



FKT news for the week of November 13, 2023

Run Across the USA by Jenny Hoffman





I've always been driven to tackle the biggest, highest, longest, hardest thing in front of me, and I've dreamed of crossing the USA under my own power since I was a child. As an adult that dream intensified, fueled by gratitude for the beauty of this country and the freedom it affords to dream big, work hard, and achieve audacious goals.

In 2019, I set out from San Francisco and ran 2,560 miles in 42 days, but my run ended with a devastating knee injury in eastern Ohio. Every single day for 4 years, through surgery and rehab and pandemic and work and family life, I have visualized the completion of this run. I almost started in September 2022 but a bad hamstring tear forced me to postpone again. Through summer 2023, I wrestled with minor injuries and competing priorities, but ultimately in the last week of August I was compelled to seize the day, and I scrambled to coordinate a team and logistics.

After a lifetime of dreaming, 47.5 days of running, 3037 miles, 12 states, 27 days of cornfields, 11 pairs of shoes, 300 eggs, countless cookies, some laughter and even more tears, over 1000 uplifting messages to my tracker, and 6 heroic womxn who teamed up as my tireless crew (Jill, Sydney, Grace, Michelle, Yan, Cinder), I experienced the moment of a lifetime when I crossed the George Washington Bridge with family and a growing pack of friends from every part of my life, who followed me through the last few miles to New York City Hall. Everybody deserves a magical moment like this, and I hope that my journey and my daily journaling, through frustrations and failures and faceplants, from sea to shining sea, can inspire others to seize the day and persist towards their own audacious goals.

Read more about Jenny's FKT [here](#).