

Ottawa Marathon 25 May 2008
04:47:03.2 (beat 5-hour goal!!)

Preparation



Start



@ 10 km



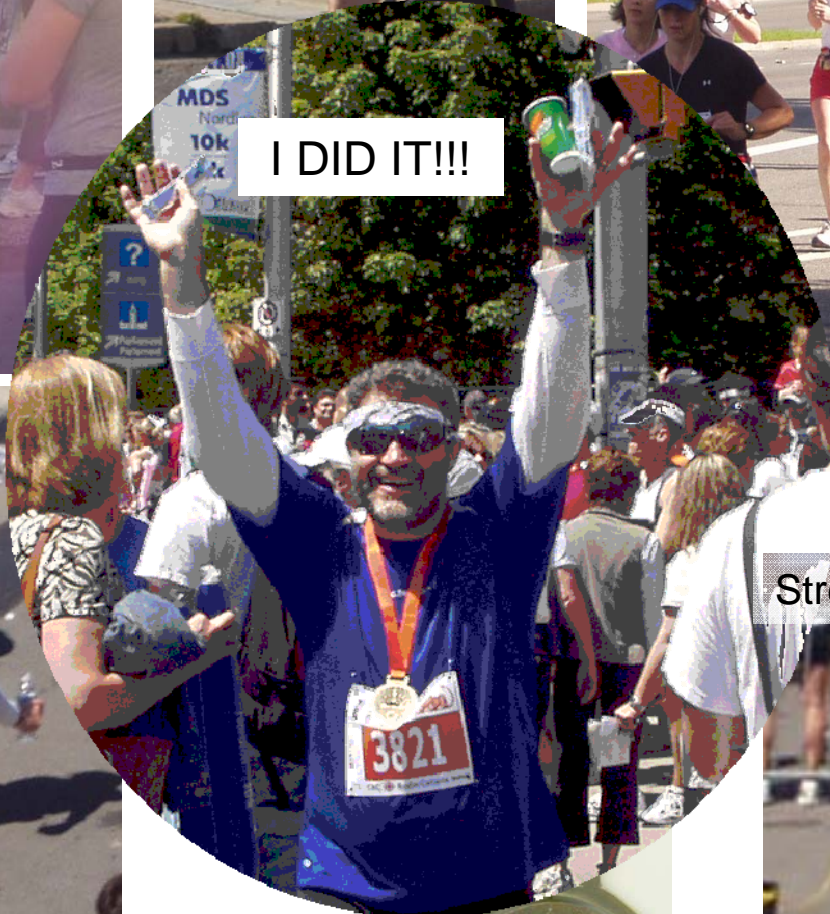
@ 21 km

Past finish line



Where's' my medal?

I DID IT!!!



Medal
With name
and time



Stretching them calves

