**I AM FEELING GREAT!**

by Allison Gunn

Nancy, I wanted to let you know that I did my first 50k last weekend on The Steep Ravine Trail race. I did it in 7hrs and 9min which is better than I expected since my training got put on hold because of an ankle turn over. I just wanted to let you know that I did it and I am feeling great!!!! Thanks for your help,