**I CAN CALL MYSELF AN ULTRA LADY NOW!**

by Helen McKenzie

I did the 50K and it was a blast. I somewhat followed your schedule but I was doing a bit more mileage than it suggested... But followed the pattern and was really happy to end up placing first female! I think my main advantage was the heat as it was super hot but I don’t mind running in heat.. Anyhow, was awesome for my first one! I will definitely do another one :) I guess I can call myself an ULTRA LADY now… LOL