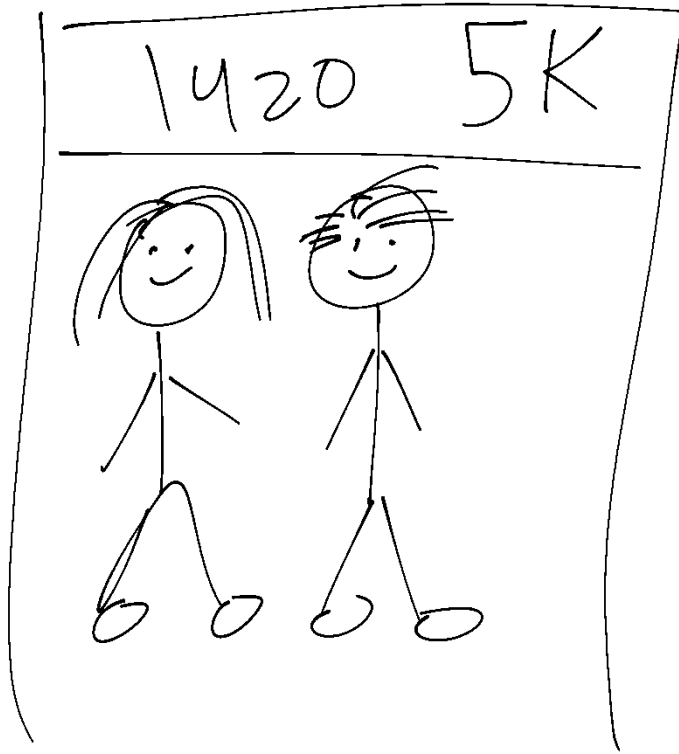


The Day I Beat Kathy

An Account of the CrossFit 1420 5K Trail Run

Written By Eric Stevens

Illustrated by Eric Stevens



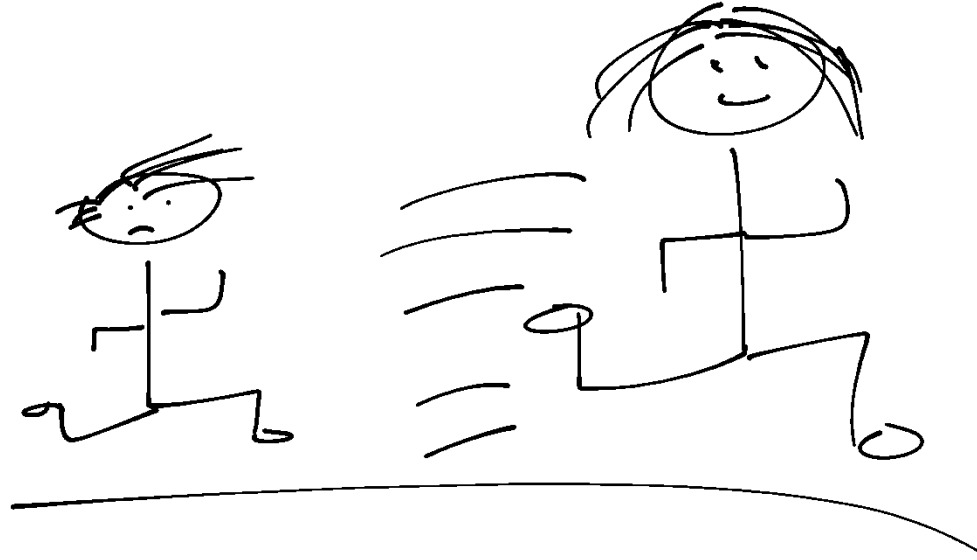
It was a cold morning and everyone was ready to just get this 5K over with. No one could have predicted that today would be the day that Eric finally beat Kathy at a long distance race.



