

NYAR Announcement: Taking a Break



Full Episode Transcript

With Your Host

Jill Angie

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Hey, hey, my runner friend. So I have some news for you this week, and here it is. The *Not Your Average Runner Podcast* is going to on hiatus. Just for a few months. After 320 episodes, that's at least one per week since January of 2018, I am taking a break because sometimes we need a break to rest and rejuvenate and come back stronger.

And this happens to me with running probably once a year. I like to take a month or two where I run a lot less than usual, where I only go running if I feel like, "Hell yes, I need to go running right now." And otherwise I walk or I do yoga or I just don't do anything at all. And then when I'm ready to start again, I'm excited because it feels fresh and new and fun.

And I used to beat myself up for being lazy every time I stopped running, but now I let myself take those breaks absolutely without guilt. I'm just one of those runners who has periods where I can't get enough of it and other periods where I'm just not that into it. And that's actually pretty normal.

Some people don't like taking time off from running, and that's also pretty normal and totally fine. But if you want to take a break, you're allowed. You're actually allowed. And even if you are on a break, you're still a runner.

So anyways, now I give myself permission to take time off whenever I want. It allows me to focus on other things like sleeping in sometimes on the summer weekends. And it lets me be a beginner all over again when it is time to start back up. Win-win.

And so that's what I've decided to do with the *Not Your Average Runner Podcast*. I'm going to rest my voice a bit, I'm going to focus on all the fun stuff I have planned for Not Your Average Runner. Keep your eyes peeled for a live 5k course and a virtual race that kick off in October. The 2024 Alaskan run-cation is going to be opening up soon for registration. It's going to be lit. It's going to be lit, as the kids say.

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Anyway, I'm not going to lie, it's going to be really weird not talking to you every week. I'm going to miss you. I'm going to wonder what you're doing, but just basically pretend like I'm on vacation for a little bit. It's like a summer vacation, only it's going to happen in the fall.

And then I will be back in January, and it is going to fly by before you know it. So in the meantime, make sure you're in official *Not Your Average Runner Podcast* community on Facebook because I will be showing up there a lot more over the next few months. I'll be doing Facebook Lives and pop-up coaching, and you are not going to want to miss that.

So ta-ta for now, and I will see you in the new year.