



On Sunday morning the activity continued, Luke, Kris, Janet and I ran around the lake while Joe and Mike walked. It was nice to run with Luke & Kris because they pushed my pace. I think we all will be ready for the Pork n Roll Marathon (10k) next month.

Sunday afternoon we all went over to Mism and Sams for a visit by the pool. Ainsley and Grandpa Mike had a great time swimming and little Eliot seemed to enjoy the water as well. It was such fun to watch Mike and Ainsley playing together. I'm so glad we ^{live} ~~were~~ close enough to them so the girls will know their Grandpa.

Janet and Joe left Sunday before dinner and Luke and Kristin left Monday morning after the 4 of us went out to breakfast at the Gullap Cafe.

I've bought a new car a couple weeks ago so I think their drive home was pretty comfortable. Hopefully Kris didn't get car sick. I've grown very fond of that little puppy. He has a fun disposition and a lot of character. I'm going to miss the 3 of them. Fortunately they will be back in 2 weeks to attend a friends wedding. I'm already looking forward to their visit, as brief as it may be.

Today I ran 6.2 miles and felt pretty good, I'm so glad I am able to bike and run and hope that I can continue to do these activities for months to come, I just want to believe that the tumor is not growing anymore. I'm not ready to give anything up. Keeping positive!!

