

Confession

Please post your questions or comments at our Forum.

I have a confession to make. I was supposed to do a workout today, 8 x 1000 on the track with Chad Byler. Instead I didn't run at all. Here's the kicker, I take at least one day off every week, often I take two.

Last Sunday entrepreneur Nick End, biomedical extraordinaire Chris Hine, and me (and I?) got together for a long run that lasted two hours, much of it over snow. We even got together the next day for a "short" 70 min run. I would not have run this hard or far without them.

Similarly, I woke up early, got to work early so I could leave early to meet Chad. Instead I wound up in a 4 o'clock meeting that went to 5. I went home feeling no motivation to run. Instead I did yoga with my buddy Rainbeau . It felt good, important, better than 8 x 1000. I was able to clear my mind.

How is it fair that I am faster than people who run as much or more than me? It isn't. Talking about how sleep and diet might explain why I run less at a slower pace than many people and still race faster excuses nothing. I feel guilty.

Well, I figure confession is the first step to forgiveness, even self-forgiveness. Some readers may be thinking that I'm a whiner who should run more, write more about running, and suck it up. To you I ask, why are you reading my blog? I write this for my own benefit.

Here's betting I can run even faster once I take this weight off my shoulders.

- Neal