

CALIFORNIA

San Luis Obispo Marathon

Sunday, April 7, 2013 • San Luis Obispo, CA

Marathon/Ultra number:	180
State (first in state):	2* (no)
Finish Time:	3:21:40
Overall Place:	25 of 644
Gender Place:	25 of 324
Age Group Place:	5th
Age on race day:	32



Both of my parents grew up on the central coast of California in the San Luis Obispo/Pismo Beach area. My grandparents (on my dad's side) lived there for nearly 70 years. San Luis Obispo has been a very special place for our family. When I heard there was a marathon there, I just had to add it to my schedule. In late 2012, it became apparent that my grandparents needed living assistance and they would move to Oregon to closer to my family. That meant 2013 would be last chance to do the SLO Marathon before the move.

I flew into LAX on Wednesday and took the train from LA to the Pismo Beach area (where my grandparents lived). They picked me up and we went back to their place. I spent the next few days enjoying my time with my grandparents. On Saturday I borrowed their car and went into SLO and picked up my packet.

Once again on race morning I borrowed the car and drove to the famous Madonna Inn for the race. We were pushed to the high school for the start of the race. The race started before the sun rose and we made our way through downtown SLO. My only complaint was that we couldn't see the SLO Mission because it was still dark.

I had yet to run a 3:30 marathon since I had lost a lot of weight. I knew I was getting faster, so I figured a sub-3:45 was within reach.

I started off running a 7:20/mile pace. After a few miles I settled into a more comfortable pace in the 7:30-7:45 range. I finished the first half in 1:41. And the second half would be just as good with a time of 1:40 for a finish time of 3:21 on relatively hilly course. This was my 5th fastest marathon and fastest in nearly four years. I was thrilled.

* California was my 3rd state when I ran the Lake Tahoe Marathon in October 2005. At that race I ran a time of 3:58:53. I returned to California a dozen times to run marathons (most of my extended family lives in SoCal). San Luis Obispo Marathon was my fastest with a time of 3:21:40.

