

Bobbi Nicol-Cote

I have been involved in Road Running since 2007 (14 years).

I became involved because it was a stress reliever as well as trying to get a little more active again. There may have also been beer involved with the Hash House Harriers (WH3).

I got involved in running through an invitation to a birthday party which revolved around running. Ran my first 5km in about 25 years, almost died, but had fun, so I carried on with running, working my way down to running barefoot.

Some of my most satisfying achievements were;

- Running the EC100 from Norco, CA to Santa Monica, CA finishing under the ferris wheel.
- Being a member of the MRA Board for 3 years.
- Being a member of the Ted's Run for Literacy Board for 3 years.
- Serving as VP and President of the Barefoot Runner's Society, Canadian Chapter for 5 years.

I loved my time teaching others how to run barefoot through the years. The thought of just letting loose and running for the joy of running has always been my passion and seeing others running like they were kids again...priceless.

Some of my favourite memories;

- Raising money for Ted's Run for Literacy and their charity.
- Kidsport Alberta, through a running challenge I completed (running the Grizzly Ultra in Canmore, AB. barefoot in October) a week after running 145km at Beaudry Park the weekend prior.
- Although running the Barkley Fall Classic course in Tennessee came a close second.

I never kept track of times as running for me was always meant to be fun, so these are all based on my declining memory!

5km - Officially sub 22 mins barefoot. Unofficially sub 20 mins barefoot

10km – 43 min barefoot

Half marathon 1:43 barefoot

Marathon 4:10 ish barefoot

50km: 6:49 ish barefoot

100km: 22:20 not barefoot

80 miles: 22:40 winter ultra

80 miles: 27:10 winter ultra pulling a sled and unsupported

100 miles: 27 ish hours running through Los Angeles (30 miles barefoot; 30 miles in sandals; 40 plus miles in shoes.

1021km: 45 days and change. Race Across Tennessee

I had such amazing experiences at a number of races, but I would think my favourite race was the Barkley Fall Classic as it allowed me to meet some amazing running friends from the southern states. I also met Laz (the infamous race director and founder of the Barkley Marathons) and ran that famous course including the crazy Rat Jaw, Meth Lab and Testicle Spectacle. Coolest of all was running through the prison where perhaps the best-known escape attempt occurred on June 10, 1977, when James Earl Ray, the assassin of Martin Luther King Jr., escaped with six other inmates by climbing over a fence. Ray was captured less than 58 hours later in rugged mountain terrain 8 1/2 miles from the prison. Part of the course involves breaking out of the prison by going over the wall where Ray escaped from and running through the drainage tunnels and up Rat Jaw. Totally the most fun ever!

My worst experience would be when I was running the Canadian Death Race in the Rockies. Approximately 15km in, an errant running pole from an adjacent runner hit my toe on my left foot, breaking it (yes, I was barefoot). I knew it was broken but pushed forward to run another 50 plus km before pulling from the race. That year I was in the best shape of my life and was ready to finish the race barefoot. Unfortunately, I did not. 😞