

D-Lake Deliberates - Why a Runner's City is Best Served Before 7am



[00:00:00] In this episode, I'm going to write an open letter of sorts to my city and town. I'm going to explain and argue why you should run in the morning more to experience your own city, town, and community. You can learn all about that and more on this episode of D-Lake Deliberates. Welcome to D-Lake Deliberates, where we do deep dive stories on uniquely fun topics and ideas. And we show smart runners and endurance athletes, that's hopefully you, how to get 1% better every day so that you can perform amazingly throughout your life.

[00:00:51] I'm Darren D-Lake, a sub three hour marathoner and 10 hour Ironman finisher. And I've been in this endurance sport and distance running game for over 25 years. So I

have a few things I'd love to share with you on my journey. Oh, and before we get into it, you know the drill. Please make sure you like, subscribe, or do whatever you need to do, follow, et cetera, whatever platform that you use, whether that's a podcast if you're listening or whether that's YouTube if you're watching or wherever you might be watching or consuming this.

[00:02:07] So in the movie *Vanilla Sky*, Tom Cruise's character, David Ames, is living his life in a dreamlike state, unsure of what is real and what is not. He's living in a world that is not quite right and he knows it. It's only when he wakes up and faces reality that he can truly live his life to the fullest. So that's a 2003 movie reference and waking up early and experiencing a city or town before the hustle and bustle of the day starts is a lot like waking up from a dream. You're seeing your city in a new light, a whole new light, and you realize that there's so much more to it than you ever imagined. You're not living in a dreamlike state anymore. You're fully awake and present.

[00:04:09] I was going to start this off as me hating on Sydney, Australia. Hating the city is effortless. It really is. Some people hate it because of the lack of nightlife, the high cost of living or the poor public transportation and the kind of snotty attitude. Some people hate it based on the old anything that is actually worth doing is crowded can really get to you. But again, I'm not going to make this another Sydney sucks post. We have enough of that. On the flip side, I like to present a new theory. Sydney and most cities are best served before 7 a.m. on weekdays and a day before 9 or 10 a.m. on the weekends and holidays.

[00:05:23] One, the sunrise. You'd be surprised how little you see of an actual sunrise. Two, little to no traffic out there. Three, your gym pool park, etc. isn't crowded. Four, it's quiet and calm. Five, because you aren't moving just a tad slower than you would without being distracted. You can be fully present for things you didn't even know are there. Six, everything looks just a bit cleaner and brighter in the morning. Seven, fewer distractions for you to focus on the now. So you can focus on the now.

[00:10:44] Counter argument one. Early mornings might not be practical for everyone. Some people may have work or family obligations that make it difficult to wake up early in the morning. For example, if someone has to commute a long distance to work or has young children to take care of or an older person, it might be feasible for them to wake up before 7 a.m. Additionally, some people may not be morning people and find it difficult to function well in the early morning. And that's me. I'm not a morning person by design.

[00:12:30] Counter argument two. Nighttime activities can be just as enjoyable. While I argue that there are many benefits to experience the city in the early morning, some people, and that's fine, might prefer to experience the city at night. I used to be a night owl. For example, many cities have vibrant nightlife scenes with restaurants, bars, and clubs that are open late into the night. Additionally, night time can be a great time to stargaze or watch the moonrise. Moonrise. Some people might also prefer to exercise or work on creative projects at night when it's quiet and there are fewer distractions.