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The Importance of Patience

KEVIN KELLER

Only in the past few months have I learned a substantial amount about my body but more importantly about myself as a human being. In the winter of my senior year, following my indoor track season and what was thought to be a quick visit to the doctor, I was told the results of my MRI. Shockingly, I had been diagnosed with a L4 bilateral fracture in my lower back. After coming off of a tremendous indoor season and while preparing myself for a stellar outdoor season prior to college, the reality of everything hit me. I was in for three months of recovery and out for my last spring season. My goals of becoming state champion in the sprints and jumps would have to be removed from my mind forever.

While understanding the complexity and importance of recovery was difficult to grasp, I found a new realization where everything seemed to make sense. It was through the long and seemingly endless months of recovery that I came to realize the importance of patience. Every day felt like a week. Every week felt like a month. My change in lifestyle, from afternoons spent running around the track to moments at home sitting in silence and counting down the days, was difficult to accept.

I came to realize that patience is the most valuable quality in human beings. Patience has taught me life long lessons. It has led me to become the person I am and the person I will be for the rest of my life. As much as I hoped to compete in my last outdoor season, I new that recovery was critical for me in this chapter of my life. I looked at things holistically, realizing the fact that taking one season off was worth eight seasons and four years competing in college.

I have learned more about my body in the last few months than I have in my entire life. Patience allows for thought and reflection. Because of my injury, I now know what will prevent such an injury from happening again. I have come out of this journey with an entirely new vision of how to take care of my body.

I cannot say what the future will bring, but I can say this: My patience has made me stronger than ever. This I believe.