

I am a runner!! ..I had forgotten that feeling until this morning when my alarm clock alarm jolted me out of my dreams and into reality. I crept out of bed in the predawn. It has been some time since I had this desire, but I feel it in my belly again and I am grateful I got up. I am a runner!! I missed the sights and sounds and smells of the Prairie Path that courses through the Western suburbs of Chicago, my "stomping grounds" if you will. Calling it 'early' is being kind to the term 'middle of the night' (4:30 a.m.) but by the time I am out there I have no regrets realizing this is the best way for me to start my day. Everything lies ahead of me both literally and figuratively as I grab a quick gulp of water and tiptoe out the kitchen door. No one can stop me today! I feel a unique rush of anticipation in the fresh morning air, the gravel of the trail crunching beneath each step, the first drop of sweat rolling down my temple!! I am a runner!! For that I will always be grateful!!

I am already calculating about how many weeks are left until the Chicago Marathon which I've completed numerous times. Training schedules and thoughts of 20 mile runs course through my brain. I am a runner! I realize I most likely won't have enough time to properly train for Chicago and the registrati



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