

I got to thinking the other day...

(Yep, it happened again.) In the midst of running in 100°+ with 30-40% humidity, I realized there are times when you just know it's a bad run.

You know it's a bad run when...

- Your toenails look like jelly beans afterwards.
- You hear an ambulance siren during a race and don't realize until you are on the stretcher that it was coming for you.
- You have no sensation below the knees and you are still running.
- You are incontinent and you don't know it.
- You have Bloody Nipple Syndrome (BNS for short) and it's only the first mile of a marathon.
- You think you're sprinting and the guy with the limp and the lady with the walker just passed you.
- You are exhaling chunks of body materials instead of air.
- You are heaving last week's lunch and you are only half-way through the race.
- You find yourself face down on the pavement and the molten tar and road rash feel like a relief.
- You don't want to shower because your chafed spots will hurt too much.
- You hear fans cheering everyone on at a race, until you come by; then there is silence but for a few gasps, mothers cover their children's eyes and people start saying prayers for you.