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| **Personal Memoir Organizer**  **Topic: \_\_\_\_Running My First Half Marathon\_\_\_\_\_\_\_\_\_\_\_** | |
| Opening Sentence  We hadn’t even found our pace bunny yet and I was sweating. My nerves were shot and adrenaline was coursing through my veins… | |
| Who? Me, Mrs. Kirk and my husband, Mr. Kirk  What? Running my first half marathon  When? October 6, 2013 – 34 years old  Where? Wolfville, Nova Scotia. Cold sunny day. Confusion with lots of runners present.  Why? Wanted to prove to myself I could do it. | First  I started training in early August 2013, hours of running. Researched nutrition, booked numerous chiropractic and massage appointments in advance. |
| Next  Hit the 18 km goal run, worst run of my life. Didn’t think I was going to be able to finish. Cramps in both legs – knees might be injured. | Finally  Ran 20 km run the Weekend my husband race in the Rum Runners Relay. Had an awesome run, knew I could do the full 21.1 km.  Day of the race had a negative nelly approach me – husband pushed me to pass her at the finish line! |
| Closing  Ran the race and finished in 2:11:45. Now I know I can do it and have signed up for another half in March with Ms. Daniels. | |

2004 *The Write Genre* by Lori Jamison Rog and Paul Kropp