



My Running Days Are Over

Unfortunately, I am sad to announce that my running days are over. Just shy of 40 years since I took my first running steps, this old body has broken down and cannot handle the stresses anymore.

There were times I felt like I could run forever, but in the back of my mind, I knew that this day would eventually arrive.

No more researching race schedules.

No more investments in Hoka shoes and Injinji socks.

No more early Saturday morning starts.

No more braving wind chills below zero and heat in the 90s

No more 4 o'clock alarms just to get a run in before work

My years of accumulated medals taunt me, and my piles of T-shirts hold bittersweet memories of better times. Even the roads I used to run hold difficult reminders of the days I could run forever. Now, walking down a flight of stairs is a daunting task.

I'm not saying I won't be back. I will be.

Definitely.

No doubt about it.

My running days have been over before. Many times. And each time I was down, I had to let it go completely before I could heal and come back. It was the only way I could get through the realization that some day, they will be over for good. Each time, I had to find a life outside of running, and each time, I was able to find something to add to who I am.

And each time, once my running days were over, they somehow came back, and often better than before. But it's still hard to accept a life after running, both physically and emotionally. But this is not that time. At least I don't think so.

And if it is, that's ok. It will take some adjustments and changes to mindset, but how can I be anything but grateful for the life that running has given me? Everything that I am today has somehow been influenced by running.

Through running, I met my wife

Through running, I've made some amazing lifetime friends

Through running, opportunities have opened up that have added color to every day of my life

Through running, I have become who I am today

Even if I never run another step, none of what running has done to improve my life can be taken away.

What will life after running look like? I can't really say. In reality, life after running does not really exist, because in some form, I will always be a runner. Once a runner, always a runner. And there will always be running, because there will always be reminders.

Racks of medals
Boxes of T-shirts
Years of running logs
Millions of happy memories

My running days may be over, but hopefully, only for now. One thing I am certain of is that after my running days are over, I will still be around. It just may look a little different.



Comments? I can be contacted at durunner@yahoo.com