

## **Mike Peragine**

The Daytona 50 miler has come and gone, and it was a hot, humbling, and rewarding experience. Before I say anything about the race, I want to say thank you to someone. I know first hand how hard it is to crew and pace a point to point ultra, especially when the heat index is approaching 100. Keeping your runner's body temperature down and hydration in check is not easy when part of a team of people, I couldn't imagine doing it alone. Unfortunately I had to ask [Addie](#) to be my solo crew for the duration of this weekend's race and she was there for me above and beyond what I could have expected, every step of the 50 miles. Meeting me every 2 miles, sprinting me supplies, shortening the stops to a mile at a time when I struggled with nausea, and then pacing me in the last 7 miles to the finish, I couldn't have had the race I had without her. I hit a huge low due to stomach issues from miles 46-48, but she kept me moving and got me running sub 7:00 the last two miles, with a 6:45 final mile into the finish. Some couples have their candle lit dinners, cheesy date nights, poems and gifts. We have sour gummi worm and water bottle handoffs, and 2 miles of stop being a bitch and finish what you started tough love moments. Thanks for cracking the whip!

The race itself was a great experience, though I would love if at some point Florida acknowledged that fall is a season. Temps were close to 100 at the start, the heat was a major factor for 4-5 hours, but with the crew support I needed I was able to stick to my race plan, keep a strong, comfortable pace, and come in first overall with a time of 8:13. There were lows as I struggled with stomach issues at a few points and was never really able to fully cool down even after the sun set (as well as my 2 mile struggle bus that Addie had to drag me off of kicking and screaming), but those only made the finish that much sweeter. We spent 7-8 hours after the finish through the night cheering in runners, and it was a terrific environment with everyone from volunteers, to runners, to crew members. It's amazing how 50 or 100 miles of pain and suffering can turn into happiness and triumph during the final push and journey through the finish line.

To [Dave](#) and [Alex](#) , and everyone else involved, a huge thank you for

a great race and a wonderful time. Everyone's hard work over the past year definitely shined through this past weekend. Great job by all the volunteers, crews, runners, and everyone involved with the race. I am very happy to have been a part of the race in its inaugural year. Finally, to the dear state of Florida, get your sh\*t together. It's November. No. Vem. Ber.