

ARKANSAS

White River Marathon

Saturday November 22, 2014 • Cotter, AR

Marathon/Ultra number:	237
State (first in state):	39 (yes)
Finish Time:	3:17:30
Overall Place:	8 of 186
Gender Place:	8 of 106
Age Group Place:	2nd
Age on race day:	34



This was the first race in the Arkansas/Oklahoma double. I flew into Springfield Missouri and drove down to the Twin Lakes area that evening.

The race started near the Junior High School and was a double out-and-back that finished at a RV park. The first mile was downhill and then it was flat the rest of the way.

I started out at a pace I ran for the first 18 miles or so (7:20s/7:30s). After that I slowed down a bit but still managed to keep the miles under an 8:00 pace. I managed to run a solid 3:17:30.

Early on I noticed I was in the front of the pack of the marathon, but I couldn't be too sure until the second out-and-back (due the half marathoners mixed in). But on the second out-and-back I was in 9th place most of the time, so I decided to keep that up and hoped to finish in the top ten. After the race I found out I finished in 8th and that the top runner ended up DNFing at mile 20.

The temperatures were good and it was dry for the first 14 miles then it started raining and at times was coming down pretty hard.

After the race I changed my close and drove to Tulsa in time to pickup my packet for Route 66 Marathon.