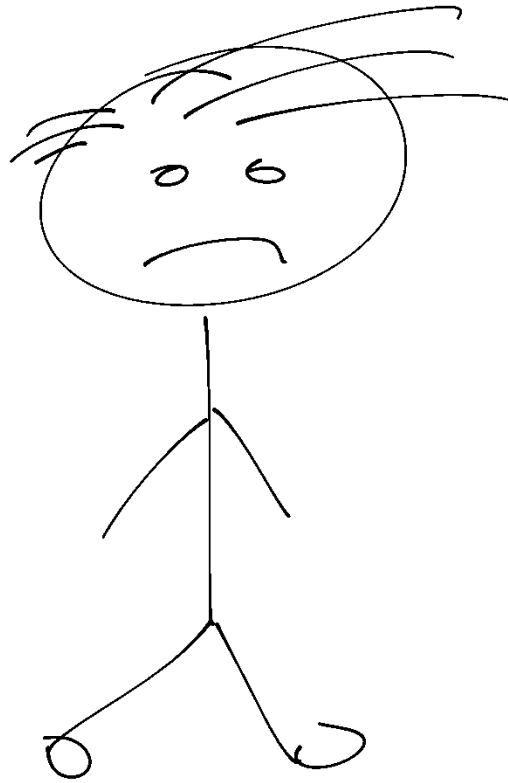
Eric took an early lead. His spirits were high, but the thought of winning the race had not yet crossed his mind.



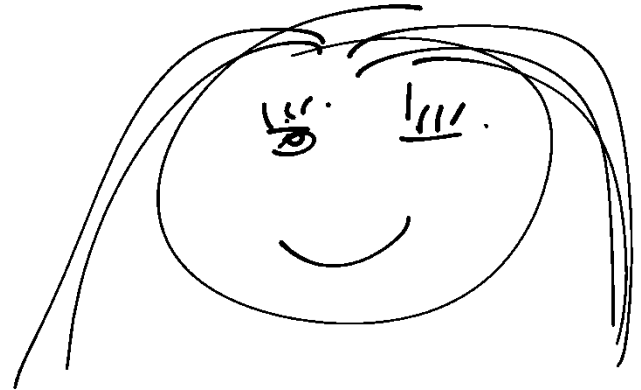
Still in the lead at the 1K mark, Eric thought to himself, “what if actually beat Kathy today?” ...something he would soon regret.



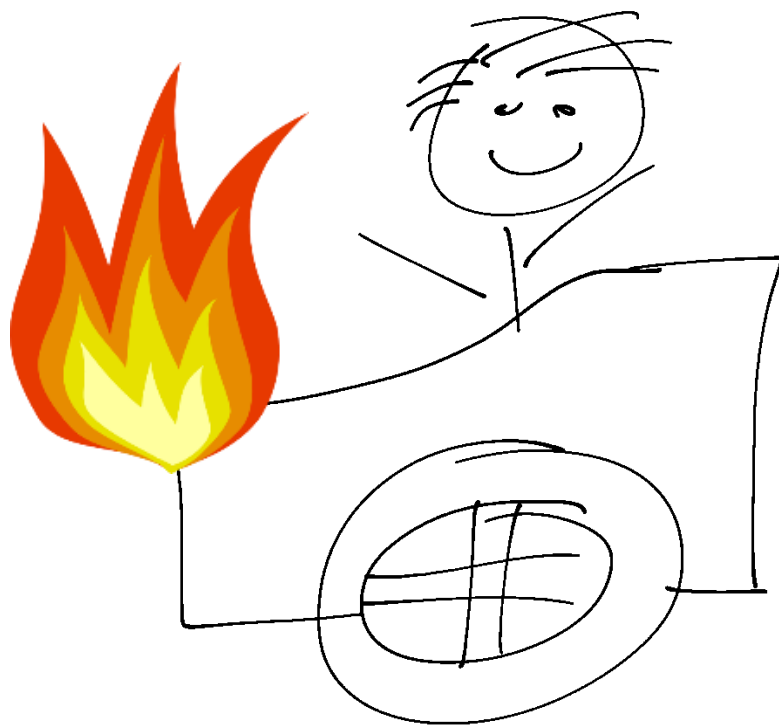
While still relishing in the prospect of victory, Kathy ruthlessly passed Eric at the 2K mark.



