



board. We tried out the inflatable boards, which is what we are leaning towards, but I think Mike should try out a bunch of different boards and get one that makes most sense for him. I don't want him to feel he has outgrown the board after a couple times using it. The good thing is that we are still doing new things together which makes me feel more alive.

Monday July 7th

Last week was another fun week, yet the past few days have left me feeling uneasy. On the 9th of July Mike and I took a nice 5 mile urban walk that left me a little tired. Sat we hiked in the Boulder Foothills with Jeffrey. The hike was really nice, but I was struck by how difficult it seemed. It was pretty steep but certainly nothing more strenuous than I've done in the past. And yesterday Mike and I went for a bike ride up Lookout Mt. This was the first time I haven't made it up to the top. My heart rate was higher than it should have been and the fatigue was really setting in. So I decided to turn around after 17 miles (top is 20 miles) and head home. These 3 days of fatigue after normal (less than normal) activity was depressing. Each day I was reminded of the cancer and how the treatment is catching up with me. I really

