

I've been running on a treadmill. Yes ... I call it the "dreadmill". It's a machine that should be outlawed. Running and marking time is not my favorite thing. It reminds me of the Army. The Army gave new meaning to the words "marking time." I always announce when I'm going to use the "dreadmill" ... hoping someone will stop me. I've often thought that by using a "dreadmill" a person could be classified with a personality disorder.

Really ~ Running on a machine that maintains the same pace for an hour or more does border on some disorder! Imagine running 7-8 miles while watching a movie. I know some people who love the "dreadmill" and do all their running on one. But it is a good workout, especially if it has been an exceptionally cold, dreary winter as we've just had. It certainly makes me appreciate my next run in the park or the hills.

Lately I've been noticing a new trend with our language. I don't know if it marks a significant shift in the culture, but when I hear it I wonder. Whenever I say, "Thank you" to those who are younger (which includes almost everybody now) they don't say, "You're welcome." They say, "No problem." Whatever the service is that I've received, they say, "No problem" versus "You're welcome." I guess if I've paid the bill there is no problem. If I try to renege on it, then there will probably be a problem. But I just don't hear "You're welcome" much any more. But it's okay ... It's really no problem.

Twenty-five dollars for a 5K race? I couldn't believe the application. That's over \$8 per mile. Is it getting more expensive to have a water stop? Aren't the organizers volunteers? I canceled going to one recently because it was 60 miles round trip plus \$25 entry fee. With gas prices and entry fees continuing to rise, it may create obstacles for participants. Or maybe these are just the challenges of living on a fixed income ... No problem!

I ran out of May and into June ... into the warmer days and humidity. But I welcomed it as never before. June will bring summer and more heat and humidity. But that's okay ... No problem. I'm in no hurry to see autumn or winter. These days I'm not really in any hurry to advance tomorrow. Being in the moment is the practical approach, although it is not always easy to practice. But we're all works in progress, and practice we must. The race itself is a good method to practice that approach. And in those race moments there is a special time ... without confusion ... that special time of focused awareness as we celebrate the simplicity of the act.

And may the wind be always at your back!

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