



JANUARY 2018 NEWSLETTER

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David #2764



3M Half Marathon



Michelle #8879



Nathalie #10047



Melissa #9945



Rock n Roll Arizona



Kimberly



Rock n Roll Arizona



Angela #16711

Follow us!

Half Fanatics | @halffanatics | @MainFanatics



USE #HALFFANATICS TO BE FEATURED!



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Bonnie #9479, Edward #9253



Gregory #8068



Rise of the Winter Dragon Half



Dee #8192



Michael #15636



Louisiana Marathon and Half



Rock n Roll Arizona



Urban Ultra Dallas

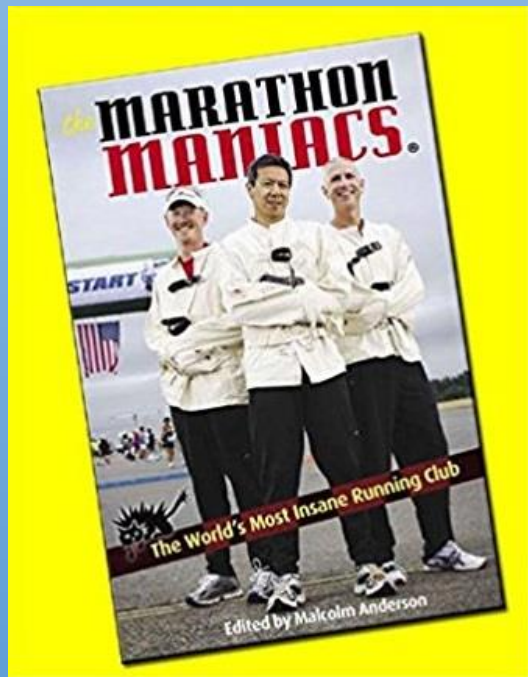


Rise of the Winter Dragon Half



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Marathon Maniacs Book



I must admit this book wasn't what I expected. It's a perfect book if you're looking for inspiration, filled with club members sharing their love of running: the good, the bad and funny. I found myself cheering, laughing and relating. I will be pulling this book out and reading it throughout my training, anytime I'm feeling discouraged.



Get your child moving! An 8 week running program with fun and challenging running activities.

Mission

- To introduce our youth to the physical and emotional positive effects of running.
- To increase the physical activity of our youth.
- To create a positive environment where all participants are equal.
- *Hard work and determination will be rewarded at the end of the journey!

Find out more at: <http://www.halffanatics.com/flying-fanatics>.



Welcome to the Perch
Baylee B., Flying Fanatic #83
Alex S., Flying Fanatic #84

FROM THE EDITOR

2018 here we come! Some Fanatics are still dealing with snow and ice, where we are lucky to just have rain and more rain. It has been a few years since I ran a full marathon. So, I've decided to give it another go. Wish me luck!

Also, take a moment to check out the race event calendar and get this year started off right.

Want to share your "why you run", your achievements, goals, and any stories? Did you have a really great run -- or a horrid one? Are you celebrating any milestones: 50 half marathons? 100? 1000? Did you level up?

Shoot me an email to include you in the next newsletter!
halffanaticnewsletter@gmail.com

-Kellie Follett #4560

*Past Newsletters can be found at: <http://www.halffanatics.com/newsletter>





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Half Fanatic Pace Team

Are you interested in being a pacer?

Upcoming opportunities:

Mayors Marathon & Half - Lubbock, TX
(4/22/18)

If you would like to pace please contact the designated Ambassador listed on the [Half Fanatic Pace Team](#) page.
<http://www.halffanatics.com/half-fanatic-pace-team>

DID YOU KNOW?



January had 84 race events listed on the Half Fanatics Race Calendar.

