

Laps on a Track

Track workout

Dawn

4 sets: 3 by 400 repeats

200 jog between each 400

Lap jog between sets

Solo

except for the gentleman and his wife walking in the opposition direction in lane nine.

First set accomplished.

Between sets, I jog slowly in the opposite direction of the couple.

The gentleman's wife is on the cellphone.

He calls out, "How old are you?"

"63," I reply.

I run another set.

Between sets, I jog slowly in the opposite direction of the couple.

She remains on her cellphone.

He again calls out, "are you sure about your age?"

"That's my age based on my birth certificate," I reply with a smile.

I run another set.

Between sets, I jog slowly in the opposite direction of the couple.

The gentleman's wife is on the cellphone.

He calls out, grinning, "you certain it's your birth certificate?"

"I've claimed it all this time, no reason to change now," I laughingly reply.

I run another set.

I am finished with my sets.

Slogging in my post-workout afterglow, I hear his voice.

She remains on her cellphone.

"Damn! You're fast enough to be younger than 63!"

"That's the point," I acknowledge.

Good to be me.