

My walking, left home 4:45 a.m. for Carnack's St. 40, 2/27:

Walked inside 10 minutes, not fast, rested in car 10 minutes. No problems.

Walked outside (30 degrees, some wind, breathing through gloved hand) 5 minutes, then 5 minutes inside. Slight unsteadiness after 2 minutes inside, something like but not lightheadedness in center or forehead.

Rested in car 10 minutes, walked outside again for 5 minutes, then while reading labels inside for which I stopped four times for about a minute or less each time, left leg and thigh swelled promptly and remained swollen while I walked back to car. 13 minutes w/aking and standing. Repeated this with same results. Slight sideways unsteadiness.

Could not keep left TED properly positioned and that interfered with comfort if not also with walking.

This is not a new problem but it has been exaggerated for two weeks with a new support belt on which the garters are too long as they always are. They can't be shortened enough for my body. I'll experiment with means of shortening them on a day I'll be at home with no visitors and I can go without trousers.

No leg pains. Did not walk long or fast enough for them.