

Ep #208: Sierra Swofford's 100-Mile Ultra: How It's Going



Full Episode Transcript

With Your Host

Jill Angie

[The Not Your Average Runner Podcast](#) with Jill Angie

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Welcome to the *Not Your Average Runner* podcast. If you're a woman who has never felt athletic but you still dream about becoming a runner, you are in the right place. I'm Jill Angie, a certified running and life coach and I teach women how to start running, feel confident, and change their lives. And now, I want to help you.

Jill: Hey Rebels, so I have a super fun guest with me this week. It is the one, that the only Sierra Swofford. And she, you may recall, we talked, gosh, how many months has it been since we talked? It's been about six months, right?

Sierra: Yeah.

Jill: Yeah, six months. We talked about this 100 mile trail race that Sierra is training for and we talked about her plans. And so here we are six months down the road and she's deep into the training. So I thought it would be a great time to check in and see how it's going because this is a pretty long-range goal for her. And so I wanted to do some check ins along the way.

So Sierra, thank you for coming back and talking some more about your amazing journey.

Sierra: Thank you, Jill, for having me. I'm so excited to be back because so much has happened.

Jill: So much has happened, I know. Well, when we last left you, we – Because we talked a lot about your spreadsheet and your training plans, but you hadn't really gotten too deep into the training plan at that point. So bring us all up to speed on everything that's happened. I mean, I have some idea, but I kind of want you to lead us through.

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Sierra: Well, the first crazy thing that happened, so I came on the podcast, announced the big goal. And then immediately was sidelined with injury. Immediately.

Jill: Of course.

Sierra: It was probably, after the podcast came out, it was maybe like two weeks after the podcast came out that I was like sidelined with injury. I remember we were talking and I was like, "You know, my hip is bothering me. Should I go out for my long run?" And you're like, "No, you need to call a PT immediately."

And I was like, just like every runner, "But I don't want to." Because of the immediate fear every runner has that somebody is going to tell them they have to stop running. But I bit the bullets, like I put my big girl runner pants on and went out and called the PT and was diagnosed with hip bursitis.

And basically that's just an inflammation in your hip joint from an imbalance, not being strong enough, and overusing your hip too much. Which that's what runners do; we overuse our muscles sometimes. So I spent about three months in PT, basically starting over from mile zero again.

Jill: Oh my gosh. Okay, so you made this huge goal, started on the goal, and immediately the injury showed up, right?

Sierra: Yes.

Jill: And so talk us through where your brain went and like how— Because three months to some people, right, I think to most runners they're like, "Three months? Oh my god, that's unacceptable." But you've got this sort

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of long-range game plan. So what were some of the thoughts that you had during that time that kept you sticking with the physical therapy regimen?

Sierra: Yeah, so since I am a pretty structured planning type person, having that structure and having a PT— Because I went in there and I was like, “Look, this is my crazy goal.” And his response was, “Okay, we'll get you there.” And I expected him to be like, “Are you crazy?” But no, he really worked with me.

And finding the right PT to work with you is so important. Don't just accept the first person that you walk into. He was on board with my goals, wanted to set me up for success. And part of the reason I was there for three months is because he wanted to set me up for success for my long-term goal, and not just get me back to running again.

He could have cut me loose way earlier than he did. And I think because he knew what, ultimately, my goal was, he really wanted to help me build that strength and that foundation. Because well, one, he's like, “I don't want to see you again before your race.” He's like, “You need to lay this now and get this set up so that you're in a good spot to to be successful.”

So he was amazing and so kind and supportive and all the things. And finding that key person is just so important. So, yeah, so I spent three months of working with him and doing all of those exercises that you do in PT. And I still continue to do a lot of those things today.

Jill: Yeah, because I think every injured runner that I've talked to that has successfully brought it back around to being not injured has said, “I'm so glad for the strength training, I'm so glad for the physical therapy.” Because physical therapy is basically very targeted strength training.

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But that is what sets us up for success for these crazy ass goals, right? Like you said, he could have easily released you if you were like, "Oh, I'm just going to run 5Ks and maybe the occasional 10K here and there, because that's not going to jack up my hip." But he knew, right?

Sierra: Yeah, and from the last time we talked, my big thing was speaking boldly. And so I went in there and spoke boldly and was like, "This is my crazy thing that I want to do." And I mean, just having that like, "Okay."

