

April 19, 2007

Walter,

I run one day, lift weights the next. Today I'm limping around with a sore knee. I ran 7 miles yesterday and it felt a bit uncomfortable, now it's much worse. Don't know what I did to it. Every time I get a little injury I think it means the end of my running. On the trip, I felt good, but I did turn back early the day we found the natural bridge. As soon as I sat down back at the camp, I knew I'd made the right decision.

Steve