

## The Marathon Post-mortem: Thank you for your support!

Posted 11/09/16 by Andrew J. Bernstein



Running the NYC Marathon was an emotional roller coaster. I spent the day oscillating between elation

(seeing friends along the course), misery (finding myself at mile 19, and suddenly feeling that I was a long way from home), and relief (finding myself at mile 20 and realizing there were only six miles to go; being emotionally and physically wrecked at the finish and being comforted by Gloria).

There were a lot of people on course supporting me, and it was exciting to see everyone, but nothing compared to reaching my parents at mile 18, and getting to hug Mom. I'm proud of my time (3:42:28 -- a Runner's World-certified Good Rookie Marathon Time (TM)), and proud to have finished a marathon, but I'm most proud of the \$17,535 that you all donated in her honor to fight #ALS. In total, Fran's team raised \$60,131 -- an incredible sum of money that will be used for the important work of conducting research into ALS, supporting patients who are fighting the disease, and advocating for those patients.

This running race (this was our third year participating) has brought together a huge number of people -- you! -- who have used your dollars to make a statement that my Mom, and our family, is important, and that you will not stand to see more suffer the way she suffers. Our family is lucky to be surrounded by such a loving, supportive, generous community.

My family's work in Mom's name to fight ALS has become a way to keep moving forward at a time when it would be easy to wallow, and that's how it was for me on Sunday. Despite not really being interested in running further, I continued on right after Dad took this photo. I did so knowing that while we are all sad, turning that feeling into positive action is the best thing we can do for ourselves and Mom.

Thank you for your support, your generosity made this campaign a success. We are grateful to have you on our team.

Much love,

Bernie