

[The Marathon Project - ICU to Marathon](#)

Contact: David Johndrow

Email: [info@marathonproject.com](mailto:info@marathonproject.com)

FOR IMMEDIATE RELEASE

**HEART TRAUMA SURVIVOR READIES FOR MARATHON  
Framingham Man Left ICU and Now Runs for Charity**

**Framingham, MA April 4, 2013** – Two years ago, a Metrowest man’s life took a serious turn for the worse. David Johndrow, then 52, suffered congestive heart failure due to a viral myocarditis. He was admitted to the Emergency Room at Leonard Morse Medical Center in Natick, and subsequently rushed to Framingham Heart Center for heart catheterization surgery. That was then.

In February, David successfully crossed the finish line at the Hyannis Half Marathon; it was his first. Now he is training for his next goal, The Baystate Marathon which takes place in Lowell, MA on October 20th.

Prior to becoming ill, Johndrow, a novice runner, admits he probably had never run a mile in his entire life. Since his week-long stay in the Framingham ICU in 2011 he’s come a long way, running over a dozen races and nearly 2000 training miles.

*“It took me a year to go from walking around the Intensive Care Unit to completing my first race, The Run with Heart 5K in March of 2012. It took another 11 months to prepare for the half marathon I ran in February.”*

This inspiring story doesn’t end there. As a survivor, David is working hard to turn his journey *from the bed in ICU to the marathon starting line*, into a message of hope for others.

*“I waited too long to do something about my health – especially my weight and diet. I relied on medicine to do what I was not willing to do for myself. I only wish I had started my fitness journey earlier in life!”*

Mr. Johndrow hopes to increase awareness and encourage “*fellow couch potatoes and desk jockeys like himself*,” to start exercising and watching what they eat. His future plans include writing a book about his experience, as well as raising funds for medical research charities such as the American Heart Association and Pancreatic Cancer Action Network.

*“And after I cross the finish line next fall, I want to chronicle my diary of success in a book which I have already started writing.”*

###

If you would like more information, or to schedule an interview with David Johndrow, please email him at [info@marathonproject.com](mailto:info@marathonproject.com).