

# Rad Runner



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## ABOUT ME



Rad Runner  
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## GIVEAWAYS!!!

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## CUPCAKES, RAINY RUNS, PUMPKIN INTRUDERS AND MORE!!

Let's start out with this eye pleasing, palette teasing end of this weekend picture:



Everyone at work will be pretty happy to say the least...

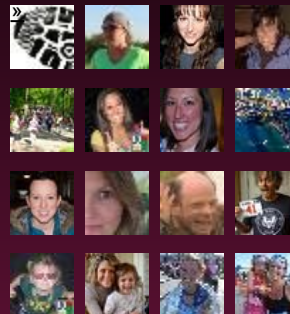
So, its been raining for 6 days straight here is "sunny" so-cal... Its been lame, I need sun... But I have ventured out into the rain and ran in it anyway! On Friday the weather man looked into his crummy crystal ball and said Saturday and Sunday would be nice and dry (he was half right)... Saturday the morning of my first official Sole Runners Group Run, it was raining! I frantically called other members to see if we were still meeting...

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## BLOG ARCHIVE

- ▼ 2010 (131)
  - ▶ November (5)
  - ▼ October (15)
    - Halloween's coming, Halloween's coming, Ghost and ...
    - Its the simple things...
    - Cupcakes, Rainy Runs, Pumpkin Intruders and More!!...
    - Freaking Fabulous Friday Photos!
    - Back to Normal OR far from? Long Beach Marathon 2010 RECAP Ya heard!
    - A glimpse of the last bits of



WE did! We ran a short 45 minute run, In the sprinkly wet rain, on the slippery asphalt, while the town was still sleeping, it was great! Not to mention the unfamiliar route we ran with scenery like this:



When I got home I noticed this INTRUDER!

Sanity..  
PUMPKIN LOTION LOVE  
WINNER and some FUN  
FACTS!

Nutty Magillicutty..  
Dressed to Impress...  
The Nightmare before the  
Marathon...

Glimpse of the future and  
Ridiculousness  
Fall Time & a GIVEAWAY!!!!  
Rainbows, Ballons & a lot of  
pink Walkers..

Naughty Nights and Tired  
Runners...

- ▶ September (14)
- ▶ August (14)
- ▶ July (19)
- ▶ June (18)
- ▶ May (17)
- ▶ April (16)
- ▶ March (13)

My latest workouts

11/11/2010

Run: 2 Mi

11/10/2010

Run: 2.02 Mi

11/8/2010

Run: 14.01 Mi

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Later that day the sun came out and Mr. Rad and I bumped into an art show in town with some REALLY talented artists... They all worked with pastels (a really hard medium in my opinion) the guy below was definitely my favorite!



On Sunday Cathy and I participated in the 1st annual Red Ribbon Walk.. It was a small walk put on by a friend, the weather God's were definitely in favor of her event! I didnt really know what to expect and hoped we could run a bit but the announcer strongly discouraged running due to safety reasons (lots of small kids) so we power walked it... But here are a couple SUNNY pics below!





Some happy **Reed's Ginger** receivers:





The official pledge to say no to drugs:



Signed by yours truly under the "U" in drugs :)

Are you all reeving up your Halloween engines? any plans for this week/weekend to come? I want to know!

Have a great week everyone!

XO-RAD RUNNER

10.25.2010

Posted in | | 10 Comments »

One Responses to "Cupcakes, Rainy Runs, Pumpkin Intruders and More!!"



**Patrick Mahoney** says:  
[October 25, 2010 9:27 AM](#)

You in a tie-dye is interesting (just not what I envision as your go-to color way) and why are some of those cup cakes missing candy-corns? That's not fair.



**Runners Fuel** says:  
[October 25, 2010 9:40 AM](#)

I ran in the rain for the 1st time this weekend. It was nice...everyone was still sleeping, too. So, that felt even better!



**misszippy** says:  
[October 25, 2010 9:50 AM](#)

What a fun weekend! Glad the sun has returned for you.



**Emz** says:  
[October 25, 2010 10:17 AM](#)

You had me at cupcake.

FUN. FUN. FUN!

**Teamarcia** says:

[October 25, 2010 12:23 PM](#)



Super fun weekend! You'll be a super star at work with those cupcakes for sure.

**Chris K** says:

[October 26, 2010 6:25 PM](#)

You crack me up Rad. Way to get out there and run in the morning. In the rain. Less than a week after your first Marathon.

**FruitFly** says:

[October 26, 2010 7:03 PM](#)

That little snail is soooo cute!!!

**Julie** says:

[October 27, 2010 6:57 AM](#)

I actually don't mind running in the rain. Way to get out there and run for 45 minutes so quickly after your marathon!

BTW, I love cupcakes and candy corn! Your house looks great...the kids are going to love knocking on your door:)

**Matty B.** says:

[October 27, 2010 4:36 PM](#)

Love the artist working with pastels! It reminds me a bit of Banksy and I think that you may be someone who shares a love of him, too!?!?

If you do enjoy his stuff, have you gotten to see "Exit Through the Giftshop"?

**heather** says:

[October 28, 2010 3:19 AM](#)

Those cupcakes look yummy!

That snail found himself a fine new home.

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