This past January, there was a clear favorite event for Half Fanatics: Disney. Plus there were a lot of other events represented. Here are the top 4:

- It's no surprise that the **Walt Disney World** Half Marathon had three times as many HF attendees as the next three events in January. This is one of the most popular events for the entire year. You have to get up really, really early, and the event is really really crowded, but if you love Disney, you'll love this event. Characters galore, music, fireworks, running through Magic Kingdom. Everything a Disney Fanatic could want and more.
- Next in line was the **Louisiana Half** Marathon. This is a former Half Fanatics reunion, and the city of Baton Rouge welcomes all the runners with great hospitality and wonderful post-race food. It's very easy to book a hotel and get around the city.
- For third place, there was a tie between **Rock n' Roll Arizona** and **Mississippi Blues**. There were mixed reviews for both 2018 events. For Rock n' Roll Arizona, people were disappointed with the expo. The course was fine with lots of bands as usual and great volunteer support. For Mississippi Blues, people thought there was not enough course support, but the volunteers were exceptional. However, the RD really went above and beyond after last year's cancellation.

EXPO SCHEDULE

The Gear Guy will be at the following Expos with club gear for Marathon Maniacs and Half Fanatics:

St. Paddy's Day Run Tacoma

March 17th

Tobacco Road Half Marathon

March 18th

Ghost of Tacoma

April 28th

Tacoma City Half Marathon

April 29th

Fargo

May 19th

Our Race Calendar needs you!

Ever wonder how the races end up on our Half Fanatic Race Calendar? Us, all of us. Know of a small or large local event and want to share it with other Half Fanatics.

To request a race, please fill out the [race request form](#). All fields need to be accurate in order to be approved (including race date and working URL).

Your request will be sent to and evaluated by the Race Calendar administrator. After approval, it will show on the race calendar. (NOTE: Approval can take several days, so be patient).

We do not accept links to Facebook race pages or race registration sites. All approved races need an official race website provided. Check out our [Race Calendar](#) for upcoming events and discounts.
<http://www.marathonmaniacsdb.com/fanatics/events>

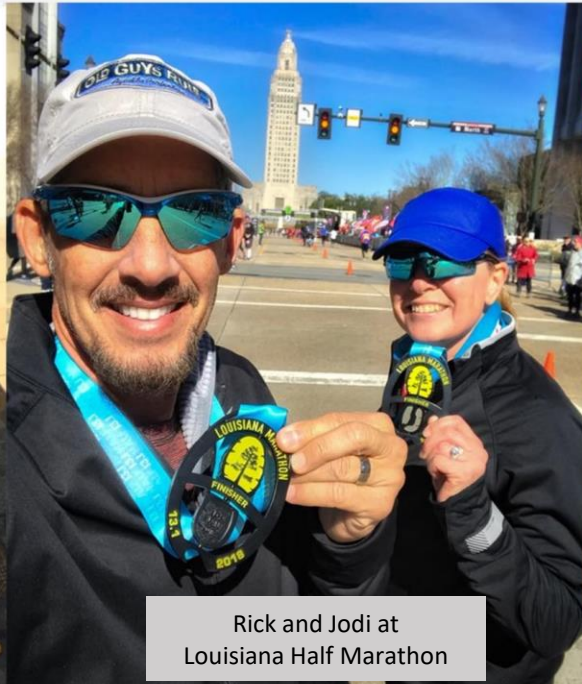




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Ronald #15826



Rick and Jodi at Louisiana Half Marathon



Valerie #14566



Team LOCO Half



Rain Run Half



Teresa #15263



Randy #4373



Too Cold to Hold



Sonja #7486



Te'Retta #13114



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THE SUN

- 52 Half Marathons or more within 365 days.
- 30 Half Marathons in 30 US states* within 365 days.
- 20 Half Marathons in 20 different Countries within 365 days.

MERCURY

- 45 - 51 Half Marathons within 365 days.
- 23 Half Marathons in 23 US states* within 365 days.
- 28 Half Marathons within 183 days.

VENUS

- 38 - 44 Half Marathons within 365 days.
- 20 Half Marathons in 20 US states* within 365 days
- 13 Half Marathons within 79 days.

