

Training Tips for Stage #18

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Leg 18 is the best leg! Most of the leg is a very gentle down-hill grade. It isn't hard on the knees at all. Leg 18 is an easy run. If you have trained and prepared, then this run will be like a walk in the park. If you haven't prepared, then the almost 6 miles will still be difficult, so prepare.

It will be dark out, but you will enter the city, so most of the road will be lit by street lights. Plus, you have on your vest with lights in the front and back, and the follow vehicles headlights will light the way.

You will start to run in the early morning, or the middle of the night, depending on your point of view. I slept for several hours, then got up and showered an hour before I left for my leg. So you will want to pay attention to what you eat for dinner the night before. I ate a normal meal the night before, then something light when I woke up to get ready. There will be port-a-potties at each staging area. So if you hydrate, don't worry. You will have options before you run.

The only thing that is at all tricky is knowing when you have arrived at the end of the leg. I ran this leg 2 times. Toward the end of the leg there are more businesses so there is a lot to look at. There will be a race volunteer a half mile or so out to let you know that you are getting close. I think they usually yell something at the runner. But to be honest, I never really heard what they said. At that point in the race you want to give it your all and finish strong. If you aren't sure if you have a mile or a half a mile left, wave to your buddies in the follow vehicle and ask them. When you arrive at the place where you will hand off the baton, you enter a parking lot just off of the road. When you get there you will see it. So just don't worry.

That advice works in general for everything. Team Black is organized, you have trained. Everything will come together. So don't worry, and have fun.

Daniele Eller