

## The 2009 Exceeding Expectations Challenge

Twenty-three EE team members took part in our end-of-summer race today. Six ran a half marathon (13.1 miles), thirteen did a 10K (6.2 miles) and four went 8 miles.

The half marathoners were competing for the right to attend the Challenged Athlete Foundation's Half Ironman event in San Diego on October 25. The top five finishers of today's race and next week's Disney Half Marathon will become official entrants in CAF. The rest of the finishers will accompany their teammates. (The kids who ran eight miles today are the ones doing Disney next week.)

Every kid in today's 10K was doing that distance for the very first time...and every one of them finished! A bunch of those from the shorter distances went out afterward and helped their teammates get to the finish.

Three of the half marathoners were doing that distance for the first time, too: Archie, Jose and Eric. Visit the site next week to find out who the winners are.

Today's event got off to an inspirational start: Rudy Garcia-Tolson, who is training to become the first double above-the-knee amputee to complete a full Ironman (his goal is to do it at the World Championships in Kona on October 10), showed up to chat with the kids, sign posters and do a little run training of his own.

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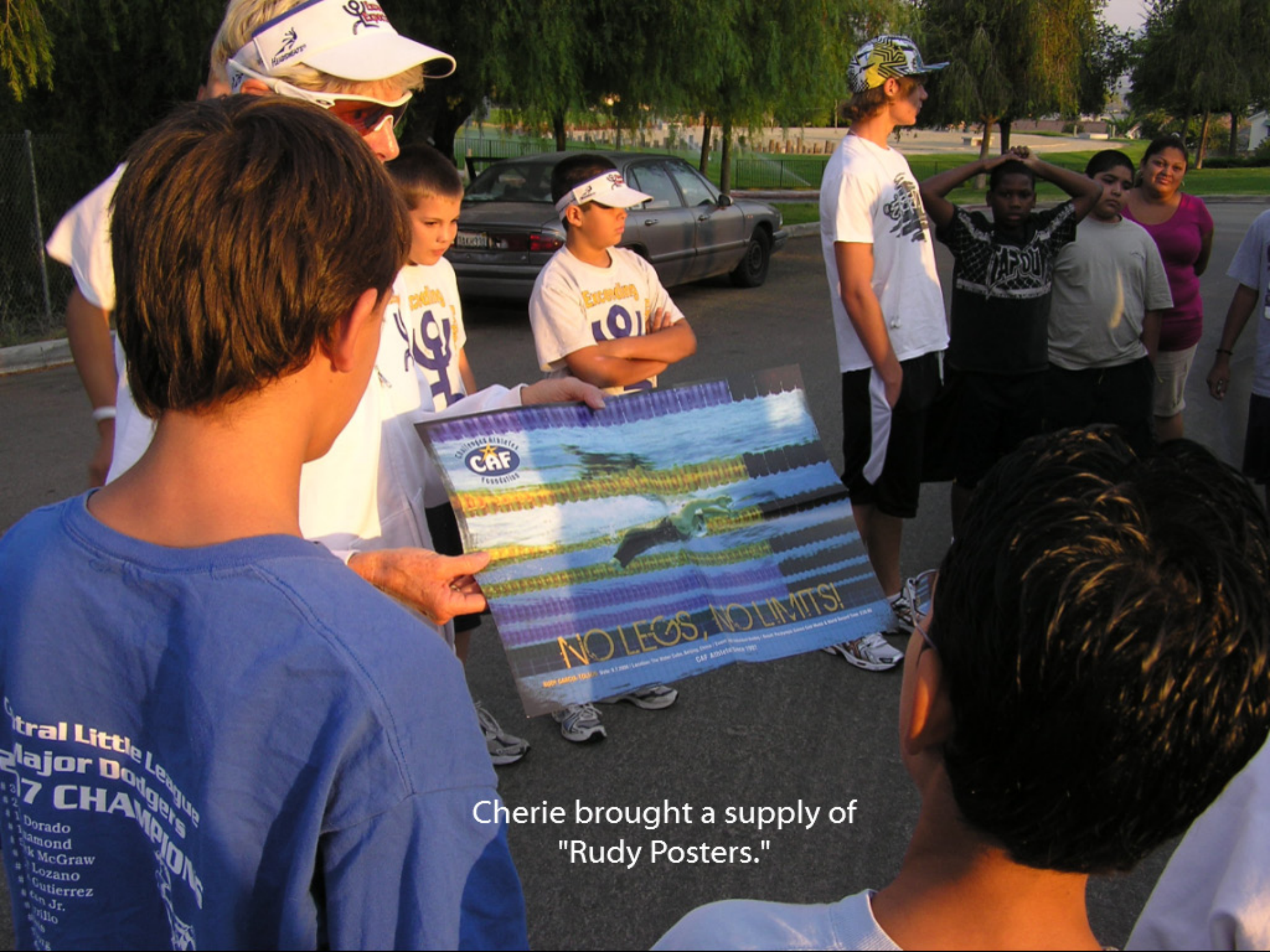
Early morning gathering of the gang





Good friend Rudy Garcia-Tolson showed up to lend support and get in a little workout with the Coach





Cherie brought a supply of  
"Rudy Posters."





...which Rudy signed for the kids.





Or their shirts!









Then it was time to hit the road.  
Eric, Brian and Vianey did the  
13.1-mile half marathon.



This was Archie's first attempt  
to cover that distance





Josh, along with some of his EE teammates,  
is doing the Disney Half next week.  
So that bunch only ran 8 miles today.  
(Josh got an assist here from volunteer Heidi.)















