

THE ROAD TO THE CHICAGO MARATHON

August 28, 2009 -- JOURNAL ENTRY #6 -- ANOTHER LONG RUN DOWN (SORT OF)

I realize that it has been quite some time since I last published an entry for the "Road to Chicago". This is mainly a reflection of life and lack of time getting in the way! It is hard to believe that we are only a few short days away from September -- which means only weeks away from Chicago.

I have to admit that I have a ways to go on the training road. I've been logging or more like slogging at least most of the mileage. I just need to get more distance in - if only there really was a way to add more hours to the day!

So last night I decided was my best shot at getting a longish run in this week. And my time options were pretty much limited to after 9:00 p.m. I decided that if this was my option I was jumping on it!

At a little after 9:00 p.m. with a very dark sky, quite a bit of humidity, quite a bit of lightening (I know that this is a no-no) and a friend who was willing to run at least 1/2 of my 2 hour run with me, we set off. Other than a few really dark spots and a few drivers who clearly weren't paying attention to the roads, we had a good run. I felt good. I'm pretty sure Debbie felt good. And wasn't this great? I was getting my long run done!

We headed back to Debbie's house as she was heading to bed (it was 10:00 p.m. and she did have to go to work the next morning). And true to my plan, I kept on going. For the first few minutes, no problem. This was great! I was getting my long run out of the way and I had some time to myself.

It then dawned on me that I was running alone at 10:00 p.m. at night in the pitch black, with a possible storm pending and who knows what other monsters that go bump in the night out there! Keep in mind I was running through Carpenter's Run though -- so in the big picture there were barely any cars on the roads let alone monsters that go bump in the night! I fluctuated between patting myself on the back for having a good run, to telling myself how stupid this entire plan was. Anything could happen!

I stuck close to the main road and went up and down (and up and down) some of the side streets for another hour. Not the most exciting run by any stretch of the imagination. This was up and down and up and down. Did I mention this already?

Anyway, I really had a great run. I felt better than I've felt in a long time. I got some miles in and I realized toward the end that this plan to run the Chicago Marathon a few months after having shoulder surgery may not have been so crazy after all.

We'll see. There are still many more miles to log and definitely more long runs to conquer -- whether I conquer them in the dark or not is a little up in the air. Someday my kids will appreciate the fact that I did these things at random times to spend time with them. Won't they? Who am I kidding?

Oh well -- another run down! See you on the roads.