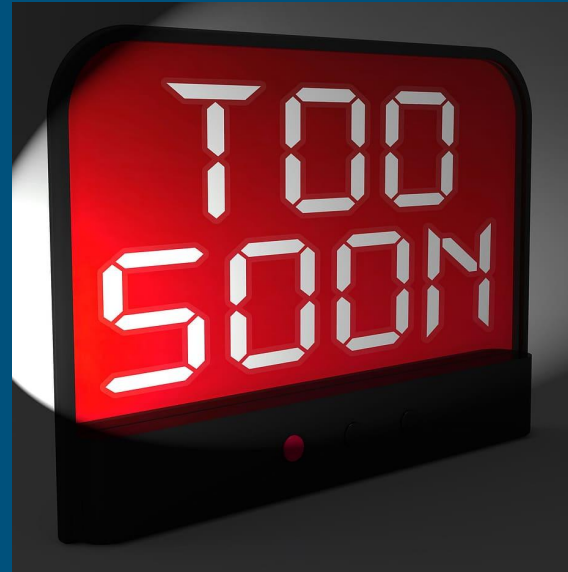


4:35am up earlier than  
usual for my run





Why am I up this early?



Out the door I go





At least it's blue out





I'm not ready to run

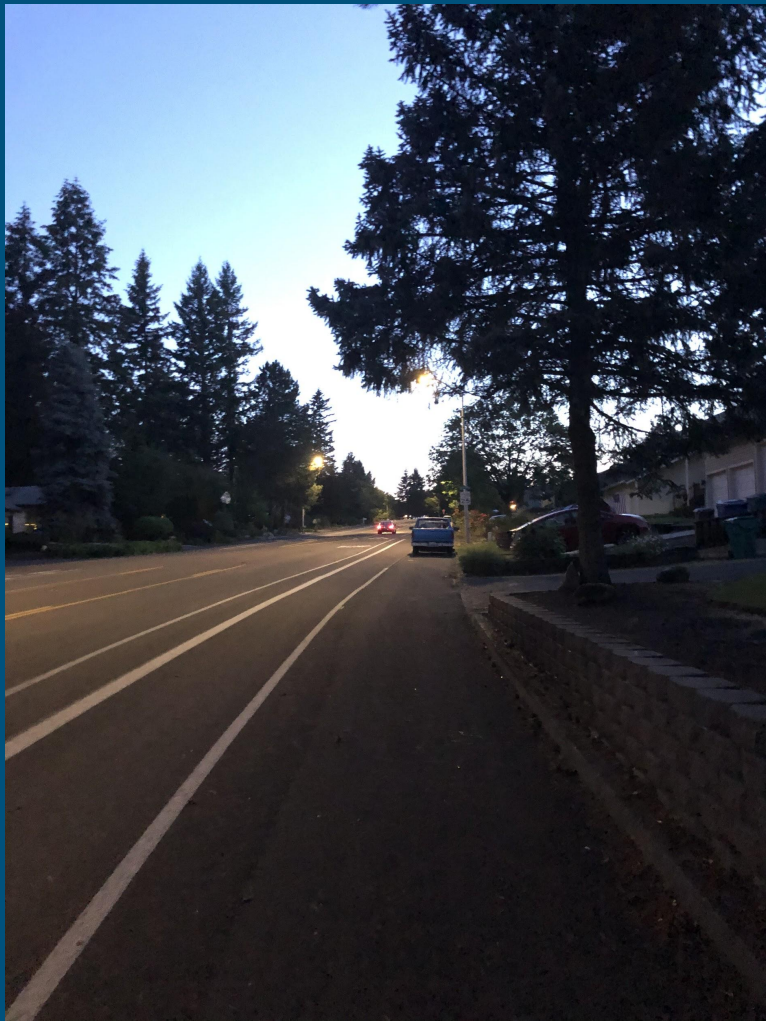


The beginning of  
three miles




Hill of misery





Halfway up the hill





I want to  
cry

The look of misery



Symbol of finally making it  
up the hill



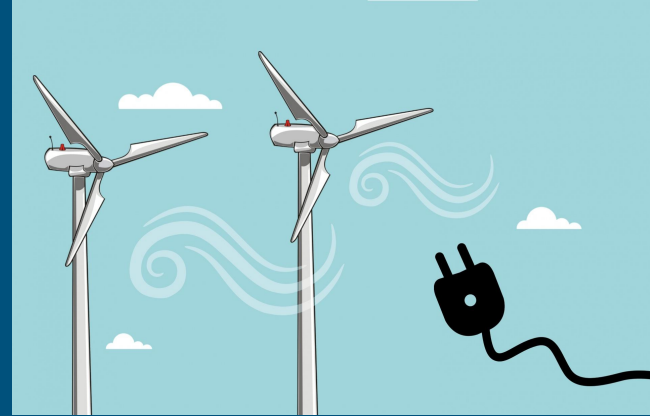
OOOOHHH WE'RE HALFWAY  
THERE







## Moving with the wind







Second to last strip



The final lane



I'm the winner!







End results of my run







Time to take a stroll back  
home



ADRIAN!!!





Never too early for a classic





There will be change





Entering the homeland



Time to start my day