

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

### **July 8, 2009 -- JOURNAL ENTRY #5 -- THE JOURNEY CONTINUES -- SLOWLY BUT SURELY**

So, the last time a journal entry was posted, I was a few weeks post shoulder surgery. I have since been given the go ahead to run (which I've been doing for about a week). Its quite the challenge to start back after a few weeks of no exercising at all and running with limited mobility from my right arm.

The truth is it has just felt good to be running and to be able to run. I know that there have been many times in my life that I have taken the little things I can do for granted -- things like brushing my teeth, reaching for a jar and of course running!

I had a message left on my voicemail this morning from Fleet Feet Mom that also reminded me not to take the little things for granted. She left a message, breathless from having just finished a workout on her treadmill. She had just finished walking three miles and was absolutely elated. Thrilled because she had done it, thrilled because she is getting ready for the Lady Distance Classic 5K, thrilled because it has been awhile since she has surpassed an athletic goal of this magnitude and thrilled because she feels great doing it!

There are always people in our lives who serve as an inspiration (at least we hope see). Fleet Feet Mom is filling this role today. We challenged her recently to organize a group of women, uniquely named Team Renee, for the Lady Distance Classic. Her challenge was to find women who haven't walked a 5K in awhile (if ever) and who fall within a certain age group (ok folks, we were going after the 50-something ladies). She met this challenge and more. She has also been diligently training for months to lead this group to the starting line and to the finish line race morning.

It is her story and her excitement this morning that reminds me not to take things for granted and to not forget how fortunate I am to be able to go for a run when I want or need to!

See you on the roads!