



**Forum: Free Express i¼`è†ç"±â—è»Ši¼%o**

**Topic: Madredeus "O paraÃ-so"**

**Subject: Re: Madredeus "O paraÃ-so"**

Posted by: montanius

Posted on: 2013/11/22 2:04:46

Hey, terika sharim or sharik terima ...you know I mean... ("Thank you" in South-east-central Malay dialect.)(Ask the old if you don't beleive.)

I've ever run, but these days it became clear that I did not run enough. It is just as you said, I need happiness hormones, and 5 or 8 kms were just enough to warm up. But I feared of overburdening my knees... (Strangely now I see this off-road run mostly makes demand on the ankles, not the knees.)

Hm, you know, many years ago I ran with my old dog... He always took double as me - he chased cats all the way. And he always smiled when cathed me up after it...