

Wednesday Trivia – shade segments

Required: .40 - .75 mile segments on shade covered running path
a very extra hot morning just after sunrise

Wakeup call set for 4:30 a.m. When you wake up, you discover the outside air remains overheated from the night before, the dew point is well above 70, relative humidity is above 90, and there is no cloud cover. The day's elements will only progress to highs never before seen by modern or ancient civilizations. The day is gonna suck, weatherwise. But, you're up and you have a running plan.

Just over an hour later, parked at the trailhead to the shadiest running path within proximity to you, you are dressed in the lightest running shorts you own, the lightest running singlet in your arsenal draped over your shoulders, thin running socks over your feet. Your running shoes on your feet are your running shoes. Exceedingly hot weather be damned; you set out on your morning run.

The opening section is three-quarters of a mile on a path alongside a small, gentle stream, both the path and the stream heavily sheltered by the mature trees lining the stream's bank. At the opposite end, you pause, turn around, and pick up the pace on the return. You feel good with the pace; you're in the shade.

You look down the path, knowing that you're about to run just under 1.5 miles in the sun to the next shaded area. That's 1.5 miles. Running. Into the sun with the water-saturated air boiling on your running cap, the already too-high of a temperature beating you down. You stride strongly up the just under half a mile shaded hill to its crest, jog for a moment, and then flick your feet back down. Back down into the sun, going opposite from whence you came, to repeat the river segment.

That's enough for this ignoramus of a morning, weatherwise. You proved you could arise early, carry out a running plan, and survive. You focused and achieved. Of course, you cannot go anywhere until you change out of your sopping wet clothing and equally as wet running shoes. This change will take a while. At least the car AC works.

106 shows on the car's dashboard. Heat index is higher than that. You at least know this will break, soon. Right?