

The ROAD TO THE COLUMBUS MARATHON

May 14, 2008 -- Journal Entry #6

Once again, I realize that quite some time has passed since my last Journal Entry. A few small events like the Flying Pig Marathon seemed to have gotten in the way! Not in the way of running, just in the way of time to write my Road to Columbus Blog! With the exception of a weekend or two, I have managed to keep up with the long runs and even a few workouts in between.

I was thinking about something to write about the past couple of days and a conversation that I had recently with my son kept replaying in my mind. Of course food was involved! Oh, and running!

We were talking about eating ice cream. Eli was wondering if I ate ice cream very often. He clearly has no concept yet as to what goes on at night when he goes to sleep. I explained that I love ice cream and that I seem to wind up eating a little bit every night. In his five-year old world this fact alone was absolutely amazing.

Somehow the conversation turned toward running. I then proceeded to comment to Eli that I actually run so that I can eat ice cream. He couldn't believe this small piece of trivia that he had learned about his mother. Can you believe she actually runs to eat ice cream? Apparently this part was a little more than a five-year old can fathom.

As I've been thinking about this conversation, though, it turns out that it is really true. When it comes down to it -- I absolutely do run so that I can eat ice cream. Don't get me wrong -- I also like the people that I get to run with, enjoy the health benefits and love the sense of accomplishment. But, I have to confess, when all is said and done I really love the fact that if I head out for a long run I don't have to think twice about eating ice cream that night.

So, what's your secret? We all have them -- every runner has a reason, don't we?

See you on the roads (and at Dairy Queen).