I mean and he was almost excited to work with an athlete instead of maybe an older person that fell in the shower and bruised their hip or something. So he's a bicyclist himself. So he's an athlete and he appreciates that. And so he was almost really excited to work with me.

And just like we do a lot in your programs, like in the Rebel Runner Roadmap and all those things, he really also empowered me to figure some things out on my own and come in. And I would say to him, "Hey, here's what I think I should do." And he would give me feedback or say, "Oh, that looks perfect to me, you're on the right track." He's like, "I don't really have to worry about you, you've got it figured out."

And so it was also really empowering that he would give me some of that power back. And it wasn't just like, "Oh, here's a printout. Go do these exercises." He really, really interacted with me as an athlete and as someone who he respected and wanted to work with and help. So it made such a huge difference.

Jill: Yeah, I love that. And I think the lesson here is those professionals are out there. And you if you go and you— Because I've had that problem, like gone to work with an orthopedic specialist and had them say, "Oh, no, no, no, running, not such a good idea for you at your age like, oh my God." And

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have just said, "Okay, well, actually, I think you're just not the doctor for me." And then went on to find one that was willing to support my goals.

So I think that's the lesson for anybody who's listening who's gone to a physician, a doctor, whatever professional and had that person say running is a terrible idea for you. Go to a couple more. Make sure you talk to everybody that has a different approach and make sure. If they're all in agreement, then, yeah, maybe that's the truth.

But I think running is something that all of us, almost all of us can do. And finding a physical therapist, or a sports doctor, or an orthopedic doctor that can support your goals is really, really valuable. So I'm so glad that you had that.

Sierra: And of course it's not like I didn't have all the thoughts still.

Jill: Yeah.

Sierra: There were several points where I'm like, "I can't even run a mile, how am I going to run 100 miles?" I had that thought quite frequently, and had to do some serious thought work on that. And the thought too, of like, "Hey, I was just on Jill's podcast and announced to thousands of people that I'm going to do this big race. And now I can't even run a mile. How am I going to do this?"

But taking the time to go through the process of the PT, and the exercises, and the plan, and the thought work. And all those pieces combined just helps you keep your brain in check and keeps you going.

Jill: Yeah. Do you want to share some of the thought work that you did? I'm kind of asking you this on the fly. But is there anything? Are there any like

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aha moments that you had when you were working on, you're thinking about this that you think might be helpful to others?

Sierra: I think when that thought of like, "You can't even run a mile how are you going to do 100?" would pop up for me, it was basically like, "Okay, that's a thought." Recognizing that it was a thought and just working through that process and the structure that you teach of, "Okay, the circumstance is that I have an injury." Like here's my thought, now, I know that my result is going to be I'm going to go for this race.

But the parts in between and having the time to sit down and work on that and work on that method was really important for me. And just taking that thought and changing it to like, "Yes, you have an injury, but you also have a plan. And you still have the potential to continue moving forward. There is nothing stopping you except for your brain."

Jill: Yeah, I love that. Like, okay, you have an injury, but you also have a plan. Because I think sometimes when we get injured, we forget that injuries are usually just temporary. And it just seems so catastrophic in the moment. We're like, "Oh my gosh, all I can do is run a mile and a year and a half from now I'm supposed to be able to run 100 miles." It's like, yeah, a year and a half from now.

So we all start with just running one mile, and then you're going to be able to run— You could also even think like, "Oh my God, look at that, I'm injured, but I can still run a mile." There's so many ways that you can flip the script around.

But I love that it happened to you right after you were on the podcast. First of all, it happened early on in your training so that you were able, you were

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able to do the strength training to make sure that you were set up for success.

So I'm kind of glad that it happened, because what if it had been six months further down the road? Then you would have had six months less time to train. And who knows, it might have even been a longer recovery period. So I think that it was actually the best thing in the world that could have happened.

Sierra: Yeah, absolutely. Absolutely agree with that. It was the best thing in the world. Didn't seem like it at the time, but now on the other side of it, it absolutely was the best thing that could have happened to me.

Jill: Yeah, because we all want our success path to be just a straight upward slope. And it never ever is. So yeah, let's get the valley out of the way first so you can have the success.

So okay, so you had your hip bursitis diagnosed, worked on through physical therapy, you started back to running again. And you've done some pretty significant races since then. Do you want to talk about those?

Sierra: Yeah, so originally, I had planned a couple of spring half marathons and I, once my hip bursitis flared up, immediately canceled those. One of them I could defer to next year, the other one I just canceled. But I did keep myself scheduled for the 30K at Bryce, which is where the 100 mile race is going to be.

