

My unique New Year celebration...it seemed like a good idea at the time!

A few months back I found out about this 24hr run in Crissy Field, San Francisco during New Years Eve. With the views of the spectacular Golden Gate Bridge, the infamous Alcatraz Island, the Palace of Fine Arts and the beautiful bay in the background, it sounded like a great idea. Especially when you get to welcome in 2012 at midnight with fireworks and champagne, and all the junk food you can eat in 24 hours! I took the bait! Oh, and the shirt was really awesome!

On Jan 1, 2012 2:30 in the morning, 17 and a half hours after the start of my 24 hour adventure, 52 miles on my feet and only a daunting 6 and a half hours more to go, it just didn't seem like such a great idea after all. The lights on the Golden Gate Bridge were not that spectacular anymore, you could not even see Alcatraz except for the flicking beacon from it's lighthouse, and the once beautifully lit Palace of Fine Arts now looked like a dim light on an unassuming porch. The worse was that dreaded bone chilling Arctic wind from that once fantastic bay that would bring a grown man to tears! This was when I hit rock bottom. Why am I here? What am I doing here? I walked up to the aid station and the volunteers were so cheerful and supportive. They always asked me what I needed and they were always there to help. Wendell, our RD, when he was awake, was always with words of encouragement. Leng was so great always with her smile that can light up the Golden Gate Bridge at the dead of night. Thank you everyone for keeping me going.

I quickly realized that I wanted to be here, I signed up for this and even paid good money to do this event. People were here and at home, of course in their warm comfy beds like "normal" people, to support me and cheer me on. "The show must go on!" I got my 10th wind and kept on moving.

The race clock read 23:38:21 as I crossed the finish line for the last time. My adventure/ordeal was over, 71 laps, 75 miles, I did it, I accomplished my goal.

I met some really incredible people during this experience. So many people are just amazing! This was the most difficult thing I have ever done physically and mentally. That heated car on my drive home felt so good, I was finally able to feel my fingers after 10 minutes! I enjoyed that hot shower so much more. I can't wait until this weekend when that fresh fruit tart with the chocolate crust from Whole Foods will taste ... GUILT FREE!

Thanks Wendell.
Happy New Year!

Best,
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