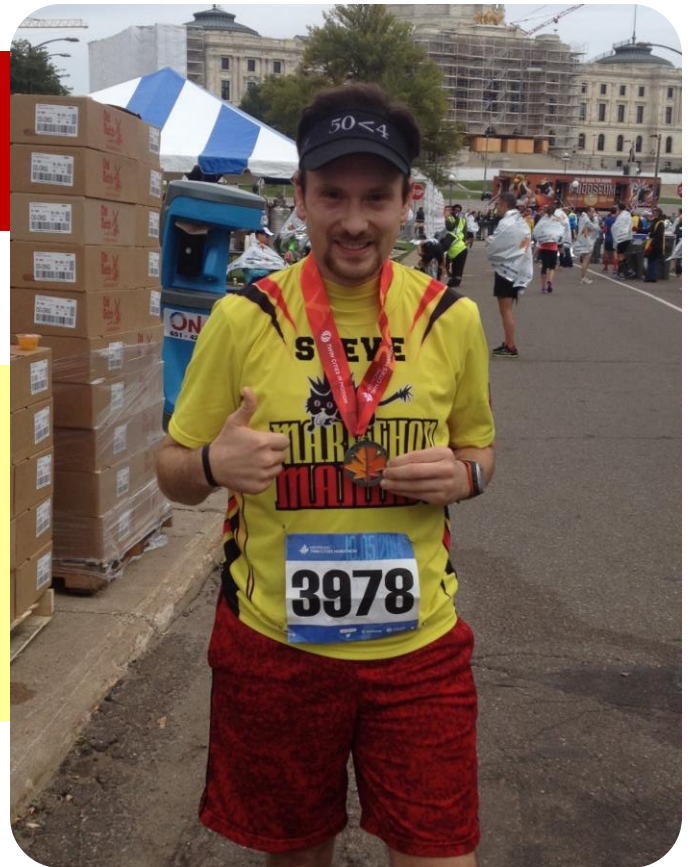


MINNESOTA

Twin Cities Marathon

Sunday, October 5, 2014 • St Paul, MN

Marathon/Ultra number:	230
State (first in state):	36 (yes)
Finish Time:	3:08:16
Overall Place:	384 of 8848
Gender Place:	340 of 4854
Age Group Place:	86th
Age on race day:	34



I always heard the Twin Cities Marathon was a great race and that is correct! It's a beautiful course with lots of crowd support. And the weather was perfect. Mostly cloudy and cool.

The race begins in downtown Minneapolis and finishes at the state capitol in St Paul. So you really do run the "Twin Cities". I arrived in Minneapolis on Saturday in time to get my packet at the expo in St Paul.

I then went to my motel. On race morning I drove to St Paul and took their light rail train to Minneapolis for the start of the marathon.

I didn't have an aggressive goal, but I was in a zone of running sub-3:30s, so that was my goal. But as I tend to do I started out running at BQ pace to see how long I could hold it. I had only run one BQ, but with the 2016 Boston Marathon being after I turned 35, my BQ time went from 3:05 to 3:10.

I ran the first half in a blazing 1:33:51 and even though the second half was hillier than the first I managed a 1:34:25 in the second half for a completed the marathon in 3:08:16 which earned me a BQ for 2016!

I was so thrilled to run my second BQ!

