

[Anna Hughes](#) hat [2 neue Fotos](#) hinzugefügt.

[31. Juli um 13:24](#) ·

[#roadto100miles](#)

Finishing at ALL costs was not my choice. I did finish after 129 km and over twenty-six mainly tough hours on my feet.

Filled with joy, relief, a huge sense of achievement and happiness.

After many falls on the extremely slippery and wet narrow trails in the night I twisted my outer right knee which began to hurt after about 100 k into the race. Each step down stung and I proceeded very slowly. It was the best thing I could do for myself, my sanity and my health to opt for the shorter route and keep on walking steadily and slowly to the finish line.

A race to remember, many insights gained. Running through the clear, pitch-black night with the stars above was magical, hours upon hours of being all alone, not passing a single person, not seeing a soul. Getting lost three times, losing the track and luckily finding the right route again with my GPS watch.

Out of the 129 kms I ran probably for 35-50 k, the rest was tough, steep climbing, speed hiking with the poles.

All in all, certainly a day to remember and recognizing that I couldn't really meet up to my strengths of more running. My mental willingness to get to the top of the last summit wasn't there. Frustrated at times, re-collecting myself over and over again, I went into a state of deep compassion, self-love and acceptance. A place from which there is no fighting against oneself but complete surrender to what matters.

Health, joy and running free it is for me. And the terrain didn't provide what I had been looking for. Never mind, I have another great running experience in my legs impacting my life in many positive ways.

Tailwind endurance fuel once again was my choice and I felt great energetically all the time. No heavy fatigue, no headaches and stomach issues.

So much can happen running long distances. You can be best prepared and then still need to leave room for changing your original plan, listening to the body and being in tune with yourself. There in lies the gift of ultrarunning. You never know until you begin the journey. It is one way, my way, to finding out more about myself, learning to master myself, to grow as a person.

Thanks to all of you who participated in this, who sent messages wishing me well. It made such a difference.

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[René Schneider](#) Alles gute für dich und dein Knie bis zum TAR. Hast du super gemacht !

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· [Antworten](#) ·

[1](#)

· [2. August um 09:54](#)