

The ROAD TO THE COLUMBUS MARATHON

October 8, 2008 -- Journal Entry #12

Okay folks, we are now just about one week away. It really is hard to believe. I forgot about this part of the wait -- the long taper up until marathon morning. You know -- the period of time where you feel justified in eating as if you are running or walking 20 miles a day - - even though you really aren't!

Ah yes, I have definitely taken advantage of that feeling. Then the fear sets in, what if my legs won't move that much anymore? Am I really going to be able to run that far? Do I really need to be doing this? What if I don't finish? What will I tell all of you if I don't finish?

The more rational part of my brain (or irrational -- depending on which way you look at it) says, sit back, relax and enjoy the day! I've done the miles before and I'll do them again. I also have to remind myself of how great it will be to cross the finish line and hopefully see Gabriel, Eli and Jeremy waiting to cheer me on. Jeremy will probably be talking to someone and might miss the finish -- but, I'm sure that Gabe and Eli will see it!

I'll be wearing a Fleet Feet shirt (what else would I be wearing?). And a Fleet Feet Hat (black or navy). I'll look for those of you who are running or walking if you'll look for me!

See you on the roads in Columbus!