

The ROAD TO THE COLUMBUS MARATHON

October 1, 2008 -- Journal Entry #11

It's hard to believe that the Columbus Marathon is now only a few weeks away. This will be one of my last installments of the Road to Columbus. Many of you have asked or e-mailed about whether or not I've managed to get my last long run in. I'm starting to wonder if some of you are doubting my training regimen? Hmmmm....

The truth is that under the cover of darkness (and I literally mean darkness) I did complete my long run. Last Saturday, while a lot of the world slept, I headed out my front door (okay, really my back door) at 5:03 a.m. -- alone!

I had three hours to complete my long run before I needed to be home, head to a soccer game and then get to work on time. This was going to be a job for Supermom (or at least a lot of caffeine later in the day). I'm sure that some of you can relate to this feeling.

This probably won't come as a surprise to most of you -- but it is really dark at 5:00 a.m. in September. And while there is some hustle and bustle during the weekday at this time -- there is very little activity on a Saturday morning bright and early. No lights, no cars and no fellow runners or walkers.

So, for the first hour I fluctuated between thinking this was the absolutely craziest thing I could have decided to do and being incredibly proud of myself for actually doing it! You know that you have sufficiently spooked yourself when your own phone alarm ringing causes you to jump 15 feet into the air!

Well, the sun didn't come up until around 7:15 a.m. It was at this point that I had convinced someone to join me for at least the last hour of my run. I don't think that I stopped talking the entire way. It is nice to have time to yourself and to have a free moment to think through life -- but 2 plus hours in the dark was a little bit of an overkill for this experience.

It is done though. So, now begins the taper -- sort of. Some of my training has been so sporadic that I'm not sure that a taper is completely warranted. At this juncture, the goal is simply to make sure that the legs can move and that I am really ready to toe the line on the morning of October 19.

While it is hard to believe that so many months of training have passed it is even harder to believe that Gabriel -- our newest addition to the family who started this whole thing in the first place is 10 1/2 months old. It is fitting I suppose -- as I have gotten "back into shape" (to a certain degree) and realized how amazing the journey of running can be -- he too has followed his own journey of growth and development. And what a fun journey it has been to watch!

The plan is to have Gabe (and of course the rest of the family) meet me (and all of you who will be in Columbus) at the finish line.

I will plan to check in one last time before then! There are still a few more weeks to see one another on the road!