



20in24 In My Own Words

By Heather Falck

I will never stop believing in anyone. Lofty thinking? Maybe so. If you were a part of 20in24, you might feel the same. The race itself is a demonstration of ability, dedication and if your team relayed 20 loops in 24 hours (or you individually continued to run the 8.4 mile loop as many times as able in 24 hours), insanity. Beyond running there's fundraising and most importantly, people like volunteers, BoMF staff and our members. Without any of these variables, the event simply would not exist.

As my own thoughts turn to training for fall races and the memories of 20in24 begin to fade, the accomplishments of 20in24 linger with me. My own trifecta - as a coach for [St. Johns'](#) (Philly chapter), a relay runner on team Nice View from Behind (silver division), a corporate volunteer recruiter (Blue Cross Blue Crew) - was gratifying. However, my greatest rewards were in the form of smiles, high fives, sweaty hugs, congratulatory and appreciative emails, blogs, [countless photos](#), [facebook shout-outs](#), and lots of !!!!!s. All of which came from people I knew and people I just met. People who believe in me.



20in24 is over (for this year) but for many of our members it's just the beginning. The guys at St. Johns' have a newfound pride and confidence in themselves that didn't exist or had been long forgotten. It's demonstrated in the way they carry themselves, treat themselves and each other and, I now see it when they run. I imagine there's a similar sentiment among other teams. I'd like to think it starts with someone, or many, believing in them...willing them to believe in themselves.

Don't throw in the towel just yet...

The Real Lone Rangers BoMF
Philadelphia

You still may be sunburn and even a bit sore from your adventures at the [4th Annual Stroehmann Back on My Feet 20in24](#), but get ready....some of the best races in Philly are right around the corner!

Catch Back on My Feet at these fall races:

- [Ragnar PA](#)
- [Philadelphia Marathon](#)
- [Rock and Roll Half Marathon](#)

View our monthly [Race Calendar](#).



Saturday Training Runs

Saturday training runs will begin again on **August 6th at 7:30 a.m.** in front of Lloyd Hall near Boat House Row, while Thursday night Rittenhouse Square runs will continue into the fall. Email [Katie Pfeifer](#) for more information on training plans to get you ready for your full or half!

BoMF Philadelphia is proud to recognize **David Bayo** as our first Residential Member running as a Lone Ranger in this year's 20in24, conquering over 50 miles on July 16th and 17th.

We are also incredibly inspired by the dedicated and compassionate individuals that come out each Monday, Wednesday, and Friday to tackle the day's training plan -while the city of Philadelphia rests soundly, despite our loud acknowledgment of serenity and team spirit (Inspire, Strive, Endure, Achieve!).



So congratulations to the more than 55 active members who make up the real Lone Rangers of the Philadelphia chapter! Here's to your mile-markers, achievements and continued success!

Mileage reached with BoMF:

- 4 Members have reached 500 miles
- 10 Members have reached 250 miles
- 23 Members have reached 100 miles
- 41 Members reached 50 miles

A special congrats to the [Sheila Dennis team](#) as they celebrate their 1st birthday on August 9th and reach 1,000 miles together on July 25th!



- Katie Pfeifer, Program Coordinator [Email Katie](#)

