|  |
| --- |
| **Personal Memoir Organizer****Topic: \_\_\_\_Running My First Half Marathon\_\_\_\_\_\_\_\_\_\_\_** |
| Opening SentenceWe 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. KirkWhat? Running my first half marathonWhen? October 6, 2013 – 34 years oldWhere? Wolfville, Nova Scotia. Cold sunny day. Confusion with lots of runners present.Why? Wanted to prove to myself I could do it. | FirstI started training in early August 2013, hours of running. Researched nutrition, booked numerous chiropractic and massage appointments in advance. |
| NextHit 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. | FinallyRan 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! |
| ClosingRan 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