



IMT Des Moines Marathon Share Your Story

My story begins in February of 2006. I was overweight, getting older and had been diagnosed with rheumatoid arthritis in 1993. I've always fought with my weight as long back as I can remember. Jumping on the band wagon of crazy fad diets, only to lose and then gain even more back, after I got bored and the excitement wore off. I was depressed, and I remember the day, sitting in my cubicle at work, feeling as if I needed food, any kind of food, and I wasn't even hungry! I was pounding on my desk, and crying at the same time, because I just wanted to be able to control my eating issues. But nothing seemed to be the key to kick start my mind, which for anyone that has ever lost weight, or tried, knows that it's only partly being ready for a change, and mostly mental.

A friend of mine who was also battling her weight suggested we go to a Weight Watchers meeting that Saturday and the first thing out of my mouth was, "fine, but there's no way I'm going to continue going, because it's not going to work!" Well, in November of that year (2006) I became life time, having lost 62 pounds and gained a lot of knowledge about myself. I realized that I had lost myself somewhere amidst having children, getting married, getting older, and heavier. Then eventually I realized that I had self control, I had determination, I had courage, and most of all, and I realized that I had love for myself! This was a new feeling for me! And it was amazing!

This feeling sparked new interests, new friends, and new relationships with lifelong friends. I began to realize passions I harbored and yearned to express them in any way I could. I started running and riding a road bike given to me by a close friend of mine and my husbands. Then one day, I was reading a magazine and came across an Iron Girl ad. I took this to one of my dearest friends, who was, at the time, in the middle of her weight loss journey. I assumed this would be another one our "great ideas" that never went any farther than the page I found it on.

In September of 2007, Teresa Gordon and I found ourselves loaded in my car, bikes in the backseat, gear in the trunk, driving to Bloomington, Minnesota, to compete in our first Iron Girl Duathlon! From there I registered for a handful of running events around town, including the Living History Farms run, Red Flannel and the Run for the Egg. Never did I think I would be capable of running a half marathon. Until now!

I've be running with a wonderful friend, Kristin Hjelmeland! She's been a great running partner, along with inspiration! She helps to point out my strengths and weaknesses when it comes to running and has kept me going through a lot of training. I couldn't be doing it without her! She and I will be crossing the finish line together and we can't wait to have bragging rights for having accomplished the Des Moines Half Marathon!

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