

Dr. Christie

I DID IT!!!! I completed 26.2 miles and I could not have done it without you!!! My legs did great, my coach used the same tape that you used on my legs and they didn't hurt all. My right hip was hurting and around mile 20 my legs started to cramp so the rest of the run I had to keep stretching and rubbing my legs because they would keep cramping up, another runner saw I was cramping and gave me some salt packets which seemed to help. My finishing time was 5 hrs and 23 minutes. The pictures show I think 5 hrs and 43 but I didn't start at 7am, my starting time was about 7:20.

Thank you so much for all your help with my IT band injury, your knowledge and expertise is what made me well enough to run and finish my first marathon!! I appreciate all you did for me, and I thank you from the bottom of my heart!

Take care and thank you again for everything!!

Donna K.