And that was in May and I was terrified of doing this 30K is 18-ish miles. And if anybody does trail races, you know that miles always end in *ish* when you're doing a trail race. And it was my first time traveling really far

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since the pandemic, I had to go to Utah. So I was nervous about traveling. But the whole experience was amazing but incredibly hard, incredibly eye opening. But also, again, one of the most wonderful things I've done.

Jill: Yeah.

Sierra: There was a point in the race that my brain did the "I don't know if I can do this." And I was three miles from the finish line.

Jill: Wow.

Sierra: And it was kind of a lollipop race. So you go up the stick, around, back to the top of the stick, and then back down. And so this is where the 18-ish miles comes into play. I got to the aid station that was at the top of the lollipop stick and I knew I just had to go down to the finish line.

And I looked at my watch, my watch said I was at mile 17. I'm like, "Okay, I have a mile and a half to the finish line." And I was tired, this thing was hard. And one of the volunteers was talking to another runner, and he was like, "Yeah, it's three miles back to the start line." And I'm like, "I can't do that."

Jill: "Wait, what?"

Sierra: I can't go another three miles, like I'm done. My legs are done, my calves were hurting pretty good. And I was like, "No, I'm done. I can't do this." And I mentioned in the previous podcast I'm a Christian, and I said a prayer. And I had a particular scripture popped in my head and I just started repeating that in my head and I just started walking.

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And I got down to the finish line and crossed that finish line and I couldn't believe it. And like the whole time I'm walking down to the finish line, and it was downhill and that was what was hurting my calves the most. So for me, it was really hard to keep walking downhill. Like every person that passed me cheered me on, the community was amazing.

And I was alone, like I had no friends and family waiting for me at the finish line. But I had the community that you have built. And as soon as I crossed the finish line, I got on Facebook and cried on Facebook Live videoing to all the girls that were cheering for me.

And it was such an amazing accomplishment. And I learned so much about terrain and the hills that were sandy, and how their aid stations worked. Like just all the things, I learned so much. I met somebody else who lived near me during the race. I mean, what are the odds of that? And it was just such an incredible, incredible experience. And to be cheered on by the Run Your Best Life community and everybody, it was totally amazing.

And there was a point in the race where there was a sign for the 100 milers to go to the right. And just, I could feel that in my heart, like a piece of me like just wanted to go to the right when I had to go straight instead. And even though it was so hard I'm like, "Next year I'm going to the right." I'm coming for it. So it was an amazing, amazing experience.

Jill: So you really got to be that version of you.

Sierra: Yeah.

Jill: Like you got to inhabit the version of you that's completing that 100 mile race in as close a way as you could without actually doing the race.

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Sierra: Yes.

Jill: Like that's so fun. And you made it through. And so that was 18, you said closer to 20 miles.

Sierra: 20 miles, yeah.

Jill: And what was the longest distance that you had done prior to that, since coming off of your hip injury?

Sierra: I had only done— Now, my longest runs were all walking. That's how I built mileage in my hip recovery, is I ran short runs and walked the long runs. And I mostly walked this race. I did do some running intervals just when I felt like I could, but I mostly walked. And I can walk at a pretty decent pace, so I was able to keep up with the pacing requirements just at a walk.

And I think I had done 16 miles walking was my longest post hip recovery.

Jill: Was that that was on trails, right? Because you do most of your training on trails.

Sierra: That one in particular was on a paved path, so not even on a trail.

Jill: Oh gosh, okay.

Sierra: The longest trail run I did was 13 miles, again, walking.

Jill: So you really were, but you really were prepared for this 18 miler from a distance perspective. The challenge, of course, was like the sand and the rocks.

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Sierra: The incline and the rocks, yeah.

Jill: I mean, it sounds like it was a pretty challenging trail in addition to the distance.

Sierra: Yes, it is a very challenging trail. And of the ultras that this race company does, this is one of the most challenging races that they put on. So, yeah, it's pretty challenging.

And the terrain in itself is really challenging. The steepest hill, which was at the beginning of past that first aid station, I mean, it was very sandy and everybody was walking. There was nobody running up that hill.

Jill: Yeah. And that's probably, I mean, that in and of itself is very taxing on the calves because it's like going through sand.

Sierra: Sand, yeah.

