

snot, as cold just doesn't agree with it. Next on are my thick wool socks, calf high of course.

I don't have trail shoes, as I am not certain they existed back then, so I wear my Nike Tailwind, as it had a knobby outsole for better traction on snow. Now time for my new Timex Commander!! - stop watch, timer, alarms, waterproof, wow! Jim McKay uses it, and his commercial is always on one of the 3 TV stations I receive!

Before heading out I don my ski hat, a poly wool blend I believe, regular winter leather gloves and my brand new Gore-Tex jacket. This is lightweight, windproof, waterproof and breathable. Sure beats my lined nylon one. I always remember that if you are comfortable when you start, you are overdressed. I know in about 1 mile I will be somewhat comfortable.

OK, here I go. Streetlights are on, and the snow covering has not turned dark yet from the road dirt. As I mentioned earlier, roads are pretty good, as the plows and salt trucks came and dumped loads of salt, ensuring a prompt snow melt.

I run facing traffic but I have no lights, as they have not been invented yet, and as each car approaches, I need to step off the road onto the snow bank to avoid injury, like I always do. I run carefully to the new University of Buffalo campus, where I relax and ease into a normal pace. I have warmed up, unzipped my Gore-Tex for comfort and to avoid sweating, and I am running on the pedestrian paths always cleared and well lit for students.

I complete my loop around the campus and head home. I must say it is a pleasant evening, clear, crisp, hearing the sound of crunching snow beneath my feet. I am sweating now but that's OK; I am at mile 5 and the westerly wind is behind me.

Home and in my garage, I disrobe one layer at a time, hang the clothes up and go inside for a hot shower. Winter runs are strictly for maintenance, as I impatiently await the spring, where I will test my fitness with the many 10K's available, which generally start around 9:30.

Nothing like the good ol' days!

I Am A Runner

Coach Bob



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