

John Dardis
1935 Cerro Gordo St.
Los Angeles, CA 90039

September 2, 2013

Dr. Scott Powell
191 South Buena Vista
Burbank CA 91505

Dear Dr. Powell,

It is with a wonderful mixture of relief and achievement that I write this letter of thanks to you. For years I've had the quiet goal of qualifying for the Boston Marathon and I can now say with some pride that I've done just that. On May 26, 2013 I ran the Mountains To Beach Marathon in Ojai/Ventura needing a 3:30 time to qualify. I finished in 3:27:14 - and could not have done so without you.

Way back when you properly diagnosed a meniscus tear in my right knee that had been nagging me for months, and which another doctor had misdiagnosed as a ligament strain. You fixed that tear surgically and I was at the tail end of rehab when I partially tore the ACL in my left knee. You fixed that, too, along with, a couple years later, a bout of Hoffa's Syndrome in my right knee. And though not specifically running-related you through in a SLAP repair of my left shoulder to boot! Some friends have taken to calling me the bionic man due to all your fine engineering.

There were times during these injuries/recoveries when I watched runners running with a despairing sense that I would never again be able to do that one, simple, joyful thing - run for distance (and pleasure, and health, and peace of mind, and creative spark, and you name it it's all true). But with your expert help and encouragement I did get back out there, rejoined the ranks and have just run my best marathon ever, at the ripe age of 49.

The application structure for Boston is such that my qualifying time doesn't necessarily guarantee me a spot in next year's race, but I'm hopeful and believe my odds are pretty good. Either way I have you to thank in large part for helping me achieve this milestone. And in thanking you I of course also thank your terrific staff. Over the years they have been nothing less than courteous, thoughtful, respectful and professional in every regard.

You and your team are the best! Onward to Boston...

With Gratitude,

John Dardis