

# VERMONT

## Vermont City Marathon

Sunday, May 24, 2015 • Burlington, VT

Marathon/Ultra number:	261
State (first in state):	46 (yes)
Finish Time:	3:12:24
Overall Place:	186 of 2458
Gender Place:	166 of 1333
Age Group Place:	44th
Age on race day:	34



Vermont is a small state. Burlington is the only city of decent size. The Vermont City Marathon is the largest and best attended marathon in the state. It was also on Memorial Day weekend, which meant I could void having to use a vacation day.

I flew into Boston and drove the four hours to Burlington. It was a beautiful drive and I stopped off in Montpelier to see the Vermont state capitol.

I had just come off running two sub-3:15 marathons in the weeks prior to this race. My main goal was to run a sub-3:30, but in the back of my mind, I thought another sub-3:15 was possible.

This was a hilly course and at times I really had to dig deep to keep pushing. In the five miles I was running sub-7:00/mile pace. I slowed down to a comfortable pace that I was able to maintain the rest of the way. I hit the half way point in 1:34. I finished strong and finished in 3:12:24, which was my fastest marathon in over seven months.

The town of Burlington and the state of Vermont reminded me of Portland and Oregon. It was overcast and cool, which was perfect for me.

On Memorial Day I ran a community 5k in a suburb of Boston before flying home. It was a wonderful weekend!

