

## 2016 Mind the Ducks 12 Hour Race Report

I ran in the Mind the Ducks 12 hour run and covered 54.6 miles in 11:52:12. I was 26<sup>th</sup> out of 146 runners and am really happy with the result. A few times during the run there was rain and high winds. Near the 40 mile point a big canopy on tall poles and no sides was picked up by the wind and blown right at me. I had to step off the path and onto a long grassy slope down towards a pond. I couldn't stop myself from heading toward the pond and ended up body down in the reeds and smelly mud at the water's edge. A few runners came off the trail to help me get up. Luckily I wasn't hurt and could keep running. I like running on a small loop because it gives runners a chance to see other runners quite a few times when they can talk and make friends.

Mary Jane gave me excellent support as usual. Runners were very friendly and encouraged each other. The race officials and aid station crew were great. Many thanks to race director Gil Robs and his team.

Race results: <https://drive.google.com/file/d/0B4CZ5bHQSHJWanBoNV9YbDI1S1E/view>