canal. She attacked me once and almost won.
120. Too far to drive.
121. Too far to walk from parking lot to trail head.
122. I felt undeserving to run because I paid my club dues late.
123. Just DON'T do it!
124. It hurts.
125. There's no tail wind in my lane.
126. My favorite running shoe style was discontinued.
127. I don't make any excuses.
128. I stubbed my toe.
129. I fractured my foot and I'm in a walking boot but I can't figure out how to run with the boot on!
130. Injured my pancreas by inhaling little bitty bug larva that was tainted with DDT.
131. My water bottle fell in the porta-potty.
132. My coach won't let me run. (Dean's fault)
133. I ran out of Body Glide.
134. I suck.
135. There's a leak in my Camelbak.
136. I'm watching the kids.
137. I have a knot in my sneakers.
138. I can't stay on my feet.
139. My aqua-belt has a hole in it.
140. My wife won't let me run.
141. I'm running with Tiffany today. (Insert any name you like on this one.)
142. On the long run, passed by Team-in-Training member wearing a name tag.



143. My fat burn HR is too low for running.

144. Passed by a lady with a jog stroller.

145. I have brain cancer and had to go get radiation therapy.

146. I had a heart attack and they sent me to the cardiac catheterization lab.



Courtesy of Peoria (IL) High School Cross Country Team & Greg Mason (circa 1970's)

<p>At too much Weak from lack of nourishment Not enough time to warm up Warmed up too much Not enough training Not enough sleep Too much sleep Need wheat germ oil Need yogurt Need vitamin C Not enough weight training Too much weight training Building up slowly for next year Don't want to improve too soon Saving myself for ___(name of girl, event) Bus too crowded, couldn't relax Car too crowded, got cramped Bus too quiet Started kick too soon Started kick too late Couldn't kick Worried about girl Worried about money Worried about studies Girlfriend unfriendly Girlfriend too friendly When I saw that ___was running I choked I didn't think I thought too much He cut me off I cut him off and thought I was disqualified DI fell down I'm a mudder and it was a too dry Can't run in the mud They all jumped but me I thought they would recall us to the start Poor starter Poor finish judges Poor track or course footing too soft Footing too hard Too warm Too cold Shin splints Blisters Sore knee Headache</p>	<p>Snowblinded Cold feet Fogged glasses Thought I was having a heart attack Thought there was another lap to go Ran an extra lap Can't run when behind Can't run when ahead Can't run Too much competition Too many meets Not enough meets No medals awarded Medals too cheap to work for Too many people depending on me No one cared about my performance Don't like organized athletics Only run for exercise Only run for fun Didn't feel like running Felt great and that's a bad sign Couldn't get excited about the race I was over anxious My mind was too tense My mind was too relaxed My coach doesn't understand me I don't like my teammates My teammates don't like me Got discouraged when ___ passed me Looking forward to indoor track Looking forward to outdoor track Not looking forward to anything I slipped at the start I cant' stand too much stress I can't stand too much failure I can't stand too much success I have emotional problems Study comes first I never had to run so hard before Had a bad cold Can't run anything over a 220 Had to stay home to babysit Don't know the pace Guess I don't have the courage Drank too much pop yesterday Not enough salt in my system Have to quit to get a job</p>
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<p>I don't have any Adidas Forgot my shoes Chicken</p>	<p>Have to quit to get better grades My doctor told me not to run, said it was bad for my heart My mother told me not to run</p>
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