

Well I did it!!! -- ICELAND MARATHON -- been there, done that!

I can't believe its all over and what a fantastic experience it was!

Sixty-seven (67) people from across Canada, including seventeen (17) from British Columbia took part. Thanks to all your generous support, together we raised approximately \$500,000.00 (half a million) for research and awareness in the prevention and care of diabetes for Canadian Diabetes.

It was my first experience with an international marathon. It feels just wonderful to have been a part in such a worthwhile undertaking.

The "GLITNIR REYKJAVIK MARATHON" 23.08.2008 included not only Team Diabetes Canada but approximately fourteen thousand walkers and runners from all over the world.

In Iceland I met Gloria, a nurse from Regina who was also doing the 10K walk with Team Diabetes Canada and so we decided to walk together.

At 9:30AM we set off with the whole group of 10K walkers and runners on a course taking us through Reykjavik (commercial and residential areas and along the seawall). Starting out, crossing the bridge over The Pond, was an emotional moment for me as I looked ahead to see what appeared to be a solid moving "river of flowers". All the participants, wearing many colors, shoulder to shoulder seemed to flow ahead up the road.

As Gloria and I pressed on every so often we were directed to the side to make way for the full marathon runners (42K) coming through.

Well, needless to say we did one section twice and so ended up doing 3K extra (total 13K instead of 10K). We eventually managed to find and cross the finish line, receive our hard earned "gold medals" and become famous for being "LOST IN ICELAND"!

My sister, Kathleen Bucher from Kamloops, B.C. was able to join me. We did some additional sightseeing together before returning home.

Thankyou again for all your generous support. This was such a positive experience for both myself and my team mates that I may consider participating with Team Diabetes Canada in the future.

The best of health and best wishes:



Joan McLeod