

Date: 06/29/2019 02:22 PM CDT

Subject: Summer is here

Finally!

We've had more than 2 days without steady rain... The temps jumped from 70's to 90's and holding steady. It feels like Summer anyway.

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After running a dozen times barefoot in the last 2 months I finally had my first bee sting. Not bad, much better than last year. I'm only running a mile or so barefoot as I am not accustomed yet, getting tougher soles. So I walk a lot, then run, then walk some until the pain is too great to go on.

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Doing great today until I stepped on a piece of jagged concrete the size of a marble. That bruised me to where I had to put my shoes back on, but I ran another two.

Ah, fun days. wdl