

NEBRASKA

Omaha Marathon

Sunday, September 22, 2013 • Omaha, NE

Marathon/Ultra number:	192
State (first in state):	19 (yes)
Finish Time:	3:06:41
Overall Place:	23 of 858
Gender Place:	21 of 512
Age Group Place:	6th
Age on race day:	33



This was a late add to my race schedule. In late Spring I realized I could fly in, run the race and fly home without using a vacation day. So I figured, lets do it.

I flew into Kansas City on Saturday and drove to Omaha. I arrived too late to pickup my bib, but they offered race day packet pickup.

The race was single out-and-back. It was a flat course, but I had just run my first ever BQ and PR of 3:01 the Sunday before, so I wasn't looking to run superfast. But I planned to push as hard as I could.

I started out at BQ pace and very really slowed down. I hit the half way point in 1:33:11 to the turn around. On the return trip in the second half I barely slowed down with a 1:33:30. This gave me a finish time of 3:06:41, just 101 seconds shy of another BQ.

I was thrilled, but didn't have much time to celebrate. I quickly jumped in my rental car and went to a 24 Hour Fitness to take a shower and then off to Kansas City. I flew home that evening and back at work the next day.

