**BREAKING EVERYTHING DOWN!**

by Balmore N. Flores

Nancy thank you for those great words of advice and encouragement this past weekend. I will taken them with me to every race so that in every 100 mile race that I finish and every victory, you will be there as a key figure of my success. And the oral dehydration stuff too, it sure brought me back to life. Currently, I'm studying the next racecourse, planning my training, and my nutrition. Basically, breaking everything down.