



Forum: Free Express ĭ¼`è†ªç"±â—è»Šĭ¼%₀

Topic: Madredeus "O paraÃ-so"

Subject: Re: Madredeus "O paraÃ-so"

Posted by: montanius

Posted on: 2013/11/21 4:26:25

Hey, I know it is so!

But I am not a rookie... As I said my daily pensum is 8.4 kms, and now I changed to 11.7... That is a "mini Marathon". - I realized that my last 1 or 2 kms are the best, partly because that is my style, partly because I run the end on normal asphalt surface. Actually I am flying on asphalt.

And: no, only a full Marathon is acceptable!!!

Quote:

songaiding wrote:

It is always good taking up sports like running, even if you are not entering a full Marathon, there is always a half Marathon or lesser to consider too, ~~~~~Aja! Aja!

Most importantly, enjoying your run makes it more interesting, gee love your snow~