EARTH

- 31 - 37 Half Marathons within 365 days.
- 16 Half Marathon in 16 different US states* within 365 days.
- 6 Half Marathons within 16 days.
- 4 Half Marathon in 4 Days.

MARS

- 3 Half Marathons within 3 days.
- 26 - 30 Half Marathons within 365 days.
- 4 Half Marathons within a 9 day window.
- 3 Half Marathons in 3 separate US states* within a 10-days.
- 13 Half Marathons in 13 different US states* within 365 days.

JUPITER

- 4 Half Marathons in 23 days.
- 19 - 25 Half Marathons within 365 days.
- 2 Half Marathons in 2 days (or 48 hours) must finish both races!
- 9 Half Marathons in 9 different US states* within 365 days.

SATURN

- 4 Half Marathons within 37 days.
- 12 - 18 Half Marathons within 365 days.
- 4 Half Marathons in 4 different US states* within 51 days.

URANUS

- 3 Half Marathons within a 16 day time frame.
- 6 Half Marathons in 6 consecutive calendar months.
- 8 - 11 Half Marathons within 365 days.

NEPTUNE

- 2 Half Marathons within a 16 day time frame.
- 3 Half Marathons within a 90 day time frame.

Congratulations to all the Half Fanatics who achieved their goals.

If you would like your promotion mentioned in the newsletter, please send your name, HF number and Moon level to: half fanaticnewsletter@gmail.com.



Allen #13814
100th Half



Angela #16711
Landed on Venus



Ruben #15909
Landed on MARS



Kellie #16870
New Double Agent

States without SUN achievement: **YOU** could be the first for AL, AK, CT, DE, IA, LA, ME, MS, MT, NH, SD, UT, VT, WV, WI
*We do have members from GBR!



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HALF FANATICS REGION PAGES

Half Fanatics Facebook group pages have been setup in regions across the USA and beyond. If you live in one of the areas, connect with your local chapter!





Regional Ambassadors

BE ON THE LOOK OUT FOR THE YELLOW JACKET.

Regional Ambassadors in your area will be wearing this jacket so you can easily spot them at your next race.

Not a member? Ask them for more information on how you can receive a discount when you sign up.



Melissa Wood HF#8628 Denver, CO Ambassador

Region:
[Marathon Maniacs Europe](#)
[Half Fanatics European](#)

<p>Region: Albuquerque, NM Anchorage / South Central Alaska Atlanta, GA Augusta, GA Austin, TX Baltimore, MD Baton Rouge, LA Birmingham, AL Buffalo, NY Central Arkansas / Little Rock Central Gulf Coast / Mobile Chattanooga, TN Chicago / Western IL Cincinnati, OH Colorado Springs, CO</p>	<p>Region: Dallas Fort Worth, TX. Denver, CO Des Moines, South Central IA Detroit, MI European Greensboro, NC Honolulu, HI (Oahu) Houston, TX Kansas City, MO Knoxville, TN Lincoln / Omaha NE Long Beach, CA Lubbock / West Texas Miami, FL</p>
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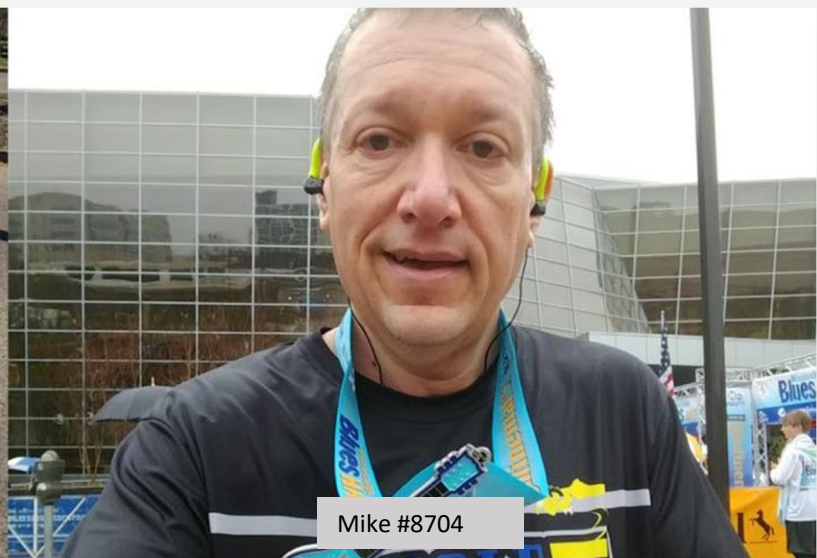
<p>Region: Memphis, TN Nashville, TN New Orleans, LA Northern New Jersey Northwest Arkansas North Dakota Oklahoma City, OK Orlando, FL Panama City / Gulf Coast, FL Portland, OR. Philadelphia, PA Phoenix, AZ Raleigh / Cary, NC Richmond, VA Rochester, NY</p>	<p>Region: Sacramento, CA Salt Lake City, UT San Antonio, TX San Diego, CA Seattle, WA Shreveport, LA Springfield, MO St Louis / SW Illinois Tacoma / South Puget Sound Tampa / St. Petersburg, FL Tulsa, OK Twin Cities, MN Virginia Beach, VA Washington DC Wichita, KS</p>
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Cathie #10543



