



2020 SOCIAL DISTANCING

Running

CAPSULE JOURNAL

We are runners. And amidst unprecedented and uncertain times, still we run. We run for clear minds, for solitude, for health, for therapy, for fresh air, for a sense of normalcy, for joy, for gratitude. And though we may not be presently running for times or races or a training plan, we run... for life. And when it is over, and the races and clubs and events return, may we look back and see how we've persevered, endured, grown, gotten stronger. May we allow these moments to still shape, define us and make us more resilient runners – and individuals – that will continue to carry us through hard courses, rough patches, tough conditions and uncontrollables. **We are runners.**

**Awesome Runner*:*

Social distancing runs started on:

Social distancing runs ended on:

Why I still run:

Mileage Log

Week of: M: T: W: Th: F: Sa: Su: Total:

Notes:

Week of: M: T: W: Th: F: Sa: Su: Total:

Notes:

Week of: M: T: W: Th: F: Sa: Su: Total:

Notes:

Week of: M: T: W: Th: F: Sa: Su: Total:

Notes:

Week of: M: T: W: Th: F: Sa: Su: Total:

Notes:

Shoes worn:

Memorable sight(s) on a run:

*Fave eats*fuel*snacks:*

Emotions & Feelings:

Grateful for:

Looking most forward to:

Mantras:

Lessons learned:

Fave routes:

HIGHEST
MILEAGE

LOWEST
MILEAGE

LONGEST
RUN

Daily Checklist

RUN!!!!



Great runs:

Tough runs:

Staying connected to running community by:





Cancelled races I signed up for:

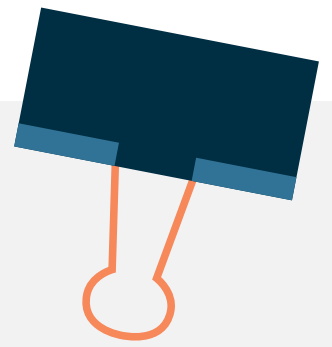
Virtual races I completed instead:

Future goal races:

Letter to Self

The page contains ten sets of horizontal lines for writing, each set consisting of two lines. On the left side, there is a vertical column of ten circular punch holes, each aligned with one of the writing sets.

Non-running things I did that will help my running:



Random notes & thoughts: