

THE ROAD TO THE COLUMBUS MARATHON

February 28, 2008 -- Journal Entry #3

First, I need to give myself a little bit of a pat on the back. I ran 10 miles last weekend -- the furthest distance I have traveled on foot since September 2006. Yeah me! Every now and then we do have to take a moment to celebrate our accomplishments. So, there's my moment.

Over the past couple of weeks, I've run in the rain, the cold and the ice -- just like all of you of course. I've run with a number of different friends and at a number of different times. As I run these days I find that my mind often drifts toward the search for a topic to talk about in "The Road to Columbus." This time the theme that kept coming to mind for me was balance.

Life for the most part is somewhat of a balancing act -- we are trying to balance work, family and social obligations. We are trying to balance in one direction at work, another direction with our families and of course an even different direction in our social or personal life outside of these other segments of our lives.

When, or if, we focus too heavily on one of these areas, another inevitably suffers. And we are then faced with the guilt and even the fear of not living up to others' expectations for us. I know, not very uplifting and inspirational yet -- but, hopefully this resonates with a few of you!

Training for a marathon is also all about balance. Balancing the right amount of mileage (not too little and definitely not too much); balancing our nutrition (the latest and greatest lo-carb, no-carb diet versus the need to load up with carbs for a long run); the balance of the pull toward the long run (or walk) and the pull toward family, friends and other obligations.

And, ultimately training for the Marathon is about balancing a commitment to a personal goal and a lifetime of fitness versus the daily realities that can so often get in your way.

While its only been a short time since I have returned to the world of training for a marathon, I have already begun to feel the balance tipping. There is more elaborate planning to try to get a workout in. There is more of a sinking feeling for the day when I realize that I should have gotten up earlier and hopped on the stationary bike, or I should have waited on dinner to get in a quick ride or run.

There have been a few moments of elation when I've realized that my son actually equates Sunday mornings with both mommy and daddy running -- not just daddy! It's the little achievements that really make a difference.

For today, I'm okay (even a little proud) that my balance is tipping more toward getting and staying fit (and of course making it to the starting line of the Columbus Marathon). And, I have to admit that at least for this week, I almost, just almost, feel like a runner again!

See you on the roads!