

9/20/09

To Tom:

I'm glad your classes are going well. Don't work yourself to death. If you need a loan, ask.

We took advantage of a spell of beautiful weather and went up north this week. We took our canoe and did a short trip on the Manistee river - beautiful. The water was clear and we saw a lot of fish - and fisherman. A couple weeks ago, a guy caught a record brown trout on this river - 41 pounds. Then we went to Ludington and stayed 2 more nights. We took walks in the state park and paddled around the edges of Hamlin Lake where Carol likes to spot fish in the shallow water - gar, especially. But this time we didn't see any gar. Did see a snapping turtle and a bowfin (a big fish), which we have done in the past. We've done this several times. We also found a new place for breakfast where we had stuffed French toast with strawberries and whipped cream. In case you didn't know, stuffed French toast is two slices with cream cheese in between.

I did my last long run (13.5 miles) before next Sunday's half marathon. I get to take it easy the rest of the week, because any hard training done in the last week or so before a race doesn't help your performance.

Dad