

Hey Rob,

Training

I felt it was a good week for workouts and I worked hard. I always enjoy doing something different and tackling a new challenge. The tempo workout was good, it was nice to know I can still hit the speeds and being in a new environment with the workout based on time rather than distance, it alleviated some pressure and I could relax into it.

The long run workout was also good..nice to mix it up and add in a challenge..although next time can you find 4 separate hills as doing Elden twice was tough!!

San Fran

While I enjoyed the workouts, the long run yesterday did make me wonder whether I need to rethink my goals for San Fran and to question what is achievable. I felt pretty beat up afterwards and yesterday represented just half the distance of the Race and only a quarter of the vert gain...if I had to do Elden another 7 times I think I would be going at a snail's pace!!!

As the first couple of the hours of the Race are going to be in the dark do you think I need to do any more practice with a headlamp or I'll be ok? I'm planning on doing the Dark Sky Brewery Run tomorrow night at 6pm - it's only 3 miles and more of a fun run...I'm going more to meet new people for the social aspect but it will be in the dark at least!

In terms of headlamps - what was the make and model of the next step up to the Petzl you let me borrow?

What were the super warm gloves you were recommending?

Misc

In terms of shoes...how much mileage did you say before throwing them out?

Thanks!