

How to get the best blood of Holiday Lake 50km++++:

Yes, I tripped 2 miles into the race. I think that's the part that I'm most upset about- I wasn't even sweaty. I had been feeling a bit out of it the week prior to the race and was a bit hesitant to register but decided to give it a go. The morning of the race I was definitely a bit "out of it" which could explain my tripping so early on in the race. Turns out, my potassium was pretty low (after a blood test on Tuesday). Being vegan, I have a pretty high potassium diet so the only thing that stood out was the tea I had been consuming the past two weeks. After some research, I learned that licorice root (found in many teas) can do quite the toll on potassium levels.

OH! The ER:

I ended up getting 19 stitches in the Lynchburg ER on Saturday A.M.. There was so much debris deep in the wound that they had to flush it out (with a hydraulic water syringe thing) for 3 hours. Good thing my adrenaline was taking over so no pain at all! I'm more upset that I only got in two miles out of the 34 on the lovely course. I tried to keep running after I did the little fall but my friend made me stop and literally carried me to the closest car. I was pretty loopy that whole day, probably shock, but I ended up driving me and my friend back up to Fairfax that evening with no pain. Keep in mind that I drive a manual and the bad leg was my clutch leg but I paid for the pain later. The REAL pain set in as soon as I got home, thank goodness, and it was incredible. I always thought my pain tolerance was pretty good until that evening. It was a radiating/shooting/and aching pain that went all the way down to my foot. It was definitely the most painful thing I've ever experienced, enough for me to consider taking painkillers. I usually don't even take tylenol/ibuprofen for pain so I thought I'd be sensitive to the Vicodin they gave me but it didn't help a bit. However, it did help me sleep.

All was good and well until I changed clothes on Monday and realized how swollen, red and hot my lower leg was (mainly calf). The sutures looked awesome and clean so I knew there was a piece of something left in the wound that they missed in the cleanup. The doctor at Lynchburg ER warned me that there is a bit higher risk of infection since it was so deep and filled with dirt/leaves so I wasn't incredibly confused when the infection happened. I got a ride to the ER and they immediately put me on IV antibiotics being that they diagnosed it as cellulitis. Yes, if I waited a few days that infection would've spread rapidly and I may not have been able to keep my leg. I stayed in the ER for a while until they transferred me to the hospital so I could stay overnight on IV and get some blood work. All of the staff were so lovely and I was told I was the happiest patient there (probably because I have a high pain tolerance). I got so bored at one point that I put my bad leg out to be visible to the visitors walking past my room just to see their expressions. I was dismissed Wednesday night after getting a few prescriptions: high anti-inflammatories and a REALLY strong antibiotic. I tried to walk a bit yesterday. I mean a LITTLE bit like to my car from my apartment and little trips to the kitchen and that evening I found a good amount of blood on my suture bandage. I definitely made one of them unhappy and I made sure to apply pressure and later ice so I wouldn't bleed all night. As for my potassium levels, I feel a bit more level-headed (even if I'm on Vicodin) now that I've been focusing a lot on high potassium foods. Oh, I also ate a whole butternut squash yesterday. I have a doctor appointment today for blood tests and a check-up. Looks like I'll be couch

surfing (with my best blood blanket) for a while but at least I'm getting some school work done! Also, I finally get to embrace my inner American and catch up on my lack of TV and movie knowledge.

-Elena Bragg