Jill: Imagine when you're walking on the beach in dry sand, it's hard, but imagine going uphill through it. I can't even.

Sierra: Yeah.

Jill: I can't even. Did you have your poles for that race?

Sierra: No, I hadn't gotten them yet, I went pole-less, although I knew I was going to get trekking poles. And for anybody that hasn't seen trekking poles, they're just poles that help you walk and help you balance and you run with them. And you can fold them up and put them in your pack or you can carry them or whatever.

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And I have them now and I'm excited to get to start using them here pretty soon.

Jill: Yeah, and they really just look like ski poles.

Sierra: Yes, yeah.

Jill: So I bought the same pair that you've got and used them on a hike recently were like the first mile is mostly uphill and it's all rocky. And I was like, I feel so much more stable and confident with those poles.

Because I think a lot of times when we're out on trails and it gets kind of rocky, we slow down because we're thinking, "Oh, I don't want to trip and fall, there's nothing to hold on to." And the poles just give you that little bit of confidence. And I don't even know what the word is, but like reassurance I guess that you're not going to fall over. It really is a game changer.

Sierra: Yeah, it really, really is. And I had no idea until I started into this ultra-world that poles were even a thing. And it's fairly new-ish to the United States. It's very big over in Europe for the big ultra-runners that do the big, big races over there, like UTMB and things like that. And so now it's starting to come over here and become more and more popular here in the United States.

And the race director for my 100 mile race said he wouldn't do the 100 miles without trekking poles. So I knew early on that I was going to have to add those in. I'm like, "If the race director says that, then I need trekking poles."

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Jill: Yeah, exactly. So good. So good. Okay, so you did that and then you had another pretty major event after that. Let's talk about that because your performance at that one just blew me away.

Sierra: Yeah, so I did a local race to me here in Oregon with another member of Run Your Best Life who is amazing. And I am going to be racing with her again soon and I can't wait. And we did a race that just goes for 24 hours.

It was a one mile loop and you just did the loop as many times as you wanted to for 24 hours. You could stop and eat. You could stop and sleep if you wanted to. But it was up to you to designate like how many miles that you wanted to do.

So I went with the goal of seeing what it felt like to be awake and moving at night and for 24 hours. That was my goal. I didn't have a mileage goal. I had a number in the back of my head that I thought I could possibly hit. And I had a dream about it, which is why it was in the back of my head.

And I hit that number, which I couldn't even believe it because I've never done that many miles ever. Which I ended up doing almost 52 miles.

Jill: Oh my god. Like literally six months into your training. Or I guess we're a year into your training for the 100 miler. Because you're 100 miler is like a year out from now, right? Or 10 months out

Sierra: It is like 304 days away.

Jill: Okay. So yeah, right, so about 10 months out and you're already at the 50 mile mark.

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Sierra: Yeah.

Jill: I mean, that's kind of mind blowing.

Sierra: Yeah.

Jill: You're so far ahead of your training schedule at this point.

Sierra: Yeah. And it was hard. There were a lot of tears, there were a lot of blisters. And there was a couple of moments like, I'm not a late night person, I'm like go to bed early, get up early kind of person. And 11 o'clock at night I was like, "I don't know how much longer I can keep doing this."

And I did sleep for about two hours. I was like, "You know what—" Because I read a lot about ultra-runners and sleeping. And a lot of them said lay down for two hours and you can get back up and you'll be amazed at what you can do. And it is so true. I laid down for about two hours and got up in the middle of the night, put my lights on, and just went out there and started going.

Jill: Amazing.

Sierra: And it was a challenge, but by the end I could not— Walking was challenging by the end because my feet were so tired. I went through three different pairs of shoes. But I learned so much from that about endurance and stamina and fueling for that amount of calories that you're burning while doing that amount of exercise.

Even mostly walking because, again, I did a majority of it walking because that was the point, it wasn't run. So yeah, I mean it felt amazing and it was

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a hard experience also. But that's the joy of this, is to go through these hard experiences.

And I think through those two races in particular and the next race that we haven't talked about yet, where I'll just say real briefly that I did fall and skin up my hand pretty good and bruise up my right hip. Which is the hip that had the hip bursitis. Through these three races, I think the theme of my life for the last maybe six months or so has been finding what mends me and then doing that.

And that has been like the powerful thought for me that has kind of been the vein through this. Because a lot of healing has happened through these races through my hip and coming back from my hip. And this experience has been a lot of that is finding what mends me.

