

## Back

Contributed by Administrator  
Thursday, 31 December 2009

After a week long hiatus in PA I am back in Maine.

Every year my family spends Christmas in Dunmore PA at my grandparents. This year Hattie and I left on the 24th and stayed until the 30th. Christmas at my grandparents can be kind of crazy. My mom has two sisters, one of which is married with 2 kids, add my family (parents, brother, brothers girlfriend Jenn, myself and Hattie) and you have a crowded hectic house! 13 of us to be exact plus two dogs and a cat!

There were lots of cookies to eat and lots of eggnog to drink all week long. I can safely say I am over weight and under trained. Hattie and I would try and sneak out for a 30 minute run every day with my dog Maggie. The short runs were not enough though. Yesterday Hattie and I made the drive back to Maine, yesterday was also the start of my diet. I haven't stood on a scale yet but I am confident I can loose 10lbs. Today was the start of my training. To kick start my training I was up early this morning and put in a 45minute run. I have four months to loose 10lbs and get in shape before Sea Otter!