Mike #8704



Meghan #14020



Kimberlee #177
Hangover Half

THE 2018 SIGNATURE RACE SERIES!

The race series is 5 marathons / half marathons spread throughout the United States both in regions and dates. Starting between January and ending in December, the races cover most regions of the U.S, providing diverse races to those members that accept the challenge.

<http://www.marathonmaniacs.com/signature-race-series/>

*Please remember that you will need to join the race on the Half Fanatic Race Calendar to receive the Special Club Medal at the finish!



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Amy #16211



Kerrilee #9060



Charleston Half



Jason #12968



John #8928



Barbara #5852



Darrell #7677



Chuck #10903



Kimberlee #177



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UPCOMING RACES

ON	3/4	2018 New Balance Chilly Half Marathon	13.1	FL	3/4	Swamphouse 13.1 & 5k	13.1
ON	3/25	Around the Bay Road Race	30K	FL	3/10	Orange Blossom Half Marathon	13.1 \$
QC	3/4	Hypothermic Half - Montreal	13.1	FL	3/17	Blue Angel Rock N Fly	13.1
SK	3/4	Brainsport Brainfreeze Half Marathon	13.1	FL	3/17	Intimidator Triathlon 70.3	13.1 \$
SK	3/30	Gopher Attack Marathon-Half Marathon	13.1	FL	3/24	Race for Women's Wellness	13.1
ES	3/24	IAAF World Half Marathon Championships Valencia 2018	13.1	FL	3/24	Tomoka Half Marathon	13.1 \$
FR	3/4	Fitbit Semi de Paris	13.1	FL	3/25	Run 13.1	13.1
FR	3/24	Marathon de Bordeaux	13.1	-	-	-	-
LON	3/4	The BIG Half	13.1	GA	3/3	Snickers Half Marathon	13.1
MEX	3/18	Rock N Roll Mexico City	13.1	GA	3/10	Berry Half Marathon	13.1
WC	3/31	Old Mutual Two Oceans Half Marathon	13.1	GA	3/17	ROCK N FLY Half Marathon	13.1
-	-	-	-	GA	3/18	Publix Georgia Half Marathon	13.1
AL	3/10	Montgomery Half Marathon	13.1	-	-	-	-
AR	3/4	Little Rock Half Marathon	13.1 \$	HI	3/18	Hilo Half Marathon	13.1
-	-	-	-	-	-	-	-