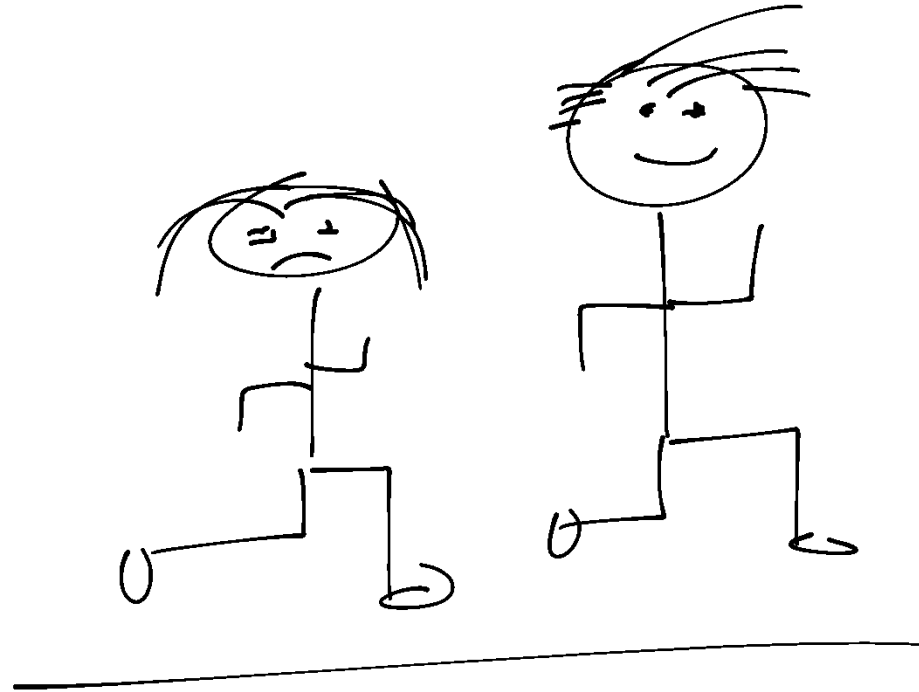
Feeling a once-in-a-lifetime victory pass right through his fingers, Eric's paced slowed as despair overcame him.



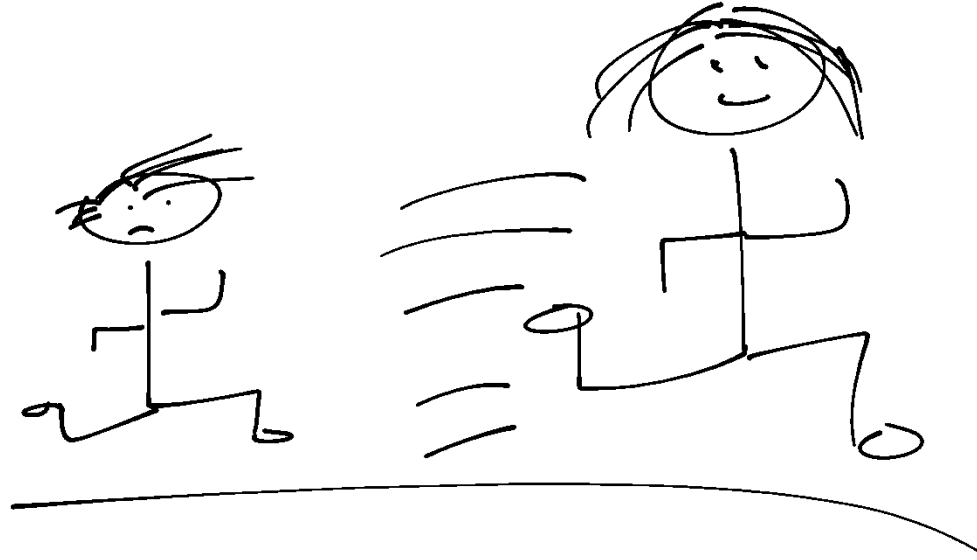
Just after the 2.5K turnaround, as Kathy and Eric passed on the trail, her mouth curled into a smug smile. Little did she know that her taunting wink was exactly what Eric needed to rekindle his desire for sweet victory.



