A nighttime photograph of a large bridge with a prominent arch, illuminated by warm yellow lights. The bridge spans across a body of water, and its lights are reflected on the rippling surface. In the background, other lights and structures are visible, suggesting an urban or industrial setting. The overall scene is dark, with the bridge lights providing the primary illumination.

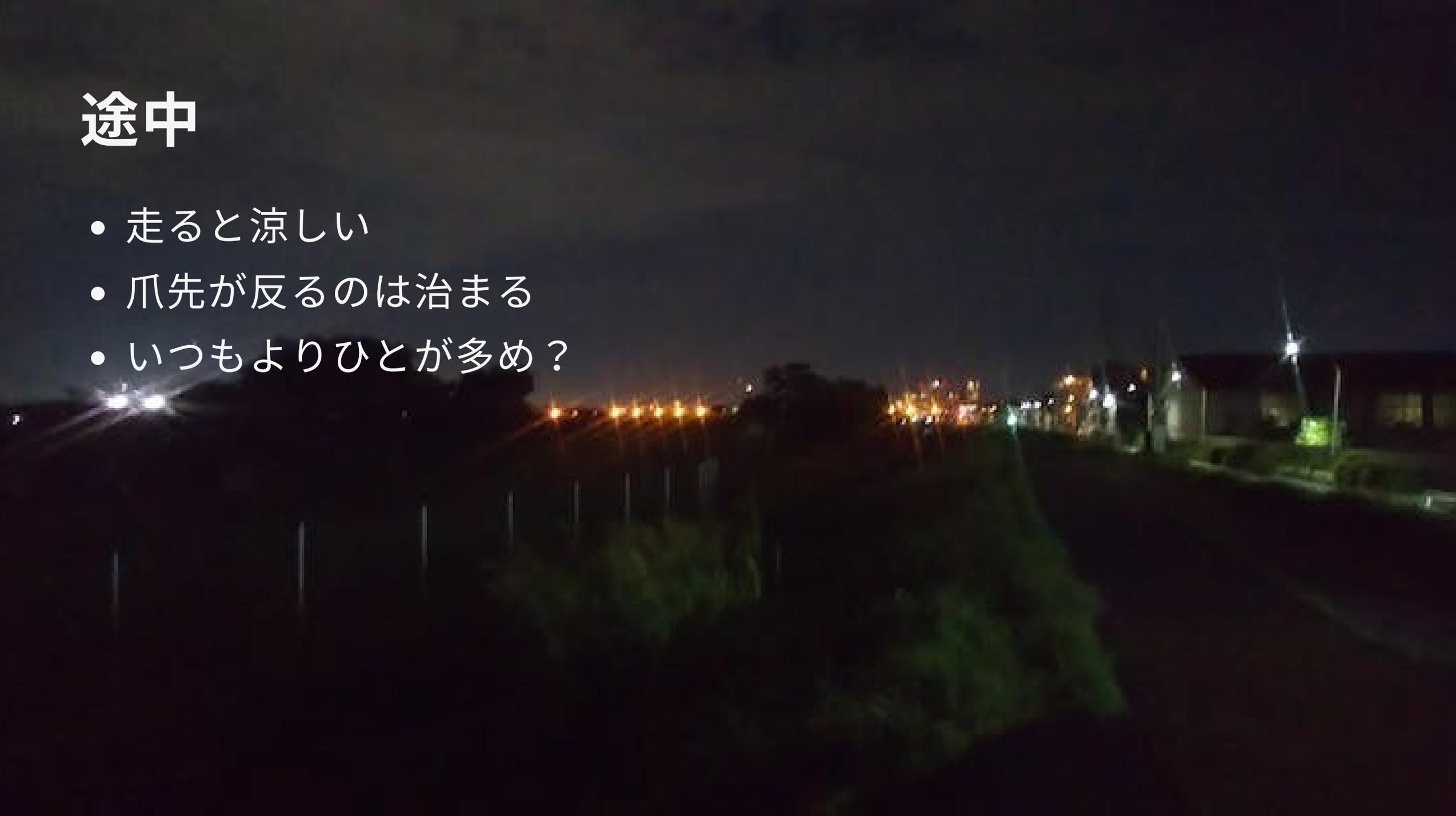
# ジョグメモ 96

# ステータス

- 風すこし
- 意外と蒸す

# 途中

- 走ると涼しい
- 爪先が反るのは治まる
- いつもよりひとが多め？



# 最後、ストレッチ

- 風強まる
- ストレッチまではふつー
- が、歩きはじめたら股関節痛む