

## THE ROAD TO THE CHICAGO MARATHON

**June 18, 2009 -- JOURNAL ENTRY #4 -- THE JOURNEY CONTINUES (SORT OF)**

I know that you haven't heard from me in awhile. This might be one of those times when no news isn't good news! So, I wound up having to have shoulder surgery -- I had a labrum tear that reared its head in early March. After attempts at Physical Therapy (from our friends at Oxford Physical Therapy) and no progress, surgery became my only option! I am almost three weeks into my recovery and things are going pretty well!

So, what exactly does this mean for the Chicago Marathon? Nothing -- I'm still doing it. I am allowed to start running in about 3 weeks. In the meantime I have already started working out on a stationary bike and I am allowed to walk. So, while not ideal its at least something.

I've been told that I won't be doing this pain free and that it may be more difficult than I am imagining. You don't realize how often you use your shoulder until you can't!

The bottom line is that I talked one of my nearest and dearest friends who still lives in Chicago into training for the Marathon. She missed the cut off for getting into the event and so she signed on with one of my long-time favorite charities the National Runaway Switchboard so that she can run the marathon (and raise money of course). I figure she was willing to do this so I can't possibly let her down.

I've also made the commitment to all of you and to myself that I will be toeing the line that day. I may have made it a little bit harder for myself but isn't that just the way life is? It never quite goes the way that you might expect it to and things just sometimes get in the way.

Life just seems to be too short. So, come marathon morning I will line up next to my friend who I ran beside during the 1998 Chicago marathon. We will spend the time reminiscing and planning what amazing treat we want to eat at the finish!

See you on the roads (or at least on the bike for now).