AZ	3/17	Kiss Me I'm Irish Half Marathon	13.1 \$	IL	3/17	Get Lucky Chicago Half	13.1
AZ	3/17	Marana-Tucson Shamrock Half	13.1	IL	3/24	Alton Half Marathon	13.1
AZ	3/17	Mesquite Canyon Trail Runs	13.1	-	-	-	-
-	-	-	-	IN	3/10	Tell City Half Marathon	13.1
CA	3/4	Encinitas Half Marathon	13.1 \$	IN	3/17	Scotty's Shamrock Shuffle Half Marathon	13.1
CA	3/4	Livermore Half Marathon	13.1	IN	3/18	No Luck Run	13.1
CA	3/4	St. Patrick's Day Half Marathon	13.1	IN	3/24	Sam Costa Half Marathon	13.1
CA	3/11	San Diego Half Marathon	13.1 \$	IN	3/31	Carmel Half Marathon	13.1
CA	3/11	Shamrockn Half Marathon	13.1	-	-	-	-
CA	3/11	Tustin Hangar Half	13.1	KS	3/10	Pi-Day	13.1
CA	3/24	Dole Great Race of Agoura Hills Pacific Half	13.1	KS	3/24	Wicked Half Marathon	13.1
CA	3/25	Oakland Running Festival	13.1 \$	KS	3/30	Mainly Marathons Dust Bowl (Day 3)	13.1 \$
CA	3/25	Reaching for the Cure Half Marathon	13.1	-	-	-	-
CA	3/31	Valencia Trail Race Half Marathon	13.1 \$	KY	3/18	St Paddy's Day Half	13.1 \$
-	-	-	-	KY	3/31	Run the Bluegrass	13.1
CO	3/3	DreamCatcher Half	13.1	-	-	-	-
CO	3/31	Mainly Marathons Dust Bowl (Day 4)	13.1 \$	LA	3/4	Rock and Roll New Orleans	13.1
-	-	-	-	LA	3/4	Zydeco Half Marathon	13.1 \$
CT	3/24	Savin Rock Half Marathon	13.1	LA	3/11	OLOL Amazing Half	13.1
-	-	-	-	LA	3/25	Best Damn Race New Orleans	13.1 \$
DC	3/10	Rock N Roll Washington DC	13.1	-	-	-	-
DC	3/18	St. Patty's Recovery Run 5k & Half	13.1	MA	3/25	Eastern States 20 Mile	20mi
-	-	-	-	MA	3/25	Run for the Border Half Marathon	13.1
DE	3/18	Caesar Rodney Half Marathon	13.1	-	-	-	-
-	-	-	-	ME	3/24	On the Run Half	13.1
FL	3/3	Best Damn Race Orlando	13.1 \$	-	-	-	-
FL	3/4	Fort Myers Half Marathon	13.1	MI	3/3	Winter Trail Fest (WTF)	13.1
FL	3/4	Ft Myers Half Marathon	13.1	MI	3/3	WTF 2018	13.1
FL	3/4	Miami Beach 305 Half Marathon	13.1	MI	3/25	Rock CF Rivers Half Marathon	13.1
-	-	-	-	-	-	-	-

