



## Some of the Many Participant Emails Regarding the Navy SEAL Extreme Off-road Challenge:

(Names, positions, etc... withheld by race director)

First off, I want to thank you for a wonderful experience today. The race we had today challenged me in ways I had never known. I expected it would be tough...however, my expectations were blown away. Your course was beautiful, but, due to the sheer difficulty of it, I was more aware of the extreme ruggedness than the beauty. I have said this multiple times today...this was the hardest physical thing I have ever done in my life. As a 27 year-old competitor, I certainly felt I was in good shape and could handle anything; after completing the course, I had to rethink just how fit I was. This experience stretched me mentally as well. I wanted to give up numerous times, but somehow I found something deep to keep me pushing and going and, ultimately, finishing the challenge. The Challenge was hardcore as hell, and I loved every minute of it. I think this is a great event, and I do not think anything needs to change. Certain things in life should be hard...that's the reward in pursuing it. I really hope that you will have a fall race; I will definitely be there. Through my word of mouth, I will do all I can to help promote it. I work for (a) Recreation Department as Wellness Manager. There are numerous people that I work with that thrive for a challenge such as the one I completed today. You better believe I will encourage them to compete next time. Also, we would definitely be able to advertise your event at our facility, the (xyz) Community Center. We host a spring triathlon, but nothing compares to the course you unveiled today. In any case, keep up the outstanding work. I am a huge supporter even as my legs and ego recover!! Thanks for the challenge, B.S.H

I recently ran the Land Between the Lakes 14+ mile trail run in Kentucky and last year I ran the Big South Fork 17.5 mile trail run in Tennessee. I can say with out a doubt that it would be easier to run both of these races back to back than to run the SEAL EXTREME CHALLENGE. I knew it was going to be a long day when I looked at my watch and it said 9:40, I was totally exhausted and still minutes away from the top of the first mountain (the 1Km mark). My body went into survival mode but I kept moving. It was a real confidence booster for me. The only negative thing to come out of the race is, I do not want to wear my Seal Extreme Challenge T-shirt because it has vaulted into "prized possession" status and needs to be put up with things like baby photos, my first report card and high school football jersey.

P.S. The photos of the race are the best I have ever seen!

I will be back, G.B.



Dan,

I wanted to let you know that I had a great time at the event this past weekend! I look forward to the next one!  
That was the hardest physical course I have ever done and I am still sore (three days later) today!!!  
Thanks, T.H.

I just wanted to take this time to email you and thank you for a wonderful race this past Saturday. For a first time event, I thought the logistics and race planning was perfect, which is very hard to find. I have been an athlete for many years now, running cross country and track in high school and college and in the past few years doing triathlons. I can honestly say that your race was the hardest course I have ever participated in. I am finding that I need more recovery time from your race than I did last fall after completing a half-Ironman triathlon! Even as difficult as this race was, I enjoyed every second of it. I will most definitely be at the fall race in October and hope to bring along some friends so they can enjoy (suffer) the course with me. Please don't change a thing. This is an extreme challenge that I look forward to participating in again!  
Sincerely, J.W.