

OREGON

Newport Marathon

Saturday, May 30, 2015 • Newport, OR

Marathon/Ultra number:	262
State (first in state):	1* (no)
Finish Time:	3:06:57
Overall Place:	27 of 725
Gender Place:	23 of 321
Age Group Place:	4th
Age on race day:	34



Newport is one of the fastest marathons in the state of Oregon. Going into this race I had my eyes set of running an Oregon personal record. I needed to beat 3:13. Having ran a 3:12 the week before and having run 3:14 twice in the month prior, I knew a sub-3:13 was possible on the fast course.

My goal was run push hard in the first 4 miles and then settle into a good pace for the 22 mile out-and-back.

Sure enough I was off running a fast pace (even for me) in the 6:50/mile range. I did slow things down after that first 4 miles. I settled into a pace in the 7:05-7:20/mile pace range. I was able maintain that the whole way. I hit the half way point in 1:32 and decided to keep it going as long as I could. My slowest mile was 7:20 and finished in 3:06:57.

I was thrilled because this was a Boston qualifying time (my first in the state of Oregon). Making it 5 states that I have run a BQ in.

The weather was ideal. It was sunny with some clouds and cool. I hopped in my car and drove 6 hours to Cle Elm to run another marathon the next day.

* Oregon was my 1st state when I ran my first marathon at Pacific Crest Marathon in June 2005. At that race I ran a time of 3:51:09. I've run nearly 100 marathons/ultras in my home state when I ran my first BQ in the state at the 2015 Newport Marathon with a time of 3:06:57.

2015 NEWPORT MARATHON

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OREGON COAST BANK

