

MISSOURI

Heart of America Marathon

Monday, September 3, 2012 • Columbia, MO

Marathon/Ultra number:	162
State (first in state):	9 (yes)
Finish Time:	4:58:26
Overall Place:	150 of 212
Gender Place:	107 of 146
Age Group Place:	47th
Age on race day:	32



What can I say? Some races make you realize that things need to change. After I completed Titanium (52 marathons in one year) I completed the Sun (52 half marathons in one year). But I never changed my diet when I when I switched to half marathons and as a result I gained weight. A few weeks prior to my trip to Missouri I had run a PW of 4:37 at the First Call Summer Marathon. After that I realized I needed to lose weigh and get into shape again, but HOA made me realize I had to get serious about it.

I flew into Kansas City on Saturday and arrived in the evening. I spent the night in at a motel just outside KC. Running a marathon in Missouri in late summer is not a good idea for a warm blooded Oregonian. As soon as I stepped outside I realized it was too hot and too humid. The highs that weekend we nearly 100 degrees with humidity topping off at 100%. Not good!

I drove to Columbia and had dinner on Sunday evening with some other Maniacs. I was still very new to the cross country marathon travel. I wish I had taken the time to drive to Jefferson City to see the state capitol.

The race started at 6am and the first few miles were in the dark, but the put lights up along the course to help keep things lit. I knew it was going to be a hot day and went out somewhat conservative. Knowing I don't do well in the heat.

The course was very hilly and after a while I knew it was going to be a long day. I had no expectation of breaking 4:00, I just wanted to survive. Towards the end of the first half I knew the last quarter of the race was going to be tough.

Once I got to about mile 20, I couldn't maintain a run. I went into a walk/run method. I kept a close eye on my GPS and was walking every other 0.25 mile at a very slow 20:00/mile pace. My runs weren't very fast either. I was just happy I finished even though it a massive PW with a 4:58.

After that I got serious about cutting back on calories and started getting onto a more consistent running schedule.

