***Particular Bottoms***

I participated in a 5K recently.

Don’t be impressed, I walked the entirety. I think it’s easier on my arthritic knees to walk, but if we’re going to be honest, even before my knees were arthritic, the only thing that truly might make me break into a run would be if I were late for dinner or something equally as stressful. Now that I think about it, I’d still run for that—or at least powerwalk (I haven’t missed a meal since sixth grade, and I’m not about to start now).

During this 5K, I noticed that yoga pants are apparently what one wears to this kind of event now. Not$5.00 cotton knit shorts from Kmart (with holes). This poses a problem for me because I like the $5.00 cotton knit shorts from Kmart: They are roomy; they are stretchy; and they hide the multitude of past sins which currently reside on my thighs and hiney.

Yoga pants are clingy, and when you are a big gal like me, clingy is bad—very, Very bad—and then if you add fast movements like running, which in turn causes jiggling within the clingy stuff: Oh Dear.

Have you ever studied physics? Do you know the concept of inertia? Objects at rest like to stay at rest; objects in motion like to stay in motion. I am afraid if I started motion down where those pants are, it would take a serious amount of effort to get it to stop. Dare I say, Herculean.

I don’t want to take that risk.

Let’s be honest here. I have never set foot in a house of yoga in my life (or is it yoga studio? Yoga gym? What do they call those places?). I would feel like such a hypocrite—and, please, anyone looking at me in a pair of yoga pants would be like, “Uh, yeah. Riiiiight, lady. Like you could even touch your toes on a bet.”

Well, hey, I could probably do it for chocolate.

Anyways, no, I’m not going to be jumping on that particular bandwagon and buying yoga pants. I will stick with my *el cheapos* from Kmart, thank you very much.

Though I might spring for a new pair—*without* the holes.