

Sunday, July 29. 2007

Morning Run

The first sunday running "early" in the morning in a long while.. Some heavy/bulky sensation when running, I need to loose some weight to feel perfectly fine but no rush on it, training goes perfectly fine so far, better than expected. Beautiful sunny day, nearly all alone in the walk to to Annacotty through t the University. I DID enjoy my time on shoes.

Thanks

Gonza.

Posted by Gonzalo in Runner's Chronicle at 03:52