



## The Long and Short of It — Dale Peterson

### Minimalist ramblings

It is amazing how much you can stir up just by going barefoot. I have been called an Arkansas hillbilly and had my sanity questioned by a perfect stranger. People seem to have a morbid fear of stepping on glass or otherwise hurting their feet. I tried to explain to a co-worker that I thought the foot must be a pretty good design being as it was all we so-called modern humans had for thousands upon thousands of years but she would not have it. She was positive that going barefoot would ruin your feet. Old ideas drummed into our heads since before we could walk are hard to break.

Meanwhile I just keep on walking my dogs while barefoot. They have never cut their feet and so far either have I. Now that it is getting colder and darker I am wearing water-socks because I am not completely fearless after all.

Very soon I will begin doing some very short runs without my orthotics. Stay tuned.

### Clarksburg Country Run

I ran in the Clarksburg Country Run on Nov 14<sup>th</sup>. This is the second time for me. In 2008 I ran the Half Marathon and qualified for the New York Marathon in the process. I enjoyed it so much I decided to jump up to the twenty-miler this year. I was very pleased with my performance (2:56 and change) considering it was much warmer than I would normally choose. It is a great event, with plenty of aid stations, enthusiastic volunteers and beautiful scenery. The autumn colors were out in force as we ran along the fast and flat roads out in the delta. I had hear people complain about the roads being oddly cambered on the levees but I did not notice anything worse than you would encounter on any country road. There are two kids races, a 5K, the half-Marathon which is now a USATF-PA race and the historic 20-miler; in other words something for everyone!

### Downtime

X-Country season is over for most of us, the nights are getting longer and colder and goal races are either over or will be soon. December is a good month to take it just a little bit easy, rest and start dreaming about next year. Give your body and mind a little break and come back strong in the spring.

### New Blood / Old Blood

It is time for the annual club elections. By this time next month we will know who our new officers will be. Nate and John and Paul have done a great job this year. It has been my pleasure to work with them on a number of very interesting initiatives that will have lasting positive effects on the club. It will be good however to get some new blood into the organization. Come out and vote!

Speaking of blood it is time for me to make my twice-annual platelet donation to the Blood Bank of the Redwoods. Consider donating some of that high-octane runner's blood of your own.