# 4th of July Brewery 5k and a Rainy Walk to Remember

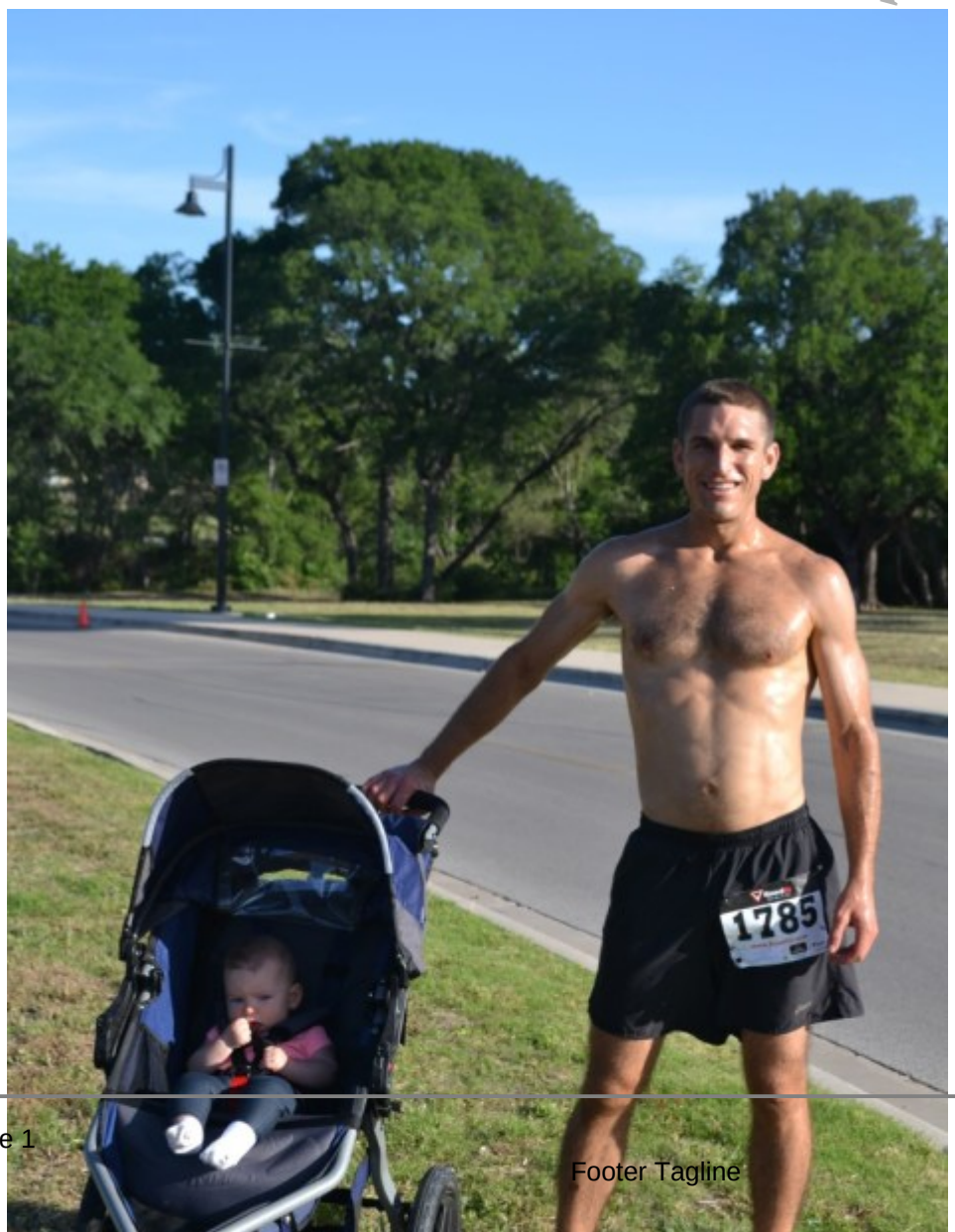
## Description

Hopefully our 4th of July 5k wonâ€™t get rained out like the Motherâ€™s Day race we were going to do this year. I planned on running a half-marathon, but since it was canceled, I ended up rowing the distance in our garage. Yeah, and thatâ€™s when the whole staph butt thing happenedâ€¦.

Moving on, Iâ€™m hoping for a good, non-rainy run for our 4th of July 5k. A 5k is great, it gets you up and moving for the day, but doesnâ€™t take forever or zap all of your energy to do anything else the rest of the day. Of course, it is at our favorite craft brewery, Martin House, so if anything, itâ€™s the beer that would zap me.

I donâ€™t plan on having more than one drink, and thatâ€™s only because itâ€™s good quality beer they are giving for free. Why wouldnâ€™t I enjoy a glass after pounding the pavement for 3.2 miles? I donâ€™t have a set goal, and my best time from way back when being under 18 minutes, so *thatâ€™s* not happening again. Iâ€™d like to keep it around 20 minutes if possible though. Last year I pushed Avery in a 5k and made first place with a time in the 19 minute mark, so itâ€™s doable.

default watermark



Placing 1st in our first race together!

This will be the first race in my Soft Star Shoes which has me excited to see how theyâ€™ll perform. If itâ€™s anything like my regular runs, theyâ€™ll be great! Maybe Avery will wear hers so we can be Soft Star Rock Stars!

