**My Virtual Marathon**

*By: Jared Broughton*

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It was going to be my 4th Marathon. It took me several years to summon the courage and mental commitment to re-attempt a solid Marathon. I rediscovered my true running energy in 2019. I missed it so much at that point; I wanted to test myself to see if I could pull-off something special. It was a perfect Marathon build-up with typical aches & pains that I could shrug off with proper recovery and listening to my body.

However, all my enthusiasm and hopes for a traditional marathon went down to the drain when the pandemic hit, and Ottawa Race Weekend was cancelled. Despite the hiccup and disappointment, I didn’t want all that training and investment to be wasted so I organized a virtual Marathon event. I recruited a few of my Achilles comrades to help support and cheer me on. It was immensely helpful as well to have several water-stations. I wouldn’t of completed it otherwise. My coach, and 2 friends ran/biked beside me for parts of it to assist pacing and encouraging me. The course I selected (Experimental Farm) was harder than I anticipated but I made the most of an unideal situation. The support and camaraderie made-up for not having the formal energy of a racecourse and controlled environment.

All & all I was incredibly pleased with my accomplishment and that I finished even though it was not the race I inititally set out to do. I wouldn’t have completed it as successfully if it wasn’t for the Achilles members, my friends & my wife (Véronique). I didn’t PB but considering the variables outside of my control, I did pretty good considerably. I executed my 2nd fastest Marathon performance: 3:16:11!