

NIKE GIRL  
#WERUNSF

For 10 years Nike has hosted women from around the world to participate in the Nike Women's San Francisco Marathon, and this year I was lucky enough to be one of those women. In my case it was a half marathon, but a marathon nonetheless.

13.1 miles, over 30,000 female runners (and a few good men) and millions of dollars raised for the Leukemia & Lymphoma Society, the Nike Marathon was one of the hardest, thanks to the hills, yet most rewarding experiences I have ever endured in my life, and I'd do it again in a heartbeat.

In the company of women of all ages and athletic abilities, we gathered in San Francisco on October 20<sup>th</sup> to make the 10<sup>th</sup> Anniversary more inspiring than ever. Lead by some of the most fearless woman in sports it was no mystery why this is one of the most popular runs in the World. One of the afore mentioned fearless woman is someone who has run the Nike Woman's Marathon every year since it's inception, won the Gold Medal in the Women's Marathon in the 1984 summer games and is basically the woman who has inspired it all, the iconic Joan Benoit Samuelson. If her story doesn't inspire you to throw on a pair of Nike's and hit the pavement, I don't know what will.

The day before the actual NWM I was lucky enough to get to run along side Joan Benoit Samuelson (and by run along side, I mean run behind) in a practice run, be lead in a post workout stretch by head Nike trainer Marie Purvis and hear the encouraging training story of one of the world's leading female surfers, Lakey Peterson, so needless to say after all that I was beyond pumped to gear up for the Marathon the next day.

Training for the Marathon was awesome, it motivated me to get moving not only in NYC but I ran Montauk, Paris and then I ran San Francisco. Sunday morning came and at 6AM, clad in my Nike gear (all black everything), with the astounding energy of all the other runners I completed my first Half Marathon.

Nike is *synonymous* with the phrase ***Just Do It***, and I took those words to heart, and to feet, and ***Just Did It***.