

E-Mail from Eben:

On Mar 9, 2010, at 12:52 PM, Smith, Eben wrote:

I can't seem to send a message through on the blog page so I'm sending to you. Not that my being there would have made a difference but I would like to apologize for not sticking around to cheer you, all of the other Troy athletes, and Adam the Mercenary on through Sunday's sectionals. After all crossfit is about the community and I in the heat of the moment could only think of myself. Everyday I ask God to keep me humble and able to walk with humility, well I was humbled but couldn't bear the humility. I'm not looking for sympathy but I hope that you accept my apology and hope and pray that I will be able to get back there again next year with you all. Many thanks to you and your organization it has been the highlight of my mediocre athletic career to be able to train and compete along side all of you. Keep up hard and noble work Mr. Lyons!

Sincerely,
Eben Smith

Coaches Response:

Eben

Eben,

Thank you for your very honest thoughts and apologies. We did miss you and I wondered where you went.

Your feelings are not unique. Many others there had experienced the same thing. I commend you for at least going for it. There were many athletes that could have been there but chose not to.

Your apology is certainly accepted. As you are discovering, training the way we do demands much of us and the end result is always the same. Our weaknesses are revealed. Not just physical, but mental and spiritual as well. This is to be embraced. The size of the man (or woman) is determined by their ability to see and want to see, the "chinks in the armor". Pride (the opposite of humility) will never lead to anything good. Self serving pride is a great weakness. The bigger issue is, how do we respond in the face of these self realizations. We rob ourselves of great reward if we run from them or deny they exist.

You have chosen the hardest and best response. You have spoken your self reflection to others. For that I commend you.

I see you value greatly the spiritual and virtuous dimension of our life. I share your perspective. Allow me to share some wisdom that may help set things in proper perspective.

"Spend your time and energy training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next. This is true and everyone should accept it." 1 Timothy 4: 8-9

I believe that the Gymnasium is one of the best environments to learn and develop virtue. Humility being one virtue that should be valued above all others.

We look forward to continuing our journey together as we continue our physical (and spiritual training).

See you again at next year's sectional.

Train hard and fast,

Mike Lyons