

KENTUCKY

Kentucky Derby Marathon

Saturday, April 25, 2015 • Louisville, KY

Marathon/Ultra number:	258
State (first in state):	43 (yes)
Finish Time:	3:14:09
Overall Place:	81 of 1952
Gender Place:	72 of 1122
Age Group Place:	20th
Age on race day:	34



For the second year I ran a marathon just five days the Boston Marathon. Boston was a wet and windy run. I was hoping for better weather in the Bluegrass State. No such luck.

They were forecasting rain and sure enough it came. And in full force! I poured for about 5-6 miles in the middle of the race. After that it was lightly raining.

I had run a 3:18:58 at Boston and was hoping for a sub-3:30 in Kentucky. I started out at a good pace running in the sub-7:20 pace. There was big hill and a bunch of smaller climbs between mile 11-14 (those were my slowest miles). Otherwise I was cruising along at a surprisingly fast pace.

I hit the half marathon at 1:37:15 and figured I would be slowing down in the second half. I felt like I was pushing myself hard. I kept pushing and ended up speeding up.

I was in the zone in the second half and even posted a 6:57 mile at mile 25. I came in at 3:14:09 which meant I ran a negative split (1:37:15/1:36:54).

The coolest part was running through Churchill Downs in the first half of the race. We didn't run on the track, but did run through the infield. That was awesome!

While I was in Louisville I took a tour of the Louisville Slugger factory, which was very cool. I even got a mini bat. I had to mail it to myself since it would be allowed in my carry on.

