

You Might Be A Runner If . . .

by John Farrow

Your friends all know that you're a runner, but you think others don't know? As with any other fringe group of wild-eyed zealots, there are ways that others identify you as a runner. What are some of the signs? Well, you might be suspected of being a runner if:

1. Your other car is a Nike.
2. Your fridge contains nothing but pasta, beer and running shoes.
3. You have more running shoes in your fridge than pasta and beer.
4. You're not ashamed to pronate in public and you don't apologize after fartleks.
5. Your hotel clerk tells you to take a taxi to the nearest park where you can run because it's "so far," and you run there in less than 10 minutes.
6. You don't understand why your next door neighbor is dealing with an insurance adjuster after hitting a wall. What do insurance adjusters know about race pace and fluid intake?
7. You forget how to read a watch that doesn't give split times.
8. You think "hard core" refers to 100 miles or more a week.
9. You wear your jog bra with a strapless dress.
10. You're actually glad that your significant other has a headache, because you left your heart rate monitor in your locker at the gym.
11. You have trouble remembering the names of your daughter's friends, but you not only know who Haile Gebrselassie, Lazarus Nyakeraka, Delillah Asiago and Tatyana Pozdnyakova are, you also know the country they are from, their world ranking, and their best event.
12. You count the 10 miles run in blowing sleet and snow during the last blizzard as one of the high points of your life.

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