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## KPE 265 Outdoor and Adventure Activities\_COVID-19 Journal

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Brian Klatt

KPE-265

Journal #8

Over the spring break, I did several long-distance runs through my town and even into other towns. It was hard at first to get outside with moving out of the campus and moving back in at home followed by a few days of terrible weather and everything getting closed. In the past couple of days, however, the weather has improved and gotten much warmer and I was able to go on a nice long run. I ran from my house to a nearby park and I ran around the park and back home. The run totaled about 5 miles. During my run, I noticed that many other people were also outside exercising on public equipment or running on the same trails that I was using. It was very nice to see that so many people were able to get outside and be active even when the whole country is shut down.