**I HAD A WONDERFUL EXPERIENCE!**

by Susanne Willis

Hi Nancy! I just completed my first 50-mile run at the Umstead Ultra in Raleigh, NC this past Saturday following (loosely) your 50-mile plan. If anything, I stuck to the long runs on Saturday. I started my training in November. I had a wonderful experience! I was not doing this first 50-miler for time, but "just to finish", my time was 11:28. I am thrilled. Thank you so much!