Eric's mind went into overdrive. Today was his day. With adrenaline racing through his veins and the classic song "Chariots of Fire" playing in his mind, he raced forward.

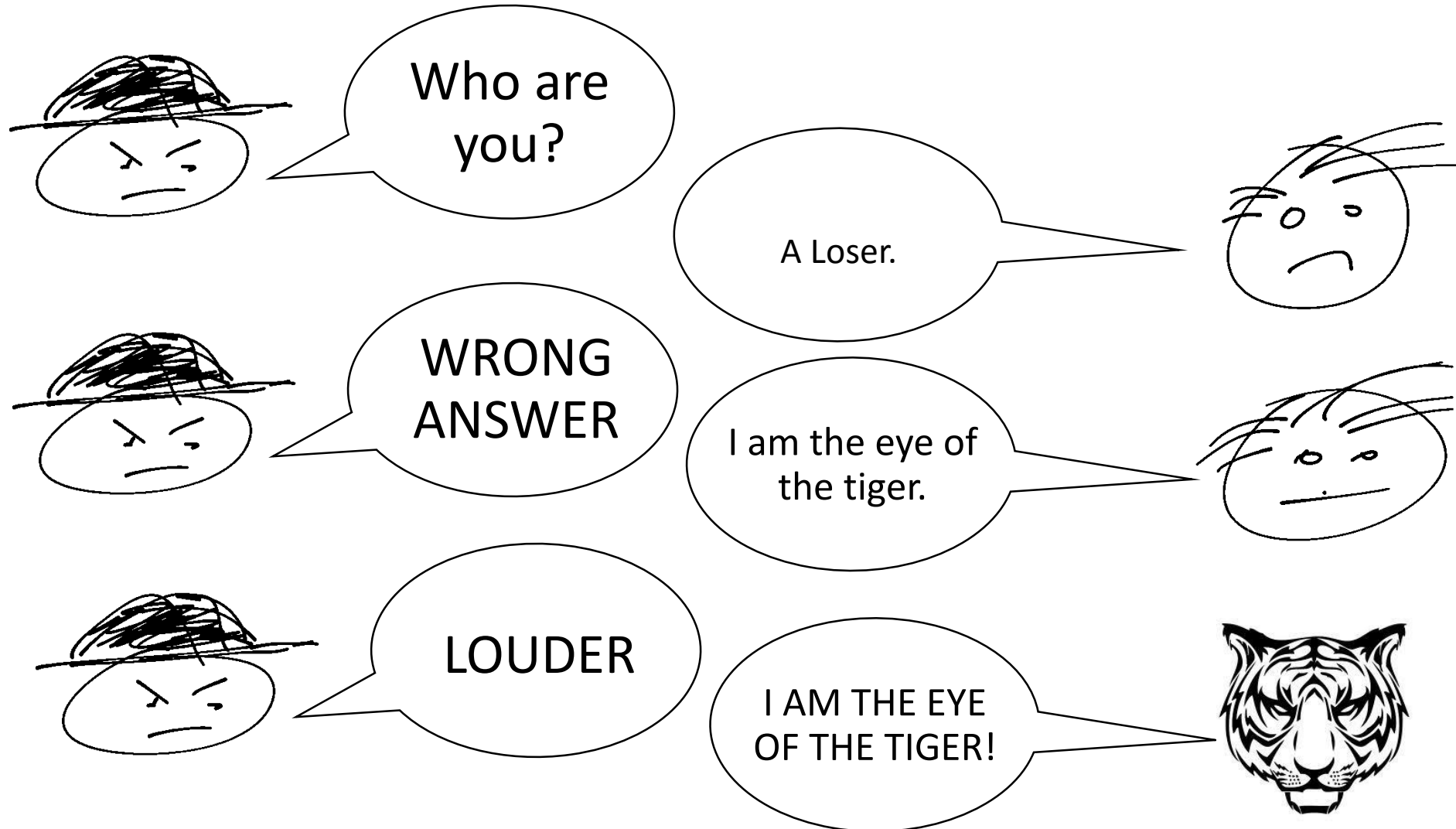


Eric's increased pace paid off. Confidence at an all time high, he continued on toward victory.



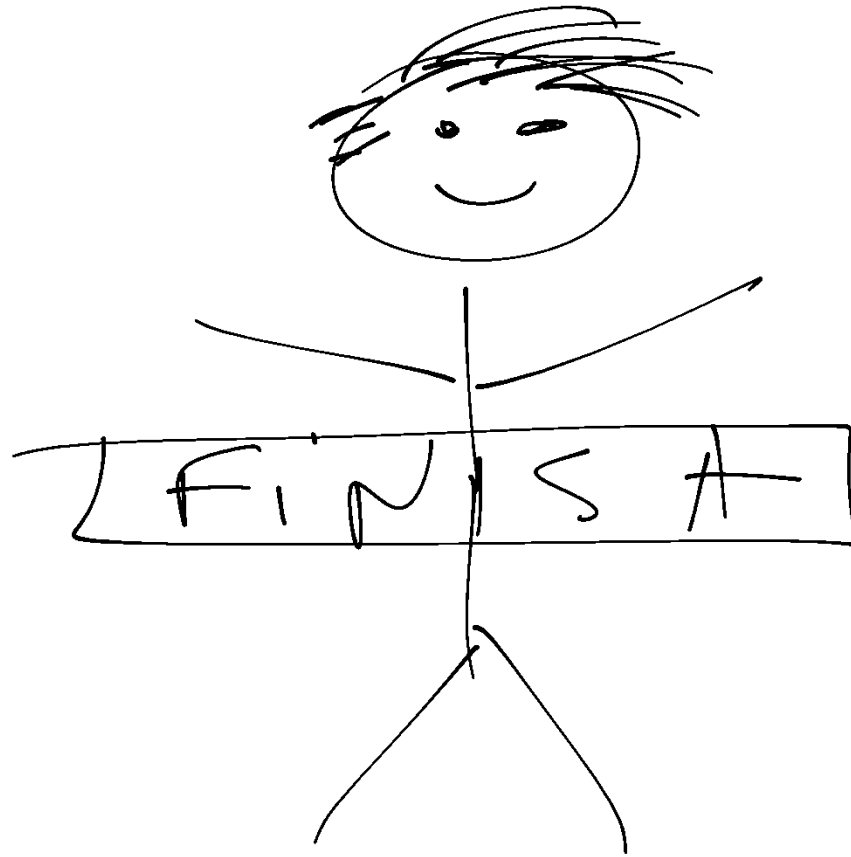
But the race was not won yet. Shortly after, at the 3K mark, with Eric's mental rendition of Chariots of Fire coming to an end and his pace once again slowing, Kathy confidently overtook Eric for a second time.

It was too much for Eric. His mind, body, and spirit were broken. Had he really spent everything in his tank for such a short-lived lead? He began talking to himself... and what he said would change the course of the race.





With the unstoppable force of the “Eye of The Tiger” song now stuck in his mind, Eric set his sights on Kathy and ran like he had never run before.



His lungs burned. His legs cramped. But he kept running. With 20m to go, he passed Kathy and won the race. This glorious day will live on throughout history as the day that Eric beat Kathy.