

# POFIFOTO!

A non-comprehensive guide to running

Greg Fowler

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## About Me



My name is Greg Fowler, and I'm an avid runner. This wasn't always the case, though. I took up running in December 2008. It wasn't your typical mid-life crisis. Yes, I was forty years old and out of shape. If you'll recall, the economy had crumbled. The Great Recession was beginning.

My employer's sales went from really great to really bad in the blink of an eye, and the manufacturing plant where I work pretty much came to a halt. Our plant manager stood before us that December and said there would be changes in January. We knew that meant layoffs. Then he sent us home for Christmas break. Happy Holidays!

Not wanting to ruin my wife's Christmas, I kept quiet about the work situation. I needed to do something, though. There was an old treadmill buried in the garage. I cleaned out the junk around it and got busy walking and eventually running.

Before long, I signed up for a local 10K race scheduled for the end of February 2009. Going from zero to 10K in about 10 weeks, I was hooked. I went on to run my first marathon at the end of 2009. Somehow, I kept my job.

In 2011, I started a blog about running to practice writing and learn some new tech skills (WordPress). Running consumed me at that time, so it was easy to write about. I wanted to educate and inspire. Hopefully, I managed to make some people laugh, too.

Running has definitely changed my life. Some days I believe it saved my life. The lessons learned through running over the last six years have showed me what can be accomplished if you're not afraid to take that first step.

## About this Book

This book is a sampling of blog posts written by me over the course of 2011-2014. The posts originally appeared on my blog [PalmettoStateRunner.com](http://PalmettoStateRunner.com). Over the blog's active life, I wrote 100 posts about motivation, gear, race previews, race reviews and other running stuff. The site is still there, but I no longer add new content.

Oh, yeah. One last thing. The disclaimer: If you decide to take up or return to running as a result of this book, please consult your physician first.

Enjoy!

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Posted by Greg Fowler on Jul 2, 2011

In my favorite part of the Rankin-Bass Christmas classic *Santa Claus is Comin' to Town*, Kris Kringle gives Winter Warlock a gift, melting his icy persona and eliminating Winter's magic powers. Now faced with having to walk, Winter doesn't know what to do. Kris gives this simple instruction, "Put one foot in front of the other" – or POFIFOTO for short.



So it is with running. **Just start.** Put on some shoes (or not) and hit the sidewalk, road, trail beach or treadmill. Wherever. It doesn't matter. Don't make excuses.

Now, more than likely, if you have never been a runner or if it has been a long time since you ran, you are not going to be able to run very long. That is OK. Your running muscles need time to build up.

So, **start small.** To borrow from baseball lingo, just start hitting singles. Don't worry about a home run yet. Try something like this: for the next 5 days walk for 5 minutes to warm up, then run for 10 minutes. Finish with 5 minute walk cool down. Even if you were able to run the entire 10 minutes (unlikely), stop at 10, and finish up with the 5 minute walk. If you are not sore the next day, go for 12-15 minutes of running. It is highly like your feet and calves will be talking to you, though. If it is too painful, skip the run for the day and go for a bike ride. Then, try again the next day. At the end of the five days, take a day or two rest. Now commit to another 5 days, and increase the running to 15 minutes, still walking to warm up and cool down.

If you cannot run 10 minutes (I couldn't at first!), then try something like this. Walk for 5 minutes, run 1 minute. Repeat this for 20-30 minutes. The next time out, increase the run time and decrease the walk time. Follow this for a few weeks. It won't be long before you'll be running 20-30 minutes nonstop.

## Here are 3 keys for a successful running start

- 1. Start slowly.** Give your out of shape feet and legs time to build strength.
- 2. Consistency.** Commit to 3 – 4 runs a week or try every other day. You be surprised how much you'll progress in a month.
- 3. Variety.** Sure, running can be boring, but it doesn't have to be. Change your surroundings. If you run on a treadmill, get outside. If you run on the street, try a trail run. Invite a friend or your kids to go with you. Just mix it up!

**Get started today! POFIFOTO!**