\$ indicates a discount, check halffanatics.com for race discount code



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UPCOMING RACES

MN	3/3	Hypothermic Half Marathon	13.1	RI	3/4	Ocean's Run Half Marathon	13.1
		-		RI	3/25	The Sachuest Point Marathon	13.1
MO	3/3	Liberty Hospital Half	13.1 \$			-	
MO	3/4	Quivering Quads Trail Half Marathon	13.1	SC	3/3	Myrtle Beach Half Marathon	13.1 \$
MO	3/24	Bridge and Dam Half Marathon	13.1	SC	3/4	Palmetto Bluff Half Marathon	13.1
MO	3/25	Relay and Run for 21 Half Marathon	13.1			-	
		-		TN	3/3	Tom King Classic Half Marathon	13.1
NC	3/17	Asheville Half Marathon at Biltmore Estate	13.1	TN	3/3	Warrior Half Marathon	13.1 \$
NC	3/17	Wrightsville Beach 1/2 Marathon Madness	13.1 \$	TN	3/4	Erlanger Chattanooga Half Marathon	13.1 \$
NC	3/18	Tobacco Road 1/2 Marathon (Signature Race # 1)	13.1 \$	TN	3/11	Germantown Half Marathon	13.1
NC	3/18	Asheville Backyard to Backyard Challenge - Day 2	13.1	TN	3/17	Raccoon Mountain Half Marathon	13.1
NC	3/25	Mike to Mike Half Marathon at the All American Marathon	13.1	TN	3/25	Knoxville Half Marathon	13.1
		-				-	
NH	3/4	The Hampton Half Marathon & 5K	13.1	TX	3/3	Half de Paris	13.1
		-		TX	3/3	The Woodlands Half Marathon	13.1
NJ	3/25	The Baker's Dozen 13.1	13.1	TX	3/4	Alamo 13.1	13.1
		-		TX	3/10	Don't Quit 13.1	13.1
NM	3/21	Chili Pepper Series (Day 1)	13.1 \$	TX	3/10	ZOOMA Texs Half Marathon, 10k, 5k	13.1 \$
NM	3/22	Chili Pepper Series (Day 2)	13.1 \$	TX	3/11	San Marbellus Half Marathon	13.1 \$
NM	3/23	Chili Pepper Series (Day 3)	13.1 \$	TX	3/17	Seabrook Lucky Trail Half Marathon	13.1
NM	3/24	Chili Pepper Series (Day 4)	13.1	TX	3/18	Big D Half Marathon	13.1
NM	3/25	BATAAN Memorial Death March	Other	TX	3/24	San Felipe Shootout	13.1
		-		TX	3/24	Tour de Glen Rose Half Marathon	13.1
NY	3/10	NYCRUNS Frozen Penguin Half	13.1	TX	3/25	Rock N Roll Dallas	13.1
NY	3/11	Celebrate Life Half Marathon	13.1 \$	TX	3/28	Mainly Marathons Dust Bowl (Day 1)	13.1 \$
NY	3/18	United Airlines NYC Half	13.1			-	
NY	3/24	Sleepy Hollow Half Marathon	13.1	UT	3/17	Canyonlands 1/2 Marathon	13.1 \$
NY	3/25	Fallen Comrades Half Marathon	13.1			-	
		-		VA	3/17	Pocahontas Trail Fest Half Marathon	13.1 \$
OK	3/3	Panera Beacon Run 25k	25K	VA	3/18	Shamrock Half Marathon	13.1 \$
OK	3/10	Vike Hike Half Marathon	13.1	VA	3/24	Martinsville Half Marathon	13.1
OK	3/24	Go Girl Run	13.1	VA	3/24	Terrapin Mountain 50k and 1/2 Marathon	13.1
OK	3/25	A2A Race for Mercy	13.1			-	
OK	3/29	Mainly Marathons Dust Bowl (Day 2)	13.1 \$	WA	3/3	Hillbilly Half Marathon	13.1
OK	3/31	T-Town Half	13.1	WA	3/3	Wallace Falls Half & 22.4-miler	13.1
		-		WA	3/10	Lake Sammamish Half Marathon	13.1
OR	3/3	Champoeg Half Marathon	13.1	WA	3/17	St. Paddy's Day Run Tacoma	13.1 \$
OR	3/4	Lincoln City Half	13.1	WA	3/18	Mercer Island Half Marathon	13.1
OR	3/18	Shamrock Run Portland	13.1	WA	3/24	ETR Dash Point Half (trail)	13.1
OR	3/25	McKenzie River	13.1	WA	3/24	Fort Steilacoom Resolution Run 20-mi	20mi
OR	3/31	Foot Traffic Hop Hop Half	13.1	WA	3/25	Cupcake Run Half	13.1
		-		WA	3/31	NWTR Spring Run for Fun @ Redmond Watershed	13.1
PA	3/25	Philadelphia Love Run Half Marathon	13.1			-	
		-		WI	3/31	First Call Half Marathon	13.1

\$ indicates a discount, check halffanatics.com for race discount code



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Mary #16059



Darrell #15619



La Verne #9491



Christie #3501



Mainly Marathons Aloha Series



Miami Marathon and Half



Angela #12586



Kelly #8173



Jocelyn #8486



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FANATIC GEAR

Check out all the cool gear available for purchase. Many items are part of a Close out Sale!



