

December 16, 2005

Brian Wesley Rainer,

How are you today - this Friday in December? Well, I am enjoying some very cool weather; this morning we had a frost...that's how cold it has been. And you must be having some cold, or at least cooler weather as well - it is fitting to have cool weather around Christmas...don't you think?

Today, I am thinking of you and what must be going through your mind right now: are you studying or learning at school; are you daydreaming about something you saw or something imaginative and way-out-there; or are you running around using some of that energy that children seem to never quite expel? I'm sure that if your legs aren't running, you're probably dreaming about it!

Running is a gift; I mean, the ability to run, and to run fast, is not something that everyone can do. Some people are born are have a natural gift to run; while others may need some practice and routines to improve or even excel in a running event. Some runners are sprinters, which you probably know, mean that they can run short burst like 50 or 100 meters. Others are long-distance runners that do have the "blazing" speed but do have a heck-of-a-lot of endurance. The 1600 meter to marathon runners are among this league.

Running gets you where you want to go with speed; running beats walking in terms of time but, in some places, running is not allowed because it can be dangerous to you and to others who get in your path. So, be careful to choose the right mode to get where you need to go because speed and safety are not always buddies.