

The ROAD TO THE COLUMBUS MARATHON

June 10, 2008 -- Journal Entry #7

I apologize that it has been several weeks since you have last heard from me. It has been a crazy month or so recovering from the Flying Pig Marathon and getting ready for the upcoming trip to South Africa. Don't worry though -- I've been running.

Okay, so I confess, I was running and then the unthinkable happened -- CICADAS! Most folks find their training derailed because of things like injuries, work, life commitments, loss of motivation, etc. Nope, not me. For me it is giant, flying, red-eyed, screeching Cicadas.

Yes, I grew up in Cincinnati. I've lived through the Cicada plague before. Yes, I know that they don't bite, sting or do anything else of this sort -- in fact they seem to do nothing but fly into me, land on me or try desperately to get into my house.

I know that I should be better than this, stronger than this or even smart enough to run in another part of town! The truth of the matter is that for whatever reason (I can't seem to explain) the Cicadas are bringing me to my knees. There is no running or walking friend, no words of encouragement or threats of bodily harm if I don't get my "you know what out there" that will work. It's just plain, simple irrational fear.

I've been on the stationary bike a few times -- it helps but it just doesn't feel the same. I stare longingly through my front window as I think about heading out for a run -- and then I hear it, the booming over and over again of the Cicadas killing themselves on our windows.

I know that I'll be back out there soon. I've run marathons, I've run ultra marathons, I've had two babies. Surely, I can survive this?

I'll be running in South Africa. I know this for sure -- maybe the elephants will remind me of just how small the Cicadas really are. I'll tell you all about it in a few weeks when I return.

Until then, happy running -- please make sure to keep your mouth happy and leave your shoes outside of your house when you are done. Less calories and cleaning!