Going Mom refuses to let out anything about her goal time for the 5k thinking sheâ€™ll jinx herself or something. I get it, but I know sheâ€™ll do much better than she gives herself credit for. Sheâ€™s make good use of our squat rack at least 2 times a week and knocks out heavy sets of dead lift and squats. The leg strength alone will prove useful as she races this weekend.

Thanks to my wonderful Mom, Avery wonâ€™t be subjected to sitting a stroller to get pushed in a race. This time, she gets to hang with G-Ma and watch from the sidelines to cheer us on. Judging from how she runs to her with open arms, I think Avery will be happy to have the company.

default watermark

Look for how we did in a post next week. I hope to share some good race times and to let you know that we had a good time.

Speaking of good times, we had a pretty crazy family walk the other evening. It was a typical hot day even as the sun was going down, and we set off like normal with Avery in the stroller. Side note: I always keep 35lbs of kettlebells in the stroller just to make it extra work for myself because, stubborn and strength.

We were relieved to have a big cloud cover the sun for us which meant not battling the bright light in Averyâ€™s eyes and giving her extremely tan legs (from sitting in the stroller on sunny walks) a much needed break. Then a little wind picked up, and then a few fat rain drops started to fall.

Meanwhile, we kept walking and I was saying how refreshing and nice it was to walk in a little shower. Because, at that point, it really was nice. I love walking a light summer sprinkle of rain! But then it got heavier and heavier until we were sloshing in our sandals (Yeah, go us) with our clothes completely drenched.

Kelley mocked me for saying how I enjoyed walking a nice shower as we continued our walk watching the streets already accumulates mini rivers (commonly known as streams) of water. We were right in the middle of our walk, so turning around would be the same as continuing. And continue we did. We had a few neighbors standing in their garage watching the rain and looking at us like we were crazy. In retrospect, I donâ€™t blame them!

As we turned a corner, we faced the heavy rain head-on as the wind whipped it into our face. This set Avery off and she began to cry in fear and probably pain. Despite having flip-flops on, we knew we needed to run to get back as fast as we could, so run we did. It was at this moment when I cursed myself for having those damn 35lbs of weights in the stroller.

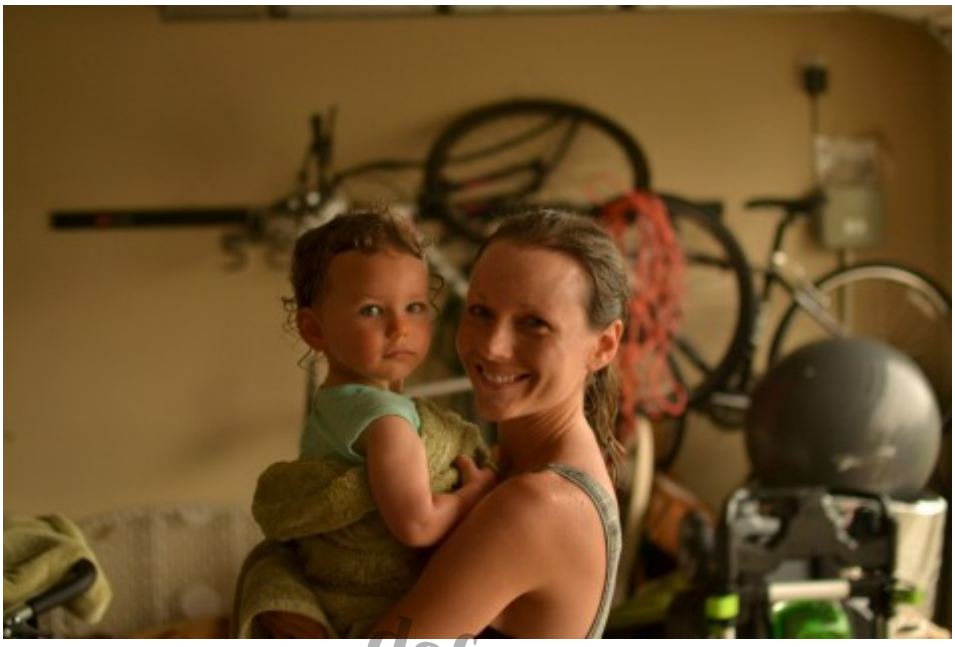
Then we hit what I call â€œthe big hillâ€• part of our walk and I seriously questioned what the point of the weights were. *Screw you, fitness, I donâ€™t need this!* It didnâ€™t help that I started cracking up while trying to breathe when as I watched my wife practically doing a high knee run through a giant river

of deep water. Seriously, the view was priceless.

We made it up the hill, increased our speed as the rain poured on and Avery wailed, and finally made it back to our garage/safe haven.

Of course we took the obligatory crazy family picture afterward. Avery quickly calmed down, as you can see, with the help of a towel thanks to Going Mom. We both kissed her and asked for forgiveness too.

And just to be really annoying, we took turns taking a picture with our drenched little girl. She was not that amused.



default watermark

Still cute as a button though. A really really really cute button! I pretended to hold her back out under the rain because, dad jokes, and she actually gave a little smile. But just a little pity smile.

After our soaked family photo session was over, we went inside for dinner and laughed about a rainy walk we wonâ€™t forget any time soon.

**Have you even been caught in the rain?**

**Do your kids love getting drenched in the rain or despise it?** *Avery loves the water, just not when itâ€™s stinging rain in her face as she sits defenseless. Canâ€™t blame her!*

**Date Created**
2015/07/02