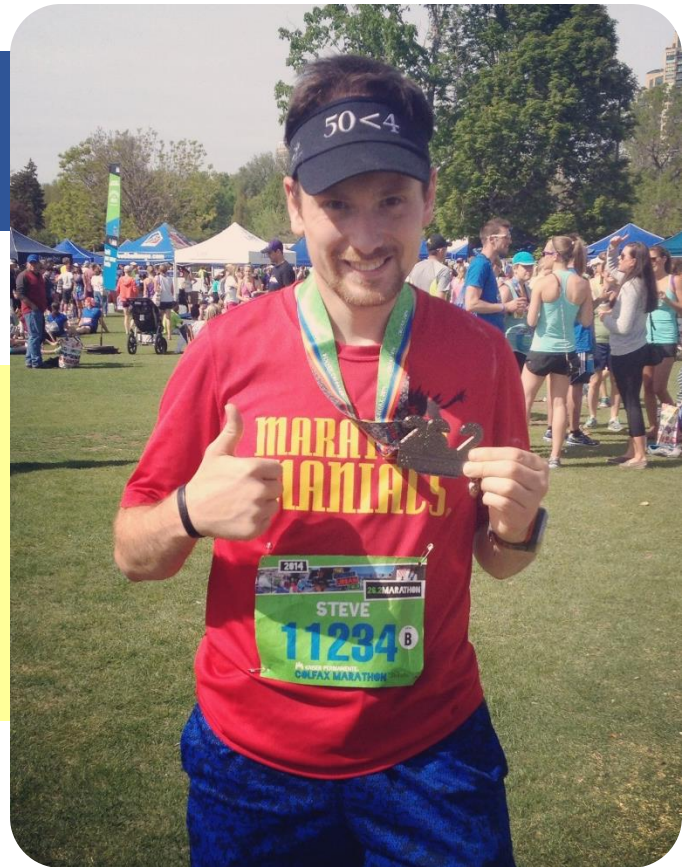


COLORADO

Colfax Marathon

Sunday May 18, 2014 • Denver, CO

Marathon/Ultra number:	217
State (first in state):	10* (no)
Finish Time:	3:30:11
Overall Place:	108 of 1323
Gender Place:	93 of 764
Age Group Place:	41th
Age on race day:	33



In September of 2014 I ran the Rock N Roll Denver Marathon as my 10th state, however I failed to break 4:00. I returned to Colorado in 2014 seeking to break 4:00.

I made this trip without using any vacation time, I flew in on Friday night and flew back to Portland on Sunday evening. On Saturday I ran the Carbon Valley Half Marathon in Goodyear Colorado.

My only goal at Colfax was to break 4:00. I started out at a good pace, but the altitude and higher than comfortable temperatures caused me to slow down in last 4-6 miles.

I managed to pull in a time of 3:30:11, but had to walk a few short stretches in the last few miles. I'm just not a good altitude runner. Overall happy with the time, although I wish I could have broken 3:30. The race was well organized and I enjoyed running through the Bronco's stadium.

It was clear and cool at the start, but when I finished it was 74 degrees and in mid-May, that's too warm for me.

* Colorado was my 10th state when I ran the Rock N Roll Denver Marathon in September 2012. At that race I ran a time of 4:10:24. I returned to Denver to run Colfax in 2014 in need of a sub-4:00 time. Which I did by running a 3:30:11.

