

# TENNESSEE

## Seven Bridges Marathon

Sunday, October 19, 2014 • Chattanooga, TN

Marathon/Ultra number:	231
State (first in state):	38 (yes)
Finish Time:	3:09:21
Overall Place:	2 of 500
Gender Place:	2 of 261
Age Group Place:	1st
Age on race day:	34



This marathon in Chattanooga seemed to workout well into my schedule. I flew into Nashville on Saturday and drove the 2:30 hours to Chattanooga. I arrived a bit too late to pickup my packet, so I went to my motel and picked up my packet on race morning.

It was a great day for a marathon. Cool and sunny weather. It started early in the morning when it was still dark. The first few miles were run around downtown Chattanooga.

I had run two straight weeks of sub-3:10 (BQ time). So I decided to just push the pace and see what happened. My goal was to run a sub-3:30, but I kind of knew I could run faster than that.

The race took runners along the river and we crossed seven bridges (hence the name of the race). I was off and running. I was at first running right about a 7:15/mile pace. That was a good pace, and a slowed a bit in the first half finishing the first half in 1:36:15.

In the second half I sped up. I ended up getting down into the low 7:00s pace and managed to run a negative split with a 1:33:06. For a time of 3:09:21 (my third BQ in three weekends).

There was at a one point where a group of us runners didn't know which was to when we came to an intersection, but we chose correctly (not marked).

At another point I was running along the river towards of the bridges and I saw runners coming at me the other way. I thought to myself "Shouldn't they be running along the other side of the bridge?" When I got to the bridge the organizers were setting up cones. When I finished the results said I had finished 12<sup>th</sup> place. A day or so later, I found out those runners were disqualified for not running the right way (they turned around at the bridge instead of crossing it). I went from 12<sup>th</sup> place to 2<sup>nd</sup> place overall!

