

## Thanks!

Hello Ben! I have been wanting to send out a Trail Nerds email to all Nerds but do not know how to do that. Can you please forward this email on out to everyone?



I would like to thank EVERYONE who made my first Ultra a success at Psycho Psummer. As many of you may have heard I was the goober who locked her keys in her car that morning. It wasn't 10 minutes later than I had numerous people come to my aid. It was amazing.

Of course I did not take Keith's advice to break my window, but instead, I took the offerings of many others who provided me with the things I needed to make this run possible. Besides my own shorts and top, I had nothing else, other than my mind-set, to carry me forward. Three people offered shoes, road and trail, with one being the perfect size 9 Mizuno's, thanks to Julie, or was it Debbie? Then socks right off of Raul's feet came next. All of the sudden some guy brings me a water bottle and Gary Henry delivers S-Caps. I was good to go, although I lacked in ANY of my own comforts.

WOW! What an amazing family of trail runners. Never would I have found such unity on the road. Thank each and every one of you for everything. Granted I could not sit down for days without quad pain and also that I now walk with 5 purple toenails (my first), I will never forget the true compassion demonstrated this first of many more Ultra's.

P.S. Thank you Tom DeTore who drove me to Topeka to meet a friend with my car key. We travel back to KC and discover it is the wrong spare. Drive back to Topeka, then back to KC...had my first bite of steak at 10:30 pm...Whew, what a day!!!

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