

May 1, 2006

Ellen,

I ran 3 miles yesterday and felt pretty good, but I tried again today and my leg hurt after 1 mile. Today I made an appointment with Keila Yount, a podorthist(?). She analyzes running problems and makes orthotics, if needed. She was recommended by my Team Playmakers coach. My appointment is June 8. I won't be running any races for a while.

Steve