

Kristine, age 29

I have suffered with Ulcerative Colitis for seven years. Since being diagnosed, it has been a series of on and off again flare ups. By now I have sampled most of the medications available and can write reviews for a number of hospitals in the NYC area. Last year was the final straw for me when I had to spend my 28th birthday in the hospital. I left my job so I can fully concentrate on my health while my friends set up a team in my honor for the Take Steps walk with the CCFA. Engulfed by the power of spreading awareness, I wanted to do more by joining Team Challenge for the 2010 Las Vegas Half Marathon.

Overconfidently I did not expect I would have another flare in September which included a fever for thirty days. Weak and almost defeated I knew it was too late to join Team Challenge. However, I am no quitter. Determined that Colitis was not going to dictate my life and crush my dreams of running down the glitzy Vegas Strip, I trained in just six weeks on my own and crossed that finish line! Shortly after, I experienced another flare but it was not going to stop me from officially being a part of Team Challenge. I signed up to run the 2011 Virginia Half Marathon. Through most of the training I was plagued with illness, but knew I could pull through if I was given six weeks of good health. My wish was granted and for the second time in a row trained for a half marathon in just six weeks! I am honored to have the ability to inspire those around me and to be an honoree for Team Challenge. I seem to be starting a trend, so if you have any doubts about training I'll be glad to run you though my six week miracle plan.