



## **Sweaty She Monday (07/20/09): Setbacks and Comebacks**

**By Susan Farago**

*Weekly Sweaty She postings can be found on "Sweaty She" on Facebook.com.*

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I was in the physical therapist office last week waiting for the doctor to come in and "officially" tell me what I already knew - I had plantar faciitis with some pinched nerve issues in my right foot. As I waited, I could hear him talking to a patient in another room. In a voice that resembled Ross Perot he said, "Well now... you should be able to continue doing your activities after we get you through some physical therapy. But that won't change the fact that you still have degenerative arthritis."

Wow - talk about a slap with a smile!

This really got me thinking about how sometimes we focus so much on "doing" that we don't respect or cherish our ABILITY to do. I am just as guilty as anyone else. I started running in 1998 and took up triathlon in 2000, followed by trail running in 2007. Through many races and countless hours of training, this is the first time my body has made me stop. Plantar faciitis will go away and soon I will be back to my former ways of trashing my muscles and breaking down my body...but this time more thoroughly enjoying and respecting every minute of it.

I have several friends who too are temporarily sidelined by unexpected injuries. From a broken collar bone or hip replacement to ankle reconstruction and even breast cancer, these women may be down but they are certainly not out. I can feel it when I talk to them. They continue to plan for races and scheme ways of staying fit while their bodies heal. There is a certain energy and drive that cannot be denied - it is who they are regardless of broken bones or rebuilt body parts.

"It's about staying ahead of what happened yesterday."

If you've been watching the Tour de France this month (I know that's a dumb statement – of COURSE you've been watching the Tour ☺), there is a Nike commercial\* featuring Sanya Richards from the 2008 USA Track and Field Olympic team. Sanya talks about her own personal setbacks, including being diagnosed Behcet's Syndrome in 2007, and her comeback to the 2008 Beijing Olympic Games. And I smile at the description on her Olympic Team web page that describes her experience with the disease under the heading "Temporarily Slowed" and then goes on to say that in the same year she "did pick up a gold medal at Worlds on the 4x400m relay."

So to all of us Sweaty Shes who may be temporarily slowed, don't forget our fighting spirit. And while listening to our bodies is important, we cannot deny the screaming will of our hearts.

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\*The Nike commercial video of Sanya Richards can be viewed at:

[http://www.nike.com/nikeos/p/livestrong/en\\_US/video\\_wall#?guid=94b93e1a-d807-91e0-5654-debcc10c9335\\_id16035](http://www.nike.com/nikeos/p/livestrong/en_US/video_wall#?guid=94b93e1a-d807-91e0-5654-debcc10c9335_id16035)

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