Miguel & Isi's dad Meli, back in form after some knee problems.





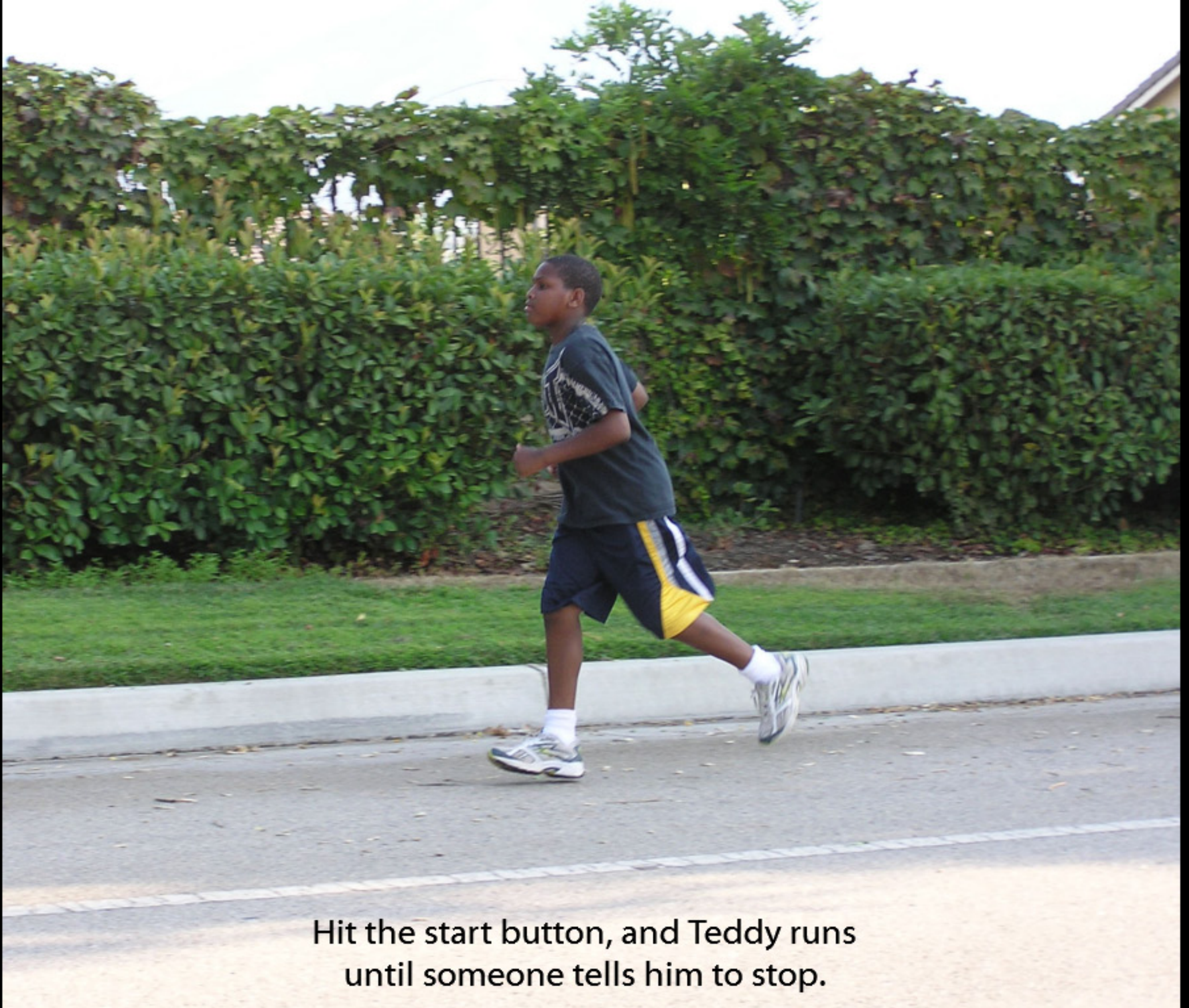
Enrico pounding out his first 10K.





Anthony doing the same.





Hit the start button, and Teddy runs  
until someone tells him to stop.





Eric grabs a drink from Archie's dad Meng, who manned the 2-mile aid station.






Carlos started early so he could make a soccer game...then spent fifteen minutes waiting for a train to get out of his way.





But, somehow, he still had  
time for a photo op..



A young man with dark hair, shirtless and wearing blue and black athletic shorts, is in a boxing stance on a rocky, gravelly path. He has a determined, intense expression on his face, with his mouth slightly open and eyes focused forward. His fists are clenched and held near his waist. The background consists of a dense wall of green bushes and trees. A yellow and white striped pole is visible in the background, leaning against the foliage. The ground is uneven and covered in small stones and patches of dirt.

Miguel wants to pomp you op!





Josh would rather  
sell you oranges.



Vianey was the second-place finisher  
overall in the half marathon,  
beating everybody but Carlos.







10K-er Carlos gamely brings it in.





Isi looks for a barrel  
around someone's neck.





Eric finishing the half.





After Josh finished his eight miles,  
he headed back out to assist  
teammate and schoolmate Archie.



Most excellent volunteers:  
professional wildfire fighter Heidi  
and ex-Marine intel expert Shawn.







With 1.1 miles left, Jose digs  
down and finds a way.





Andrew isn't giving up on his 6-miler either.





With about 100m to go, Jose gets a big assist from teammates Robert, Jonathan and Teddy.



Proud papa greeted him  
at the finish.







10K-ers pose while the half-marathoners  
are still out there working.





A splendid time was had by all!