

Joe's Wisdom and Caring Helped Me Avoid a DNF

By Rhonda Hampton

I was running my second Umstead 100 in 2007 when I hit a wall after about 62 miles and could not stop crying. When I came out of the restroom and someone saw me crying, they took me straight to Joe.

Joe set me down and started going through the usual ultra questions for whiny ultra runners, such as when did you eat last, when did you drink last, when did you pee last. After answering the questions, mostly with "I don't know," Joe had me sit down and gave me soup and sweet tea. He kept coming back and checking on me, and when I was feeling better, he comes back with a friend of his, Doug Dawkins, and says, "Doug is going to take you for a little walk and see how you are doing."

Twelve and a half miles later, Doug and I had completed my sixth lap and I was ready to finish the next two. Without Joe's caring and wisdom, my second 100 would have been my first DNF. Thank you, Joe, for helping me find my way to reaching my goal.

Rhonda Hampton, a longtime NCRC member, is co-race director of the Umstead 100 Endurance Run.