

Matty P -

Gotta tell you bro, it is always so good to hear from you. A couple years ago my cousin sent me a copy of the New England Runner cover you were on. It's on my wall with a Prefontaine picture for my running motivation. I'll be rooting and praying for you Memorial Day. I'm just really getting myself going again. I rested for a while then battled a couple short sicknesses each time I got started so I'm a little behind where I would like to be. I start the year with a lot of cross training and weights to try to get as strong as possible to avoid injury. Last year we started a new half marathon on the same day as Boston. This year a couple of the guys want to try a full marathon on that day. So we'll run both races. Right now I'm just planning on being a timer that day, but I said the same thing last year and ended up running the half at the last minute so we'll see what happens. I'd really just like to run a fast (by the standards in here) 5K and 5mile this year before I leave.

I think I remember Jill Rowan. I know I remember the name and I have a picture in my head, but whether or not that picture is correct, I have no idea. Good for you though. I've seen that pick up move in the movies, get hit by the car, then get the girl. Never knew it works in real life though.

Would love to hear from Beth Hogan. Funny that you would say that. I gave Justin a list of people to try to contact via Facebook to direct them here and Beth was on that list until I got your message. Tell her to please write, either here or send a letter, whichever she'd prefer - the address is on my profile page. That goes for anyone else as well, whether I know them or not.

Glad to hear your family is doing well. As for mine, Mom went through a couple of very serious medical battles. First throat cancer then an infection on her spine that required two days of surgery. She's a tough cookie though, practically back to normal. Well, normal is all relative when you are talking about my mother, because she was never really normal. My sister is a whole other story, she's nuts...great heart but completely off her rocker. Want to have some fun? Picture the young girl you remember in your mind as my sister then go check out the changes on her Facebook page - Cristen Chadronet.

Finally, things are great for me. I mean that. Even taking into account where I am. I've made a lot of changes for the better mentally and spiritually. If you haven't already, read the story Change that I posted on here early on...it gets into it a lot. I stay ridiculously busy, especially now that I have a dog and am back to running. Would I like to be free? Sure. But in some ways my life is better now than it has ever been.

The details of my sentence were 7 years in the state of Massachusetts followed by 3 years in the Federal system. The Mass time with good time will be up in August/September. I actually am trying to stay at this prison for the federal time but most likely I'll get moved to a federal prison...who knows where? I'll do 2 years there then 6 months in a halfway house somewhere not too far away, then home. The halfway house will be like being free...that'll be the end of 2014, then complete release early 2015. Honestly, I really had to think about that when you asked because I forget all the time. I don't even think about getting out. I live day to day and try to make the most of it.

As for when you can see me again, I'd really like if once school ends, maybe you think about coming here for a visit before I leave. The ride is not too long, although the process of getting in and out is a pain, but we could hang out for a few hours. Think about it, we'll talk when the time comes.

OK, I'll end here. Stay healthy and moving fast. Give me an update on what your training is like these days. And I want all race results from here on out.

Until next time...