

Day 1: On Thursday I arrived at the airport and waited for the plane to board! There were a lot of footlocker people on the plane, which was nice to know some people! It was a good flight and we arrived to be greeted by our bus driver! We grabbed our bags and got on the bus to go over to the hotel. When we got to the hotel we got checked in and then had to get a headshot/interview! Today was pretty relaxed, waiting for people to arrive and meeting other runners from all different regions. I then went up to my room to put my stuff down and met my roommate, Alyssa Aldridge who was the winner of northeast region! After that a few of us went on an easy run and it was so pretty to run along the water. Right when we finished it was time for the South to go and pick up our new balance gear! It was like Christmas but better with everything we got! (Send picture) After that we had some free time and then dinner/team bonding. We ate and then we went to go and make team t-shirts and do the photo booth. There were so many professional new balance athletes there to meet and take pictures with, like Meb, Boris Berian, Brenda martinez, Molly Huddle and so many others! After that most of us east coast people went to bed because of the time change but it was such a good day!

Day 2: Friday we woke up and had a 2 hour window for breakfast before we would go preview the course. All of us got on the buses and headed over to Balboa Park. When we got there we practiced introductions and then got more gear from eastbay and new balance! Then we all went to run the course and preview it which was good, especially to see the big hill! When we finished we went back to the hotel for lunch and had free time and gear exchange until dinner. Some girls had to get interviews and others just chilled. Me and a couple other girls went down to the beach to hang out and watched the sunset. Then we all went to the big pasta dinner which was so good! After that new balance got Jenny Simpson and Emma Coburn to Skype in and they gave us advice for the race tomorrow! The last thing we did was have trivia and whichever team won would get iPod shuffles! I have to say that the South girls team definitely should've won but we still did pretty good. After that everybody went up to their rooms to do their pre-race routine and get some sleep for the big day.

Day 3: Saturday was race day, and everybody was excited! We ate breakfast, got ready and took the buses over. It was such a surreal moment getting off the buses to actually be at the Footlocker Finals! We all started to warm up and get ready to race. After that, they introduced us one by one and we got to run out onto our starting block! They told us we were about to run and then we were off. I ended up finishing 29th, and it wasn't my best performance but it was a much needed experience! When I crossed the line, I was immediately greeted by all my south teammates only to realize that we had WON!! After that we all felt like a weight had been lifted off our shoulders and we were ready to go back to the hotel and just have fun! We got ice cream, went ice skating by the beach, went swimming and had so much fun! That night we had the banquet where everyone got their awards and the South team got our team medals! I met so many cool people who I'll always be friends with! Overall it was a great experience and I am hoping I can do it

again! I definitely encourage everyone to do this and it made all the training throughout the year worthwhile!









