

## NEWS & STORIES

### ULTRA-HEROES RUN HARD AT DIABETES

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by Mary Topping

A jog, a step, a shuffle - any kind of forward movement matters in an ultra-endurance run. Ryan Jones and Jon Obst were counting on that the morning of May 5 when they arrived at Cleveland's Edgewater Park, venue for the North Coast 24-Hour Endurance Run and the 2012 USA Track and Field 24-Hour National Championships, a qualifier for the 24-Hour World Championships.

The Team Type 1-Sanofi Running Team members each sought to cover at least 100 miles in 24 hours by circling a 0.9 mile paved loop as many times as their legs and minds would allow.

Obst, 29 years-old, had completed a 24-hour loop race before. Although Jones had polished off seven or eight 100 mile races in his career, he hadn't exceeded marathon distance on pavement, and the 32 year-old faced his first 24-hour test at the North Coast. Together Jones and Obst would transform the meaning of possibility at the USA Track and Field 24-Hour National Championships.

#### The North Coast

9 a.m. Jones and Obst jogged a couple of laps together and separated. Every lap afforded a view of windsurfers on Lake Erie, a breath of lakeshore wind.

Noon. The two have shared paces together at least twice. Encouragement took different forms: a slap on the back, a high five, or a shout-out of "looking strong." The temperature reached the high 60's Fahrenheit.

Jones swapped out his shoes for a different pair, something he'll repeat every 20 miles to help relieve soreness in his knees, feet, and back.

3 p.m. "We were both still feeling good," Obst said, "starting to feel the pounding a bit, trying to settle into a rhythm." Neither knew how many miles they had clicked off. Officials hadn't shared any information yet.

By now both athletes had checked their blood sugar several times. Spectators and race folks became interested in what Jones was doing. He described Team Type 1's mission. Astonished at

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#### **MAY 19** TEAM TYPE 2

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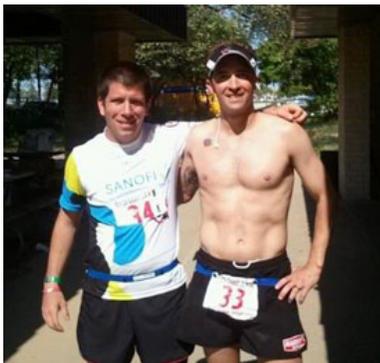
#### **MAY 12** TRIATHLON TEAM

Cascade Lake Triathlon  
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#### **MAY 07** DEVELOPMENT TEAM

5rings of Moscow  
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what Jones and Obst, both Type 1, could achieve athletically, onlookers pledged to share the team's philosophy with friends who have diabetes.

9:00 p.m. This event is the first time Jones will run past 3 a.m., when most 100 mile races end. Jones found himself zoning out in the peaceful night. As he paced in the dark he thought about his work and family. He listened to the music of Suven Dust and Avenged Sevenfold. A full moon rose.

Midnight. After another high five, Obst and Jones ran together until their strides naturally separated them again. Other competitors offered words of encouragement, but teammates sharing simple words like "looking good" in the middle of the night meant a lot more to Obst.

At one point Jones grabbed Obst from behind in fun and Obst dropped his Gatorade. "I think he was having a rough patch," Jones said. "I just told him to keep moving forward...It happens so many times out there, you get 70, 80 miles into a race and your mind and body shut down. You think you can't take another step. Then you eat, drink, hang out for half an hour. One step turns into another and next thing you find yourself running again."

2 a.m. Jones reached his 100 mile mark. He contemplated stopping - he could already call it a successful day. After drinking some Gatorade, he thought, "Why would I quit, I feel so good." He kept moving.

5 a.m. Obst bonked. His blood sugar had dipped to 61. "I was cold and hurting," he said. After some GUs and Gatorade he snuggled under a pile of blankets, not knowing if he would return to the race.

40 minutes later, Obst woke. He felt good, with a blood sugar of 122. He took on more fuel. "And then I just took off and ran as hard as I could. I wasn't saving it for the end. I didn't anticipate running as hard as I did, but I took off very fast and I held it and held it." He thought he needed 16 loops to reach his 100 mile target.

8:30 a.m. Obst ended his race with 111 laps for 100 miles, running a 7:30 post-bonk pace. "I got my 100 mile belt buckle," he said, earning 14<sup>th</sup> place out of a field of 69 men.

Jones set a new personal mileage event record with 129 miles in 143 laps for 5<sup>th</sup> place. "I was really excited to find out that I could actually push my body to run 130 miles in 24 hours," he said.

Tom Kingery, Director of Amateur Athletics for Team Type 1-Sanofi, cheered when he heard about the North Coast runs. "Ryan and Jon truly go to great lengths to prove that anything is possible despite living with Type 1 diabetes. To have two athletes with Type 1 diabetes run 100 plus miles in a single day at the USA 24-Hour National Championships is a victory for everyone living with diabetes."



### Leading into Leadville

The Leadville Trail 100 Run in August follows single track and fire road over 9,200 to 12,600 feet of elevation. It's an important objective for Obst and Jones.

"One of the biggest challenges about Leadville," Obst said, "is the way in which we cannot prepare, and that is altitude...As nice as it would be, it would take several weeks to get acclimated. So to prepare I will just run a lot of trails." Obst will tackle Leadville for the first time.

Jones aims to improve over his 2010 Leadville experience, when he ran the first half of the race

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#### **MAY 06 WOMENS CYCLING TEAM**

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#### **MAY 06 WOMENS CYCLING TEAM**

USA CRITS Speedweek Followup  
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#### **MAY 05 DEVELOPMENT TEAM**

5 Rings of Moscow, Stage 1  
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#### **MAY 04 TEAM TYPE 2**

Somerset, KY Diabetes Health Fair  
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#### **MAY 01 DEVELOPMENT TEAM**

Mayor's cup  
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#### **APR 28 TRIATHLON TEAM**

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in 10 hours and the second half in almost 20 hours. “Halfway through my fingers started tingling. Every four or five steps I had to stop and put my hands on my knees because I couldn’t breathe,” he said. “This is the race I was the closest to ever not finishing, so I feel like I need to go out and face it again.”

*A full list of Team Type 1-Sanofi races, results, pictures, videos and more can be seen on our website [www.teamtype1.org](http://www.teamtype1.org) (<http://www.teamtype1.org/>). Find daily race updates and team photos on Facebook (<https://www.facebook.com/pages/Team-Type-1/108382262565245>). Photos at our Flickr site (<http://www.flickr.com/photos/teamtype1/sets/72157629085729281/>) are available for download and use; please credit Team Type 1-Sanofi. Follow Team Type 1-Sanofi on Twitter @TeamType1 (<https://twitter.com/TeamType1>).*

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