

# Nike Women's Marathon

By Karen Torkildson

Run Like a Girl. That is what the Nike Women's Marathon ad said.

Well, that seemed easy enough. I figured I already do that! The ad continued to describe all of the wonderful marathon activities catering to every woman's whim. Tiffany's necklace, pedicures, shopping, chocolate, Run Like a Girl finishers' running shirt....okay, they had me at Tiffany's necklace!

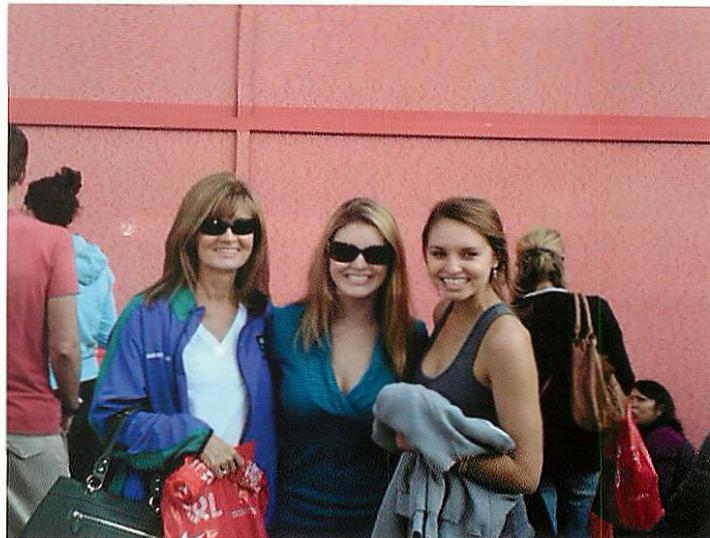
I decided to run my last organized sport for a charity. Nike has teamed up with Team in Training, aka TNT to sponsor this marathon so I immediately signed up with them. Thank you to everyone who helped me to meet my pledge to TNT. If you would like to make a donation to The Leukemia and Lymphoma Society instead of the Tax Man, it is not too late! Just go to this web site;

<http://pages.teamintraining.org/hi/nikesf10/ktorkildson> and help the Leukemia and Lymphoma Society keep moving forward to find a cure for blood diseases.

The next hurdle was getting my daughters, Sally and Kristi, to Run Like a Girl with me. I would like to say that they jumped on board immediately. I am happy to say that they are talking to me again!

It couldn't have been a better day for a marathon. The weather was clear and cool. We, of course, lost sight of Kristi once the gun went off! Sally and I had agreed to be each others wing man. I definitely got the better end of that deal. To top it all off, we had the cutest support crew! Steve and John, (Sally's boyfriend) spent five hours pushing and shoving onto spectator buses and running ahead of us so they could cheer us on at multiple spots and document our progress. I think they had a harder workout than we did!

YES, we got our Tiffany's necklaces. Did I qualify for Boston? Did I win my age group? Did I run a personal best? Absolutely not. Did I have the most fun I have ever had running a marathon? Absolutely! Almost makes me want to do it again....almost.



Karen, Sally and Kristi Torkildson competed in the Nike Women's Marathon in San Francisco recently. They are pictured in front of the Nike Name Wall in front of the Nike Store.