

The ROAD TO THE COLUMBUS MARATHON

February 28, 2008-- Journal Entry #4

So, the journey continues. Slowly but surely, step after step it continues. I even managed to plan ahead of the snow storm last week and got my long run in the Thursday night before!

This long run experience brought a couple of things to mind. First and foremost runners are absolutely crazy (myself included of course). Here I was running at 10:00 p.m. on a Thursday night. I should have been out buying bread and milk before the snow hit!

My running partner for the evening, Karen Cosgrove, would also fall into the "crazy runner" category. She agreed to do this with me and she is currently training for her 100th marathon! Okay, as usual I am digressing.

So, runners are crazy by nature -- committed, but crazy nonetheless. The next thing that I realized that evening is that running at 10:00 p.m. can definitely add a little adventure and maybe some spice to your running. We could see and feel the snow heading our way. We caught amazing glimpses of the moon. We ran over freshly salted roads and watched the trucks hard at work preparing the world for the impending "white death." We ran through peace and quiet and felt as if we had all of the time in the world to talk and solve life's challenges. What a gift that evening.

The final thing I realized (and remembered) is that I run so that I can eat. Figuring out what and how to eat before going on a long run between 8 and 10 p.m. can be somewhat challenging. And the truth is that I didn't follow any of my own advice (do what I say not what I do). Needless to say, I started this run absolutely starving (not the best strategy).

I will admit to all of you that I ate my way through this run and absolutely enjoyed every bite. The scariest part of this statement is that I was eating Honey Stinger (the Chocolate flavor) and Luna Moons (the Blueberry Flavor) -- not Hot Fudge Sundaes or Thai Food (a few favorites).

Maybe it was the fact that I was hungry when I started. Maybe it was the fact that I haven't been eating as much chocolate and candy the past few weeks so any chance to get close to candy I was going to take! Maybe it was the sheer joy of consuming calories and not really worrying about it for the moment. Whatever the reason it was a delicious run!

Once again I feel like I am on my way to becoming a true runner. If you are actually excited about eating a gel then you must be, right?

I'll see you on the roads!