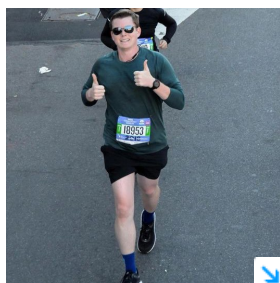


Diabetes doesn't slow marathoner, Florida State medical student

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(Photo: Facebook photo)



Brian Thedy, exhausted and sore, powered through the final few miles of the New York City Marathon on sheer determination. He had conquered a distance he never had before at 26.2 miles. He also conquered it while managing Type I diabetes.

As Thedy crossed the finish line, the 24-year-old was thankful and exhilarated. Not to mention possibly done with marathons.

"My first thought was never again," Thedy said and laughed.

Thedy may or may not run another marathon, but his accomplishment in New York two weeks ago merits celebration.

He finished in 5 hours, 31 minutes and 53 seconds and was among the 52,809 finishers. Family and friends traveled to New York City to support and cheer on Thedy as he made his way through the five boroughs of Manhattan.

Even more impressive was Thedy's commitment to share his inspirational journey with hopes that running the storied race will highlight the common misconceptions associated with Type 1 diabetes.

The Florida State graduate and FSU medical student was diagnosed with the chronic disease on Jan. 20, 2017. While it requires meticulous management, the Melbourne native has refused to let it stop him from living an active and healthy life.

Less than a month after Thedy was diagnosed, he ran the Tallahassee Half Marathon to prove his point. He has completed two other half marathons and a 15K race. He also always wanted to run a marathon, and the opportunity presented itself with an important platform.

Theydy is a member of Beyond Type Run, which helps raise awareness and funds for Type 1 diabetes.

Theydy also wore a tech device called the Dexcom G6 Continuous Glucose Monitor in the marathon. A small sensor placed on Theydy's lower abdomen allowed him to track his blood glucose levels in real-time. The system has built-in alerts and alarms if Theydy's blood glucose reached potentially dangerous levels.



Second place finisher, Vivian Cheruiyot, of Kenya, first place finisher, Mary Keitany, of Kenya, Race Director, Peter Ciaccia and third place finisher Shalane Flanagan, of the USA, are shown by the finish line. Sunday, November 4, 2018 (Photo: Kevin R. Wexler/NorthJersey.com)

Theydy said his challenge was trying to control his blood glucose level without eating before the race. He snacked on the course - he also makes his own concentrated sports drink - and his levels remained steady. People with the disorder must take insulin whenever necessary since their bodies do not produce it on its own.

"It started to bottom right as I finished, but my blood sugar was amazing. That part was good," Theydy said.

Theydy was determined to enjoy the marathon experience. His biggest training hurdle was trying to incorporate his daily runs, up to 15 miles during the dark-thirty hours, into his hectic schedule. Theydy had school obligations the day he flew to New York and resumed studying for a Host Defense exam upon his return to Tallahassee.

The New York City Marathon, however, did not disappoint. The race starts in Staten Island, winds its way through all five boroughs and finishes in Central Park. The race annually attracts more than 2 million spectators along the course.

"It was a great time," said Thedy, quickly acknowledging and thanking his support network.

"The atmosphere was incredible. The competition was against myself. I felt pretty good for the most part but I hit the wall around 19 1/2-miles. The last six miles I plodded along, just trying to finish. Around mile 23, I just powered through it for the most part."