And the thing that mends my soul in a lot of ways is running. Being a runner, being an athlete, being an ultra-marathoner. Now being a coach, if we get to talk about that.

Jill: Yeah.

Sierra: And these things have mended me in so many ways. And that's been kind of like the set of this period of my life. That's what it's been.

Jill: I absolutely love this. Okay, well, so I have some specific questions, but then I want to talk about you being a coach. Because that's been incredibly fun as well.

So when you say you slept for two hours, do you like literally just lay down on the trail and sleep? Or do you have like a place that you've got a tent set up? How does that work?

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Sierra: So for this particular race, we could set up a little campsite if we wanted to. And I bought, off of Amazon, just like a little \$50 pop up tent. So I had a place to go in away from the bugs and the whatever if I wanted to change clothes or whatever.

And so I just popped that up. My dad came down and helped me set up my little site. And Barbara, the other lady that I was running with, she had her little pop up tent. And we just made a little camp to ourselves where we could have a spot where we can stop. And we had chairs and all of our food and everything set up.

And so I literally had a yoga mat in the tent, and a blanket, and a small travel pillow. And I just laid down with that, turned my alarm on and went right to sleep.

Jill: I bet, yeah. But now, during your 100 mile race how do you handle sleeping on the course in that situation?

Sierra: So, if you choose to sleep, because that is a big loop. So if you choose to sleep in that, basically at the aid points where your crew can come and meet you, like you can lay down in a van. So your crew can bring stuff for you and then if you need to lay down, you can lay down in a van.

Jill: Got it.

Sierra: So I don't know if I will sleep. That's going to be something I'm going to have to— I still haven't decided yet because I'd like to not sleep because I'd like to not lose that time. But I might have to do the two hours of sleep again. So, I haven't quite figured that one out yet. But we'll see as we get closer.

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Jill: Well, and do you have any more like ultra-races? Because are you doing another 50 miler before—

Sierra: I'm doing a 50k in October. That'll be my only other ultra-distance race. Kind of with my training runs and stuff, because they kind of fall in the winter and I'm in the Pacific Northwest, there's not a lot of races at those distances.

So most of those longer distance training runs are just going to be me out there training and then maybe my husband will come meet me at partway or something.

Jill: Yeah.

Sierra: Or if Barbara wants to come meet me, she can come meet me and run part of the way with me. I mean, it'll be things like that, where maybe I'll have a few people run a few miles with me and then somebody will pace me with a car and drop me off supplies every so often.

Jill: Yeah. Oh my gosh. All right, because we'll check back in, like in six months to see how you're doing. And I cannot wait for that update. I cannot wait to hear all of the new things that you've learned.

Okay, so the last thing I kind of want to touch on today is there's been another big change for you in your, let's just call it career, right? You're now a coach in the Run Your Best Life program.

Sierra: Yes.

Jill: So what's that been like for you?

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Sierra: It's been incredible. It's been life changing. It's one of the most rewarding things I've ever done. The Run Your Best Life community is unlike any other community. The women there are so supportive, like for people that you've never met in person. And I have been so welcomed and so accepted. And to have this opportunity has meant so much to me.

And it's something that I never thought in my life I would ever do, like to be a running coach and help people in their journeys. I never thought that would be something that I would have the opportunity to do.

But I spoke boldly and you were amazing enough to offer me this opportunity and it truly is life changing being a member and now a coach in this community. And as much as I help coach others, they still help coach me every day. And I get so much out of being a member of this community.

Jill: Oh, that's so awesome. I mean, that's been my goal, kind of as the founder of the program, is to always make sure that the people that I bring in as coaches are people that have lived through, right, that have kind of lived through their own transformation. Whether it's an identity transformation, or a physical transformation, or both, and really exemplify the values that we teach in Run Your Best Life.

And it's been an honor to have you join the team. Because you've been one of the just sort of like helpers all along the way. Right? Because we've got some folks in that group that are basically unofficial coaches anyway, right? Because they do so much.

Sierra: Yeah, absolutely.

Jill: But you went out and got your certification and you'd already been such a leader in the community. It was just amazing to bring you on formally as a

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coach. So thank you for joining the team and bringing all that you offer to us.

Sierra: Oh, thank you so much, Jill.

