

Monday Aug 4, 2014

Another great weekend with Mike. I had been having more headaches last week but they didn't bother me much the past few days.

So we went on a bike ride to Golden and I felt strong again. We only went 32 miles, but it was good after not feeling so great. We also began planting my "celebration garden". We are replicating the garden Deb and my brother have at their home. We took out some shrubs to make room for the flowers and prepared the soil. We only found 4 plants yesterday, but did get them planted. I hope they do ok - there isn't a lot of sun so we will see. The appropriate river rocks adorn each plant. On a separate note...

I decided I needed another goal so I'm starting to train for the 10k that is part

of the Denver Rock'n'Roll Marathon. Luke and Krishn said they would come run it with me. It is not until Oct 19<sup>th</sup> so I have plenty of time. I'm already walking 6 miles without difficulty and today started running. I ran 3.5 miles after ½ mile warm up and it felt good. Who knows, if all goes well maybe I'll strive for the ½ marathon. But 13 miles is considerably longer than 6, so just have to see. I think a lot will depend on this MRI I'm having on Wed. I'm really ready for some good news, so I am counting on the scan to be clear with no sign of Glio. I am wondering about the smaller parotid tumor and may need to decide to have it biopsied. I <sup>will</sup> feel much better if I know it's benign. But for now, I'm going to keep doing what I'm doing.