

running with kids



[vandy29](#) 8 posts since

Dec 14, 2007

I am 43 soon to be 44...my girls are 9 and 11 and we are currently training for a 5k...anyone else run/train with their kids?....I find it both frustrating and rewarding...



[DipMom](#) 171 posts since

Jan 2, 2007 1. **Re: running with kids** Oct 27, 2007 8:38 PM

What is rewarding and what is frustrating?

My 11 year old is in "Girls on the Run" and we have a 5K in Dec. So far she runs at school and rides her bike when I run. We have not run together yet, but I admit I am dreading it. I was wondering if I should take her on my "off" days so we can run/walk. She runs much faster than me for short distances and then she walks in between. Is that what your girls do?



[BIGEM1](#) 76 posts since

Dec 17, 2006 2. **Re: running with kids** Oct 27, 2007 8:58 PM

I'm planning to start my daughter in December so she can run the local 5K series for 2008. I'm going to take her to a local track because I already know that she is going to be stubborn when I tell her to slow down so she can last longer. Plus, I'll be able to keep an eye on her and run at my own pace. She is 7.



[1963runner](#) 58 posts since

Sep 5, 2006 3. **Re: running with kids** Oct 28, 2007 2:36 PM

I have been running with my stepsons (12 and 9) all summer long. They were here most of it. I now only run with them every other weekend and on Holidays. As much as I loved running with them at first, they have outdone me and are a whole lot faster than I will ever be, but when one of them gets a reward in a 5K, I am the proudest of all.

I must say I would love to run with them and not behind them, but they ask questions and if I do run at their pace, I cannot answer their questions, but how fun it is to try.



[cme](#) 48 posts since

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Jul 19, 2007 4. **Re: running with kids** Oct 28, 2007 3:50 PM

I run with dd who is 11. She did the c25k with me and has been running with me ever since. I am much slower than her, but for the most part she runs at my pace, but is free to go faster if she wants. So far I really love running with her- she talks about whatever is on her mind the whole way and I listen (I do go at a pace where I could have a conversation- but I don't like talking when I run- but listening is nice). I think she is going to get sick of running with me before I get sick of running with her- but for now I am enjoying it it gives us time to reconnect without any interruptions.



[Tamara40](#) 219 posts since

Dec 14, 2007 5. **Re: running with kids** Oct 28, 2007 4:22 PM

I think that is SO cool! I don't have any children of my own, but two stepsons, 6 and 13.

I don't run with either of them, but what an awesome way to connect with your kids! My favorite way to connect w/the 13 year old is to make chocolate chip cookies from scratch together...that's beginning to be our thing. A FAR cry from running I must say! Keep it up you guys, what a great way to spend time with your kids.



Guest 6. **Re: running with kids** Oct 29, 2007 9:44 AM

My 11 year old is doing the c25k program with me! We are having a great time, and oh wow are the conversations we have while running hysterical. They ALL start out "So, mom, how was your day at work" EVEN ON SUNDAYS! And I only work M-F. Ha ha ha!

My 8 year old is interested, but does not have the ability quite yet to stay with us. We are planning to complete c25k (we are on week THREE! BTW) and then possibly the OHR program later. But in the meantime we plan to to c25k on our off nights with her.

I think it will be fun!



[monnik](#) 184 posts since

May 31, 2007 7. **Re: running with kids** Oct 29, 2007 10:15 AM

I run with my DD - who will turn 14 in a few weeks. She has the ability to be much faster than me, but she usually runs at my pace, unless we're racing and then she goes on ahead.

I also have ran with my 10 yo DS - I'm glad to see him getting interested in this because he does really well. I usually run about 2.5 miles with him, and then do another mile on my own to complete my run. He'll be up for the whole 3 or 4 soon, though.

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Running with your kids is great, I really enjoy the time we get together. Problem we have is finding the time to do it since it gets dark so soon and I work FT.



Guest 8. **Re: running with kids** Oct 29, 2007 10:45 AM

My 9 y/o DS is interested and he comes along once in a while. Most often, he rides his bike. Yesterday, he ran with me, but he can't keep up to me!

Don't get me wrong, I love my son and this can be a great one on one, bonding time for us, but I'm kinda selfish with my running time.

It's my time to clear my head and just focus and, well, you all know what I mean.