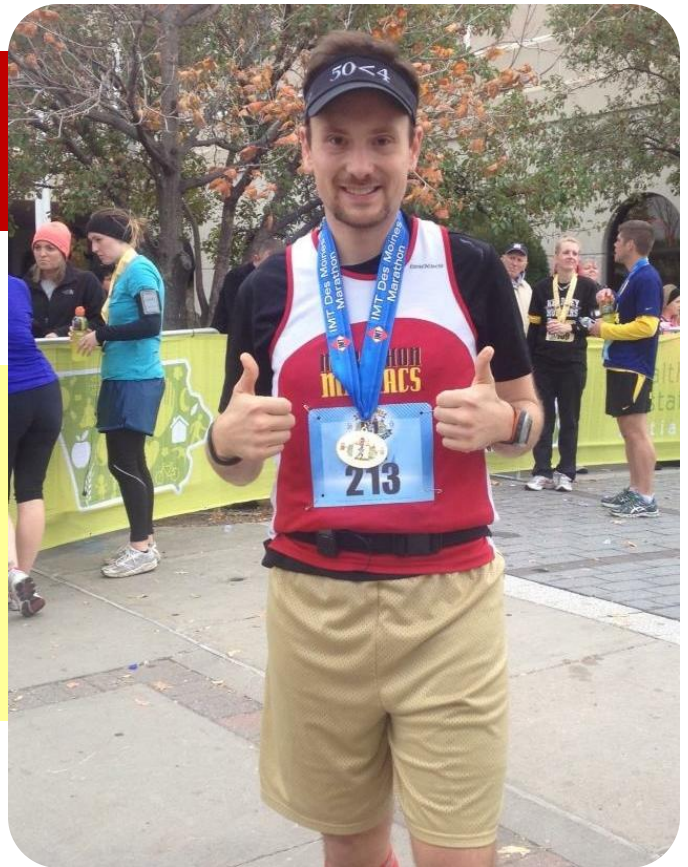


# IOWA

## Des Moines Marathon

Sunday, October 20, 2013 • Des Moines, IA

<b>Marathon/Ultra number:</b>	196
<b>State (first in state):</b>	23 (yes)
<b>Finish Time:</b>	3:07:04
<b>Overall Place:</b>	68 of 1742
<b>Gender Place:</b>	59 of 991
<b>Age Group Place:</b>	18th
<b>Age on race day:</b>	33



I flew into Kansas City on Friday and ran the Kansas City Half Marathon on Saturday. Ran surprisingly (1:31:50) well considering it was a hilly course.

I had a conservative goal going into the Des Moines Marathon. I originally thought a 3:30 would be my target. But after such a fast half marathon on Saturday, I thought in the back of mind a 3:15 would be possible.

I started out running at a BQ pace, around a 7:00 pace. I expected to slow down into a comfortable pace. But that pace seemed to be a comfortable one. I did slow down a bit, but not much.

I quickly jumped out in front of the 3:05 pace group and expected them to catch early one. But instead they didn't pass me until almost half way through the race.

I ended up running the first half in 1:33:31 and the thought of running another BQ was in my mind, but I realized I would have speed up in the second half and I was already running as fast as I could.

I didn't end up slowing down. I crossed the finish line in 3:07:04 which means my second half was run in 1:33:33. That means I was only two off from an even split. I don't think I have ever come that close to an even split.

The weather was great. Overcast and cool.

I spent Sunday night in Des Moines and drove back to Kansas City on Monday morning for my flight home.

