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.

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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.

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Love that little samurai pony tail! If you have an extra toy sword, like Leonardoâ€™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!

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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 canâ€™t walk very well with the over-sized slippers! But it didnâ€™t keep her from trying.

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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!

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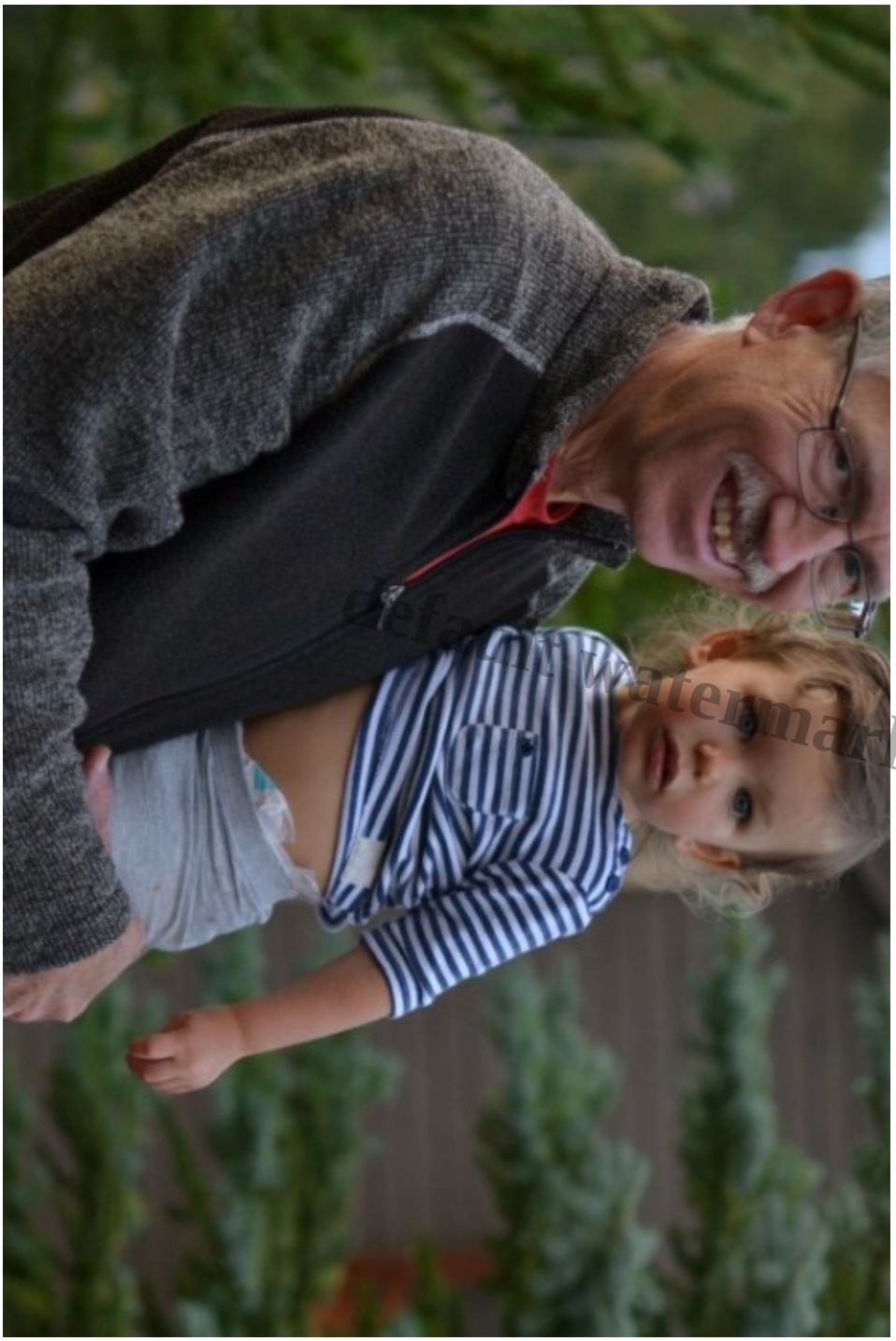
The rest of the family went out to the backyard for their fresh air fix and to get more loving from Avery. I think she was smiling on the inside with Papa here.



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

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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 â€œhealthyâ€• OCD tendencies like walking that you have?

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