

# Senior Moments

Michael Selman-Senior Ambassador

## Good Morning Sunshine



For those of you who either know me personally, or follow me on social media, and even those of you who have been reading my articles, you probably know that I am a die hard early morning runner. It's not that I love getting up at 4AM, but I have been doing it for so long now that it's very hard for me to sleep much later than that, even on weekends, when I could sleep much later if I wanted to.

For the past month or so, as the days have gotten shorter, my runs have been done entirely in the dark before sunrise. I didn't used to mind running in the dark. In fact, for a number of years, I enjoyed to darkness and the cloak of anonymity it provided. But since the pandemic began, I have been craving sunlight since I have been shut in almost completely during the week.

With daylight savings time over, most people lose their extra hour of daylight. But not everyone. Some people actually gain the extra hour at the same time they gain the extra hour of sleep. Those diehard souls who pound their soles in the early morning know exactly what I am talking about. Suddenly, a run that starts at 6AM can be done in the daylight, and it feels like a totally different world.

Yesterday (Nov. 1) I ran the Atlanta Track Club PNC 10-miler, which was moved from its traditional location to Michelin Raceway in Braselton. Don't think that just because a race was run on a racetrack that it was flat and fast. It was neither, with a total elevation gain of nearly 1000 feet. The way it was organized, they had groups of 25 people starting every 5 minutes starting at 6:45 with the last wave starting around 10AM. In addition, for each wave, there were two rows of strategically placed cones about 10 feet behind each other to ensure social distancing in the start corrals. So everyone was spread out and required to wear masks until just before each wave started.

Of course, being the early bird I am, I signed up for the 6:45 corral with 24 other earliest of the early birds. I mean, after all, we just set the clocks back the night before, so with the extra hour, it felt like 7:45 anyway, which is late for me. And because I was the first one to line up to sign in for the earliest wave, I was one of the two people who lined up at the very front of the wave. The other guy looked to be in his mid 70s. So, when the race officially started, I jumped out ahead of him, and I was actually the lead runner in the entire race.....for about 3 seconds, when everyone behind me passed me like I was standing still. That was how long my 15 minutes of fame lasted. I hope someone got a picture.

This morning, (Nov. 2) I woke up at around 4:45 for my usual early morning run, feeling refreshed from a full night's sleep. Then, I went through my usual routine, which included coffee, stretching, and putting on my headlamp. At about 5:45, I popped out the front door for my run, and within five minutes, I

realized my tactical error. I really didn't need my headlamp, because it was already starting to get light out over the far reaches of the horizon. By the time my 5 miles was finished, the sky was bright, even though it wasn't even 7 o'clock yet. I think I'll be hanging up my headlamp for a little while.

We morning runners are doubly blessed this time of year. When the clocks go back, not only do we get an extra hour to use however we choose. We also get the extra hour of daylight right when we need it most....during our morning run.