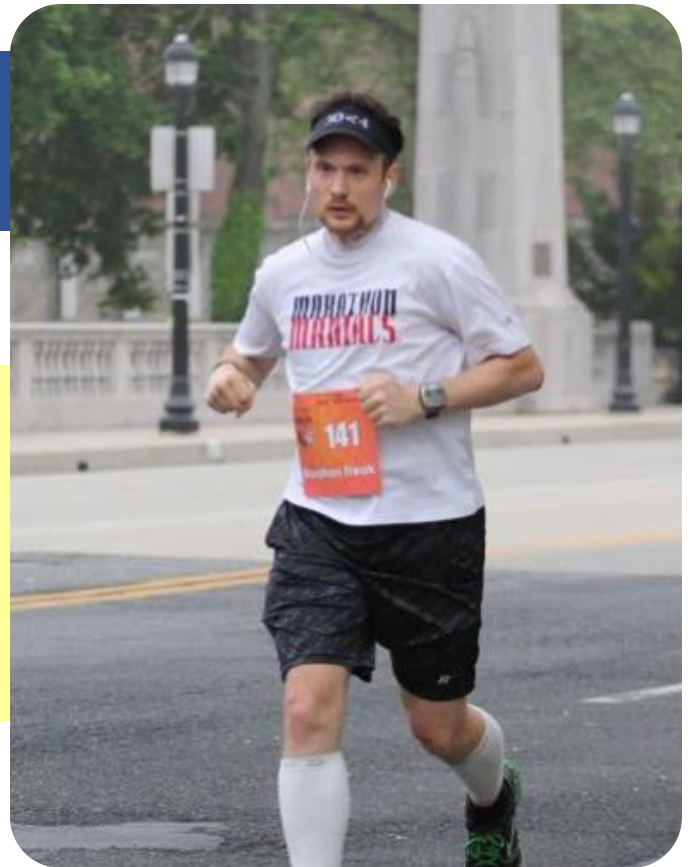


DELAWARE

Delaware Marathon

Sunday May 10, 2015 • Wilmington, DE

Marathon/Ultra number:	260
State (first in state):	45 (yes)
Finish Time:	3:21:14
Overall Place:	25 of 412
Gender Place:	22 of 234
Age Group Place:	6th
Age on race day:	34



I flew into Washington DC and drive to Maryland and ran the Maryland Half Marathon on Saturday. It was warm and very humid. I ran well (1:34), but was drenched in sweat when I was done. Unfortunately that was a sign of things to come.

The night before the marathon I was looking over the race's web site and noticed they kept track of the best times from runners from each state. The Oregon record was 3:22:43. I decided to make that my goal in the race.

The course was a double loop. I started out running at BQ pace as I tend to do. But after only a couple of miles, I realized that was way too fast. I settled down into running in the 7:20s/7:30s. After the first loop, I had run a time of 1:36:19, which was good. But I knew the second half was going to be slower.

The weather was the biggest obstacle. It was overcast and warm (temps in the 70s/80s) and the hills in each loop made it even more challenging.

Going into the second loop I had to run a 1:46 to break the Oregon record. I kept pushing until I got to mile 20. At that point, I had a hard time keeping a sub-8:00 pace. In the last few miles I had to walk the hills.

I managed to break the Oregon record with a time of 3:21:14 and was mailed a check for \$25 for breaking the record.

After the race every piece of clothing I had on was drenched in sweat. I drove back to Maryland and flew home the next day.

