

'THE MARATHON MADE ME FEEL INVINCIBLE'

RUNNING 26.2 MILES HAS TURNED ONLINE EDITOR RHALOU ALLERHAND INTO SOMETHING OF A SUPERWOMAN

When considering taking on your first marathon, it's fairly evident that some training is required before stepping into the unknown. You'd have to be pretty damn fit to run 26.2 miles off the bat without at least an inkling of what to expect. Before my first marathon, as well as training like a woman possessed, I anxiously searched for information at every turn, in the hope of finding the secret formula to propel me across the finish line.

But while there's plenty of relevant info out there to get you race ready, I wasn't prepared for the spiritual and emotional emancipation that occurred after the actual race. I know I sound like a self-help guru, but I can honestly say that my entire life has turned on its head. I stepped across that finish line into a new dawn. I feel like I've been injected with superpowers that have transformed me into a shinier, better, stronger version of myself – and I will never be the same again.

WORD OF MOUTH

Sounds dramatic? It has been, but in the best way. Apart from excitedly telling everyone I meet (including taxi drivers, kebab shop owners and passersby) that I've recently run a marathon, I feel like I can do almost anything I put my mind to. Overloaded at work? Moving house? Blind date? Build a submarine? No problem, I can run a marathon, so there is nothing I cannot conquer! The week after the marathon, I signed up to every available race and now have the next six months of my life mapped out, from Glasgow to Berlin.

The mere act of running for 26.2 miles has instilled such a profound level of confidence in me that I feel like a rock star! But with great power comes great responsibility, and along with my extreme

sense of personal fulfillment, I've also turned into a bit of a pain in the ass. Like all good gurus, I decided it was my responsibility to pass on the baton and give the rest of the world the key to future happiness. So, along with gushing to my friends and family, I spent a few weeks proffering my newfound running wisdom and trying to convince everyone I met (taxi drivers, kebab shop owners, passersby) that in order to achieve spiritual and emotional fulfillment, they really needed to run a marathon too.

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ENTHUSIASM OVERLOAD

It took a few weeks before my friends quietly took me aside to inform me that, while they were very proud of me, would I please shut the hell up? But the problem is, I'm still bubbling over with enthusiasm and just can't contain myself!

So, what's a girl to do when she's so enthused that her friends stop calling her and even her colleagues at *Women's Running* HQ start to roll their eyes (and I quote: 'We've created a monster,' said our publisher)? Sign up for an ultramarathon, of course! Then you'll all have to listen to me, because I really *will* be super human. If anyone has any tips on how to run for a hundred miles, I'd love to hear from you... but even if you think I'm off my head, I'll do it anyway, because I'm a marathon runner and I can do anything! 🏃‍♀️



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