

I'd like to begin with some hiccups prior to my arrival. A little over a year ago, I had surgery on my foot, in the middle of training I started a new job that required me to adjust to the Night Shift and at the same time my mental health took a crash and burn. I had a significantly hard time getting out of bed not just because I was exhausted but because my depression set in deep. My foot is on and off still having some issues on the long runs mostly. These hiccups made me not want to run anymore. I have lost all joy and passion towards running and merkt didn't want to come to Germany. I previously didn't finish loon mountain as I was so mentally unstable, I turned around after a mile.

In the trainings I did do, I felt okay but never actually made it more than 2 hours which is never ideal for a 26 mile race. I did however lose 25 pounds in hopes that would help come race day.

So I made it to Germany. Luckily I arrived many days prior to the race to adjust to time. I was organized with everything I needed. I was quite nervous I wouldn't find the start area but sure enough I did with a little help from the other zillion people going to the marathon. I began the race and sought out two women similar in pace to me. I felt really really good the first half. When I hit mile 13 is when I said to myself. I need to stick to half marathons because I'm good at those. I completely broke the second half. I felt like i was running in 110 degree weather even though it was about 60. The sun was just beaming down. I felt dehydrated. I never gave up though. I attempted the walk run method. This was a decent plan until the end. My calves were cramping. (I had already used my mustard packets) my body was shutting down. Maybe a quarter of a mile before I ran through the Brandenburg gate I vomited a large amount of apple slices and liquid. I became super pale and dizzy. The crowd was chanting let it out! A woman asked if I needed a doctor and I refused. I said I'm at the end and I ran towards the end. I was incredibly toast. I vomited again about 30 minutes later grabbed a taxi and went back to my hotel to sleep for five hours. Once I woke, I chugged two water bottles, a coke and ate the most delicious cheeseburger. I'm incredibly impressed with my blister and chaffing plan! That worked amazing all 26 miles

Lessons learned: hydrate, don't depend on just the water during the race, don't depend on them having electrolytes (the had this odd warm tea that was not appealing). To wear light colored clothing (I was wearing all black) it's safe to say my blood sugar could have been off too because of all the calories I had burned. I did however carb load the night before but race morning only had a banana. So my nutrition was not ideal either.

Overall, I'd say that im happy I made it to the start line and was able to finish. My goal of running all six is depleting by the second. I just don't know I can do this 3 more times. Let alone run at all anymore. Im sure I'll change my mind in a few months but im exhausted physically and mentally. Thank you to Chris for always pushing me and telling me how proud he is of me. Im no elite runner but he never gives up on me and that I'll forever cherish!