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Title: **1970-09-25 Mike McCormick letter to parents**

Provenance:

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Person:

Date:

September 25, 1970

Friday

Dear Mom and Dad,

Amazing! that article of the cross country team. So much development of the team members in the last year.

Letter came today. I am writting again before 1 o'clock Math class.

I was wondering about the spacer lever. Thank you. Gotta go... more later I'm sure.

Back from class. The last one today. I find I've become maybe a little too relaxed. I need something to keep pushing me. Maybe I'm just a little tired today.

Its been hot and humid today. Hot for the last few days. For quite a while really. A rain a couple days ago. Brought the temperature

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down for awhile but set the humidity up.

I've had dreams in which I have "awakened" within the dream and said to myself or whoever is present in the "semi-dream" that I am glad that wasn't a dream or I would say that that was only a dream. Then I'd wake up in the morning and realize that the whole thing had been a dream.

After that 600 yd. run of mine I did throw up a few times (hate to admit it). Once on the way back from the stadium. Having to walk an extra 1/2 mile

(walking back) makes a difference. Plus I had had lunch only 2 hours before. I tried to cut down on my lunch knowing that I had to run later but it is hard to do. I won't think it to be so hard next time though.

I was tired that night from work and gym so I went to bed at about 8:30 or 9:00. Woke up 12:30 to go to the bathroom. As I went I had a strange pain in my (right) side. I thought it could have been my kidney or appendix, or a cramp. It was gone the next morning. It was probably only a result of putting a strain on my stomach muscles in running and then getting sick (a strain on other parts of abdomen).

I'll have to get out and run in the mornings and get in shape.

Bye for now.

Love,

Mike