

Thanks for another great race. I did the Mount Mitchell 40 at the end of February and it was 14 degrees with 45 mph winds at the top of the mountain when I got up there. I did not think I would get any colder than that this year but I was wrong. I was colder on Saturday climbing up to Apple Orchard Falls and then on to the finish line. It did motivate me to run faster though to avoid hypothermia. My shoelaces kept coming untied and I was so cold that it was difficult to re-tie them because my fingers wouldn't respond to my commands. I finally just decided to finish the last half mile with one shoe untied.

Rick Croutharmel