New Item



<http://www.databarevents.com/store/category/2/Half-Fanatics>

FANATIC POLL



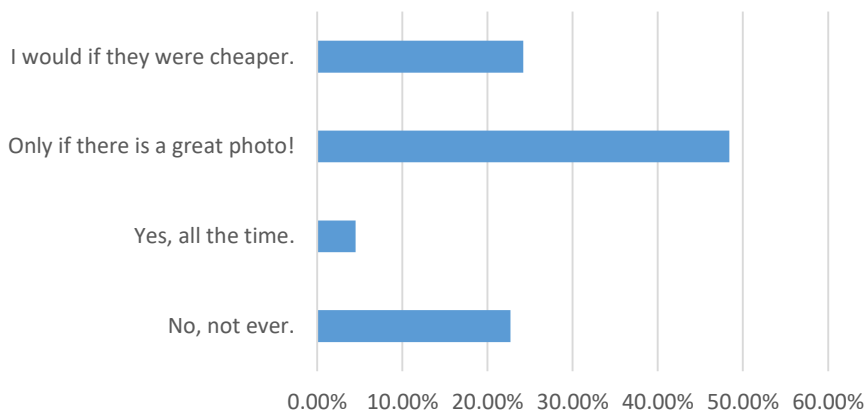
Each month there will be a "Fanatic poll" posted online. Please take a few moments to answer this poll. Results will be in the next newsletter.

This month's question:
What do you use for tracking your running or walking mileage?

Please submit your response at:

<http://survey.constantcontact.com/survey/a07ef3nraxujdauvrxo/start>

Last month's question:
Do you purchase Race Event Photos?





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WELCOME TO THE ASYLUM! NEW JANUARY 2018 HALF FANATICS



- | | | |
|----------------------------------|-------------------------------------|------------------------------|
| 16821 Michele Ruginis, PA | 16854 Virginia Panlasigui, CA | 16887 Amara Hulslander, CO |
| 16822 Redessa Shaw, TX | 16855 DON WILKINSON, FL | 16888 Robert Carnesi, LA |
| 16823 Nancy Williams, SA | 16856 Carolin Drost, NC | 16889 Debbie Cazares, CA |
| 16824 Lora Tyson, NC | 16857 Wendy Faull, OR | 16890 Lisa Potter, OK |
| 16825 Kathy McCormick, FL | 16858 Grace, CA | 16891 Laurie B. Williams, TX |
| 16826 Amanda Lee, OK | 16859 Daniel McDowell, Tx | 16892 Ana Hotaling, MI |
| 16827 Andreanna DiBenedetto, FL | 16860 Deborah franklin, GA | 16893 Tammy Vail, CO |
| 16828 Benjy Melancon, TX | 16861 Kim Middleton, AR | 16894 Jeana DeShazer, OK |
| 16829 Melissa Bickerstaff, AR | 16862 Melanie Guinn, AR | 16895 Elise Ingram, NY |
| 16830 Roxana Stillman , AR | 16863 Casie Bradford , LA | 16896 Becky Oguete, FL |
| 16831 Chris Odneal, OK | 16864 Rebecca Yasunaga, FL | 16897 David Thompson, FL |
| 16832 Shanti Camp, AR | 16865 Debbie Sanders, AR | 16898 John Bousum, OK |
| 16833 Pamela Richey, AL | 16866 Tiffany Thompson (#16866), TX | 16899 CAROL VOGES, TX |
| 16834 Kristy Goossen, AR | 16867 June Adcox, TX | 16900 Tamara Partridge, IL |
| 16835 Dillon Hoover, NJ | 16868 Catherine King, NY | 16901 Dana Gonzalez, CA |
| 16836 Shelia Harris (#16836), TX | 16869 Heather Black, Oh | 16902 Todd Miller, SC |
| 16837 Laura Hixon, TX | 16870 Kellie Beckering, MO | |
| 16838 Jill Hopper, IA | 16871 Sheila Bramante, NC | |
| 16839 Toby Widdicombe, AK | 16872 Tiffany Lindner, Ark | |
| 16840 Meichle Latham, NY | 16873 Greg Breaker, TX | |
| 16841 Ruth M, HI | 16874 David LeTourneau, VA | |
| 16842 Zach Hutto, TX | 16875 Erin Swaidner , OK | |
| 16843 michael hammonds, VA | 16876 Christy Gibson, WA | |
| 16844 Richard Cofsky, TX | 16877 Bob Stephens, OK | |
| 16845 Tami Seaba, OK | 16878 Rod Dennis, GA | |
| 16846 Meagan Meachum, TX | 16879 Cynthia Fauls, SC | |
| 16847 Charles Dickeson, OK | 16880 Kelly Shuler Sherry, OK | |
| 16848 Patrick Fahey, CA | 16881 Riot, WA | |
| 16849 Melissa Watkins, CA | 16882 Karen Kemp, LA | |
| 16850 Patricia Baker, CA | 16883 Tammy Walker, TX | |
| 16851 MICHAEL FOREMAN, TX | 16884 Ann Dowdy, LA | |
| 16852 Ed Toews, MB | 16885 Jennifer Hartsell, Nor | |
| 16853 Bobi Karnes, AR | 16886 Yvonne Fields, AL | |



