

SOUTH DAKOTA

Deadwood Mickelson Trail Marathon

Sunday, June 7, 2015 • Deadwood, SD

Marathon/Ultra number:	264
State (first in state):	47 (yes)
Finish Time:	3:22:56
Overall Place:	20 of 358
Gender Place:	18 of 193
Age Group Place:	3rd
Age on race day:	34



When it came to South Dakota, I wanted to visit the Black Hills. I wanted to see Mt Rushmore and Crazy Horse. In South Dakota there aren't that many marathons and Deadwood Mickelson is one of a few marathons in the Black Hills. And I heard a lot of good things about it.

I flew into Rapid City on Saturday. I arrived mid day and stopped off at Mt Rushmore. It was raining with thunder and lightning, but the opportunity to see Rushmore was still amazing.

Deadwood is an old western town best known for being the home of many outlaws of the wild west. The race started 26.2 miles from the trailhead of the Mickelson Trail in Deadwood.

We were bussed out to the start and I had heard the course was pretty much all uphill the first half and downhill the second half. This race was not about running super fast. I don't tend to do well at high altitude and this race was almost entirely above 5,000 feet. I was only hoping to beat 3:30.

When the race started it was quickly apparent I was not going to surprise myself. Out of the gate I was hovering around an 8:00/mile pace. But since the first half was uphill, I just wanted to not stay off pace. I hit the half way point at 1:44. The second half was downhill and I finished it off in 1:39 for a time of 3:23. And placed third in my age group.

That afternoon I stopped off to see Crazy Horse and spent the night in Rapid City before flying home on Monday.

