

# NORTH CAROLINA

## Rock N Roll Raleigh Marathon

Sunday, April 12, 2015 • Raleigh, NC

|                         |           |
|-------------------------|-----------|
| Marathon/Ultra number:  | 256       |
| State (first in state): | 42 (yes)  |
| Finish Time:            | 3:22:25   |
| Overall Place:          | 36 of 893 |
| Gender Place:           | 33 of 502 |
| Age Group Place:        | 8th       |
| Age on race day:        | 34        |



I once again doubled North Carolina by running a half marathon (in Charlotte) and a marathon (in Raleigh). I flew into Charlotte on Friday and ran a half marathon on Saturday before driving to Raleigh.

Rock N Roll Raleigh was like your typical Rock N Roll event, the event was really catered to the half marathons. The marathon was well organized, but the extra section the marathoners ran was pretty uneventful. And the marathon drew less than 1,000 finishers (which is small for a RNR event).

My goal was to run a sub-3:30. It was a hilly race and I started out running about 7:00/mile. After a few miles, I slowed down to the mid 7:30s and was able to maintain that until about mile 18.

I hit the half way point in 1:38, but the sun was shining and it became warm and the second half I was slowed. At about mile 18, I slowed to the 8:00-8:30/mile pace. I pushed through and finished in 3:22 to get another sub-3:30 state.

I spend another night in the Tar Heel State before flying home on Monday.

