

# **ICU to Marathon**

*Diaries of a Nearly Dead Man*

**David Johndrow**

**A funny book  
about  
sickness and fitness**



# **ICU to Marathon Diaries of a Nearly Dead Man**

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## Dedication

In writing this volume, it has given me cause to relive much of my journey to this day as I sit now writing this dedication, and to recall all of the cast members who have played roles in this most epic chapter of my life. They say (whoever "they" are) that we are the culmination of our life's experience; we are today the result of where we've been all of our yesterdays. That may well be true, but I'd like to add to that the ideal that we are, too (and, perhaps, even more poignantly), a result of those who have crossed our paths and helped to shape us in one way or another and, therefore, I'd like to take this opportunity to dedicate this work to everyone who has joined me on this amazing journey from the ICU to finishing my first marathon.

I couldn't begin to express my thanks without first expressing my gratitude to all the unnamed doctors and nurses who saved my life at Leonard Morse Hospital in Framingham, Massachusetts, and especially to Dr. Christopher Gange of the Framingham Heart Center.

I am indebted to my trainers at the Metrowest YMCA, my friends on MyFitnessPal.com and members of the Favorite Run Community who have encouraged me to make the sacrifices to keep on going, to do one more set, and to run another mile.

There are countless runners (so many of which I will never know their names) that I have met at the starting lines of dozens of races and at my favorite running store, and all of the race marshals and volunteers who clapped for me, high-fived me and tried not to laugh at me as I plodded past them. Thank you!

To Tom, Lori, Brian and Tommy because you inspire me to be better (read: smoke me at every race)!

I want to extend a special thanks to my *run bud* Scott, whom the cosmos has brought into my life. Thanks for your music, your patience, paying for Dunkin' Donuts, for running my pace just so we could hang out, and forever being in a different age group so we never have to compete against each other.

But this book is most importantly dedicated to my loving wife, Mary Anne, and to my three lovely daughters, who would like to eat dinner without a caloric evaluation, who never want to hear jokes about fartleks or hear the word "running" spoken in the house ever again.

And no dedication would be complete without expressing the heart-felt gratitude I have for a loving God who touched me and led me through this roller-coaster ride called life; I call him Jesus.

— David Johndrow