

# "Silver Eagle"....Dennis, I miss you!

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Jacqueline102 19 posts since

Oct 16, 2008

Hey stranger,

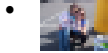
I've posted a few times over the past several months hoping to catch your eye and say hello. ...but no luck 😞 I just want to know how you're doing and say hello. This time I stuck your name in big ole' letters in the title hoping to find you.....have a great 4th weekend! I even added a few pix from my January 1/2 so you can "see" me and my munchkin!

Love,

Jacqueline

**Attachments:**

"Silver Eagle"....Dennis, I miss you!



[Taylor's bday party 081.JPG](#) (953.6 K)



[Taylor's bday party 076.JPG](#) (1.2 MB)



[Taylor's bday party 069.JPG](#) (724.9 K)



[lenzlaw](#) 7,026 posts since

Jan 18, 2008 1. Re: "**Silver Eagle**"....Dennis, I miss you! Jul 4, 2009 10:16 AM

Send him a Private Message, here: <http://community.active.com/people/silvereagle>

Len



[silvereagle](#) 800 posts since

Dec 10, 2007 2. Re: "**Silver Eagle**"....Dennis, I miss you! Jul 6, 2009 12:18 PM

Jacqueline My Girl!!!!!!

How are you my Girl, it has been a long time since we have talked. We must have just missed one other because i have also posted a couple times saying hi to you.

"Silver Eagle"....Dennis, I miss you!

Sorry its has taken me so long to get back to you..... I dont post to much on here and start threads even less.

As for me, im in the process of getting ready to start training for the MCM in the fall again and trying to say injury free. With so many problems at end of last year to early this year Im trying to not take my health for granted.

So far Ive ran 3 half marathons this year 2 in May and 1 4th of July. All went great Im kind of looking forward to the offical start of the MCM training.

I see the Pics from your run and they are Awesome to see you had your support crew there!!!!!! And the Sign is Prestice too..

So what is up with you? Are you running still or did you take a break from it all to get your senses back, with the weather being pretty good around here I have no reason not to be out hitting the pavement. 😊 As for you its way to hot to be out and about runnning.

Well I wanted to type something on here to tell you Hey, all is pretty good and Dont let it go so long without contact!!!!!!!

"Silver Eagle"....Dennis, I miss you!

Update me!!!!

Dennis



Jacqueline102 19 posts since

Oct 16, 2008 3. Re: "Silver Eagle"....Dennis, I miss you! Jul 14, 2009 7:25 PM

Dear Len,

I'm so dense these days I didn't even think to do that....thank you!

DENNIS....there you are! I miss bugging you and really am happy to hear your running is going AOK. I was wondering if you were doing hte MCM again....that is soooooooo neat, I am genuinely excited for you and green with envy that I'm not doing a big race like that 😊

So I kinda gave myslef the gift of no exercise and eating like a bottomless pit for a supposed 2 weeks after my half, and my gift backfired b/c my 2 weeks kinda stretched for a few months and then regret + 9 lbs. kicked in LOL I personally suggest you not do that! I have for the past couple months been running again and am training for a sprint tri in November. The running part is a non issue since it's like 3 miles, but I am a BADDDDDDDDDDDD

"Silver Eagle"....Dennis, I miss you!

swimmer and have been practicing that and bike riding....which up until now I could barely even tolerate. The swim is about 400m and I am trained up to 850m....while struggling so far.

The goal is to hit 1000m comfortably and then I'll be OK. I bought a bike for the race that I practice on a few days a week, and am trying very hard to think I like it. I had a transitional bike to run the other day and it was only 40 minutes biking at a decent cadence followed by a 10 minute run and my run felt like jello had replaced my legs and I wasn't moving. Work in progress! In a month when I get back to my normal weight I plan to get my running up to long runs again so I can beat my own time at the half again this year. I learned the hard way that I function MUCH better with specific goals instead of doing a big, fat nothing...can you say anal schedule person!

My muchkin is going to do the kid 1 mile run with me so that is fun working with her. B/c she is 6.5 y.o., she was ZERO concept of pacing and we are trying to work on that. I help her with running and she is teaching me swimming....she swims competitively...she's a mean, nasty lil coach LOL. Hubby is again angry that I am yet again "wasting my time with the running \*\*\*\* again" and now it's worse b/c it also involves swimming and biking, BUT I have a plan. He works in films and LOVES movies, so at Costco I bought him oodles o movie tix and always send him off to see a flick when he is home for the weekend and while he is there I am training and we both win LOL. Personally I think that was brilliant!

Please keep in touch and good luck with your crazy training...maybe next year I'll brave a full marathon....I can only imagine how accomplished that would make me feel....

Love,


Jacqueline

"Silver Eagle"....Dennis, I miss you!



[silvereagle](#) 800 posts since

Dec 10, 2007 4. Re: "**Silver Eagle**"....Dennis, I miss you! Jul 15, 2009 10:02 AM

 in response to: [Jacqueline102](#)

MY TRI ATHELETE GIRL, YOU are My HERO

As for taking the time off away from running I'm just glad to see you're only human like the rest of us in the aspect of giving yourself some time off after that big event. It's nice to get away and enjoy life a little I think, and you have plenty of time to get back into it. Just don't beat yourself up to bad as there is nothing you can do about time gone by only look forward to what you can do now and in the future.....

I have wanted to do a tri or at least a dual for a while just have gotten off my butt and found one, but someday I will. Plus I have a brand new bike I've want to use and just haven't rode it. I'm going to try and find one soon and let's see how I do. I was a good swimmer as a kid so I don't think I will have any big issues. I have volunteered at a few and the only advice I can give is stay out of the middle during the swim you will be kicked (by accident of course) everywhere on your body. Don't give up that swimming it will do wonders for your training for that half in Jan. That's Awesome your daughter has you in the pool and it gets her involved with your training too.

"Silver Eagle"....Dennis, I miss you!

As long as she finishes that's the whole idea, she will learn about the rest soon enough. She better be tough on you have to swim like a dolphin, whip you right into shape (no rest for the weary!!) LOL

I don't think is angry about your training as much as you being able to kick the cr%p out of him if he gets out of line. LOL jk Yea just keep buying them movies and he will be ok

You keep training Girl on whatever you want to, I cant wait to hear about the Tri RR plus you don't need to brave anything I have all the faith in the world you can put your mind to it or anything and get it done, So you don't worry about it, just stay injury free and take it at your own pace, in time it will all come together.....

You better keep in touch also, cause Im watchin you!!!!!! and you better swim faster LOL

Semper Fi,

Dennis

"Silver Eagle"....Dennis, I miss you!



[silvereagle](#) 800 posts since

Dec 10, 2007 5. Re: "**Silver Eagle**"....Dennis, I miss you! Sep 23, 2009 7:32 AM

[↑](#) in response to: [Jacqueline102](#)

Jacqueline My Girl!!!

Im looking for a update from you lets hear it!!!!

I looking for you?

Dennis