

## **THE ROAD TO THE CHICAGO MARATHON**

### **April 10, 2009--OFFICIAL ENTRY #2 -- ON THE ROAD AGAIN**

Well folks, I haven't made it much further than I had the last time I checked in. It is absolutely amazing how much life can get in the way of a training program!

The reality is that every year between the Mini Heart Marathon and the Flying Pig Marathon training on any sort of regular basis is rarely if ever an option. This isn't a complaint. The bottom line is that I do own a running store and these two events are the biggest of the year! But, the truth is that every year I simply forget how all consuming the preparation can be.

You always think that you can squeeze a run in. You always think that because the time has changed and the days are getting longer AND the fact that it is getting warmer (most of the time) should mean that it should be easier to get motivated to get up and go! Not so, says the brain (and even sometimes the body).

I did head out the door this past weekend with Gabe safely strapped into the BOB -- the first time since last summer/fall. He followed the rules and promptly fell asleep (it is like magic by the way!).

I huffed and puffed and pushed and pushed that stroller through the streets of Blue Ash. Until Jeremy drove by and I put Gabe and the stroller into the car. I got the best of best worlds that morning. Beautiful weather. The chance to share a run with my son and then hand him off to his dad for awhile so that I could grab a few miles of time to myself. Wow! Who knew that you could get all of that out of a 6-8 mile run?

So, the journey continues, slowly and steadily it continues. I'll see you on the roads!