Catherine #16868



Amara #16887



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OUR WHY... WHY WE RUN

We all have our reason we run – our why – and it's what gets us out the door most days. The more I run, the more people I meet, the more I'm learning about what brought others on their journey. Each month, I want to share as many of your whys as possible. Send me [email](#) to share yours.



The above Photo is from a 2014 Half Marathon and shows proper RaceWalk Technique

I got involved in RaceWalking at Age 65, after receiving Radiation for Cancer, which ended up weakening my Colon. After the procedure, I continued to Run, but after a couple of embarrassing incidents, I knew that I needed to find another aerobic activity.

Someone suggested RaceWalking, as it was an Official Olympic Sport. I did some research, bought an Instruction Manual and tried to learn the Technique on my own. After a couple of Months, as I wasn't making the progress that I wanted, I took lessons from Judy Heller and within an hour, she taught me to use "proper" RaceWalk Technique. The reason you need to use "legal" RaceWalk Technique, is that it is a Judged Sport and if you break the Rules, you will be DQ'd.

I continued to progress and RaceWalked the Portland Marathon Four Times, at a 12 minute Pace. Even came in second in the Masters Division twice.

One of the reasons why I enjoy RaceWalking, is that you get a great aerobic Workout, without the pounding that running entails. After 15 Years, I'm still out there and enjoying the racing friends that I have made over the years.

I joined Half Fanatics several Years ago, as one of my walking partners had joined earlier. I really appreciate the Half Fanatic members and the support and encouragement that they provide.

Allen #13814





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ONE OF MY TOUGHEST RUNS



On New Years Eve, I ran one of the toughest, coldest half marathons ever.

The temperature was 23° with a "feels like" of 16°. I was keeping a decent pace, for me. I'm very slow. But after the turn around, I just felt defeated.

My sweat had froze in my hair and on my jacket. The arthritis in my knees flared up. The wind off of the river was frigid. There was NO ONE around me. I had come to terms with being last, but I was worried about hypothermia or frostbite. I didn't see any medical people after the turn around. I was really getting scared.

Finally, at mile 10, a volunteer at one of the water stops offered to follow me in his car. He said if I needed help to wave my hands. He said he could drive me back, if I wanted. I didn't quit. I kept on running. At mile 12.5, my teammate Jason ran down the hill to run me in.

I started to cry and my tears FROZE, but I FINISHED! Not only that, I took 2nd place in my AG! (Weren't that many of us. Lol).

This is an experience I will never forget because, it taught me, even if I cry, I am still strong!

Alda # 16784