

## Colorado Family Vacation Day 4: Trail Run & Distillery Tour

### Description

After tackling the 4 mile trail hike with Going Mom the day before, I felt compelled to go back out to make it a solo trail run. The thought was in my head, but I never set it in stone because that be planning, and I hate planning on vacation.

But, as usually happens when I get something in my head, I did it. I woke up early just as the sun was coming out, not from an alarm, but because I had to pee. After relieving myself, I thought long and hard about getting back in the warm bed with my wife, but the allure of a cold, wet (it just rained the previous day) trail run *forced* me out the door instead.

I wore my trusty Soft Star Shoes Dash RunAmocâ€™s with Trail Soles since they had done extremely well for everything else so far.



Once more, they were the perfect choice. I was jumping on and over wet rocks, going through mud and streams, and making steep ascents and descents with a solid footing the whole time. Okay, not really, right before finishing the 4 miles, I wasnâ€™t paying attention and tripped over a large rock. Go me!

The fall was hard, and I had a nice limp-run (think Hunchback of Notre Dame) for the quarter mile that was left. My right knee was throbbing with pain, and Iâ€™m just now recovering from whatever it was. Glad it was nothing too serious!

I knew I wouldnâ€™t rest until I got at least one trail run in, and I was happy to fit it in. The run started out pretty chilly, and the wet leaves of overlapping plants on the trail only compounded things, but I was soon warmed up and didnâ€™t mind running in my soaked shirt and shorts. The day before, I went for a run down and back up the mountain Steve (Papa) and Kathy (Nana) live on, but neighborhood streets

just arenâ€™t the same. That said, I was sucking in air on as I ran the straight one mile up!

When I returned, everyone but Steve was still asleep. Phew, I didnâ€™t miss anything exciting yet! Not long after, everyone was awake and having breakfast. Meanwhile, Avery was having a blast going up and down the stairs.



She loved those things, and we loved that it helped her get that constant flow of energy out of her system. Unfortunately, I think the rest of us lacked the energy to chase her up and down, especially poor Cousin Ashlee who watched/played with her the most.



We all breathed a sigh of relief when she would take a break from climbing and start reading one of the books Nana got her instead.



Love that little samurai pony tail! If you have an extra toy sword, like Leonardo™s from the Teenage Mutant Ninja Turtles, please, send it our way to complete the look! ðŸ™,

Our big agenda item for the day was heading to the Breckenridge Distillery for a tasting and a tour. And Kathy mentioned getting me a late birthday present while we were there. Obviously, I chose the Breckenridge Bourbon, and obviously, I kept cool about my new gift.



Kelley isnâ€™™t a big liquor drinker, as in, hates it, so it was just Kathy and me doing the tastings. Kelley did try one sip of bourbon and a spicy vodka, but that was about it for her. More for Kathy and me!



We had gone on the tour a couple years ago when Kelley was pregnant with Avery, but they added a lot to their distillery since then. It was interesting to see the changes and go through the enhanced plant. If only we couldâ€™ve brought one of these backâ€™.



Oh well, my birthday bourbon will probably last me over a year anyway since I rarely drink. Just nice to have a little sip every now and then.

We had more rain that day and kept indoors after getting back. Luckily, we had Avery to entertain us by walking around in Mommyâ€™s shoes.



Man, that girl gets extremely frustrated when she can't walk very well with the over-sized slippers! But it didn't keep her from trying.



After a little reading session with Avery, I took off for a solo walk around the neighborhood.



Everyone else hung around the house, but I have this OCD thing about getting an evening walk in. The change of scenery and fresh air was pure bliss and I loved being able to get out in it as much as possible. And the view was spectacular!



The rest of the family went out to the backyard for their fresh air fix and to get more loving from Avery. I think she was smiling on the inside with Papa here.



Same for when Nana joined in; Iâ€™m sure of it.



Although she hated having her picture taken, Ashlee has an adorable smile that canâ€™t *not* be shared too.



If youâ€™re seeing this Ash, sorry, but you having nothing to hide dear!

Another day of vacation had come to an end. Lots of fun was had, and we still had a full day ahead of us. Just that alone made me want to stand on my headâ€¦..literally.



**Do you ever crave just getting out on a walk/run by yourself?**

**Any “healthy” OCD tendencies like walking that you have?**

**Date Created**  
2015/08/21