

<p>As I look at the calendar today, my mind is befuddled by the date. It's July 22, 2006. Almost one year ago to this date, I was standing on the edge of a precipice known as my first Ironman, waiting for the adventure to begin, thinking that, in many ways, I was already well into it.</p> <p>July 24, 2005 came and went. It was a special day, a day of realization, of serenity, of calm inside. It was but a mere moment in time - and it was almost a year ago. How times travels oh so fast when you're living it - fully.</p> <p>I look back on that day fondly, not only for the completion of the task at hand, but having the opportunity to experience the beauty of life itself. It was an experience shared with my best friend, which just added to the enjoyment of the occasion. Of course, it wasn't in my plan to finish 13 minutes behind him, but I digress! At least he was still hanging around the finish area when I got there!</p> <p>The basis for my book (and the inspiration for this website) is the time line leading up to (and including) my race. It wasn't just a 4 month time frame to prepare for this day. In many ways, it took a lifetime to simply be in the right place - spiritually, physically, mentally, and emotionally - to let this all unfold right before my very eyes - to be open to the universe and to breathe it all in.</p> <p>Ahhhh so how many of you reading this even realized I was writing a book? Yes, I have been on stealth mode for quite some time now. But now that you're here - you can read some selected chapters from it!</p> <p>So now that it's one year past that amazing day in July - and some of this material has had some time to age (like a fine vino, of course!), I will slowly present some pages of my work, for all to read. I look forward to any and all comments!</p> <p>And in the meantime, I will never stop reminding myself of the lessons learned (or perhaps simply re-committed to memory) - one year ago. Has it really been that long ago?</p>