Jill: Yeah, and I think what I love about all of our coaches is that everybody's kind of got their own expertise. And now that we've got you on the team, you're doing an ultra marathon and a trail running specific call every single month. So people who want to do what you've done and do these crazy ass races, now there's an expert for them that's like, "Oh, yeah, I know what it's like to run 50 miles. Here, I can help you do the same."

Sierra: Yeah, absolutely. And it's something that as the group has grown, and I've been around for a while, so when I first joined Run Your Best Life, I think a lot of people were just getting to like the half marathons were the big things, and there was a few people going for marathons. And now those people that have accomplished the marathons are going into the 50K and 50 mile distance.

And it's so exciting to see all these amazing things that people are doing. And we've got people from around the world that are joining through the Roadmap and then into Run Your Best Life, and to get to see their journeys it's so, so exciting. And to get to cheer them on.

I mean, we just had another person do like a timed 12 hour race I think it was. And it was so exciting to get to coach her a little bit and see her success and how far she— She even went further than she thought she could do. And it was just so exciting to see her go past that 50K point.

And I think we're going to have more and more and more people that are going to maybe even surpass me. And we've got other people that are

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doing 100 mile distances besides me. I'm not the only one. So if you're out there and you're like, "Hey, that crazy thing sounds amazing." Sign up for the road map. That's the way to go and come join us, do crazy things together.

Jill: But also, I think like if you're sitting there right now thinking, "I can't run a step, but running 100 miles sounds like fun. But I can't even run a step." We really are the place to start.

Sierra: Absolutely.

Jill: And not everybody's going to run 100 miles, nobody's asking. Nobody says that should be your goal. But if you're just like, "Okay, this Sierra person sounds a little crazy, but also really happy. And maybe it's the 100 mile goal." If that's you, like join us in the roadmap.

The next roadmap opens on August 29. And it runs through the entire month of September. And that's sort of your starting point, if you want to kind of join a community and work with Sierra, or with LD, or with Jen, or with me. I mean there's four of us coaching in this program now, which is so fun.

Yeah, but it has been just a joy to watch you kind of blossom as a runner. And I remember, I think it was last like October when you made the resolution that you were going to be bold and you were just going to start asking boldly for what you wanted and going boldly after your goals. And it's been kind of a, it's been sort of a badass ride for you.

Sierra: It's life changing.

Jill: Yeah.

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Sierra: Absolutely life changing.

Jill: You're like, "I would like this thing and I'm going to go for it. And here's what I'm going to do about it." Yeah, so good.

Well, how can people follow you so that if they want to continue to follow your journey how can they find you?

Sierra: The best place to find me on Instagram, and I do a mixture of running and my fashion business too. So if you love fashion, that's also a great thing to intermix with running, right? And so my Instagram is runnin, with no G, underscore sea2tree. And I know you'll put it in the show notes, because it's kind of like—

Jill: Yeah.

Sierra: But yeah, please come find me on Instagram and you can follow my journey to 100 miles.

Jill: Yes. And if you join Rebel Runner Roadmap, you can actually coach with Sierra.

Sierra: Yes, absolutely. I mean, this is the perfect time to join too. Because if you really, really want to see the full journey and see whether I succeed or whether I fail, like literally I could fall flat on my face because there is that distinct possibility that I will not finish the 100 miles.

But if you really want to see the full blood, sweat, and tears of the whole journey, now's the time to join. Because then you can get in on the full scope of walking through the journey with me.

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Jill: You can get up close and personal on Sierra's journey.

Sierra: Yeah, absolutely.

Jill: And I think, I mean, one of the best things about the Rebel Runner Roadmap and the Run Your Best Life program is how people will actually do like Facebook Lives while they're in the middle of a race and they'll be like, "This is what I'm struggling with." Or "This is what's going on." And it's incredible because you actually get to be a part of somebody event day. And just see, like it's very real. We get real.

Sierra: Yeah, we do. Like literal blood, sweat, and tears together. And it's going to be an incredible journey, so I hope you'll all come join us and follow along.

Jill: I hope so too. So August 29th is when the next Rebel Runner Roadmap opens. I hope we'll see you guys there. Meantime, Sierra, I cannot wait for the next six month update. This has been good stuff.

Sierra: I can't wait too.

Jill: All right, thank you.

Oh, and one last thing. If you enjoyed listening to this episode, you have to check out the Rebel Runner Roadmap. It's a 30 day online program that will teach you exactly how to start running, stick with it, and become the runner you've always wanted to be. Head on over to rebelrunnerroadmap.com to join. I'd love to be a part of your journey.