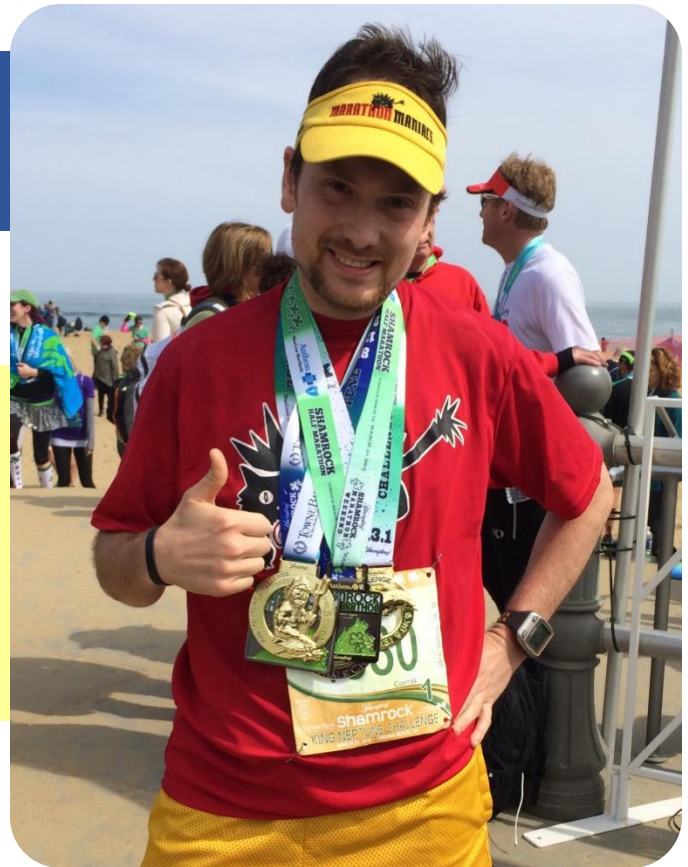


# VIRGINIA

## Shamrock Marathon

Sunday, March 22, 2015 • Virginia Beach, VA

Marathon/Ultra number:	253
State (first in state):	41 (yes)
Finish Time:	3:25:48
Overall Place:	209 of 2110
Gender Place:	175 of 1197
Age Group Place:	36th
Age on race day:	34



The Shamrock Marathon offered a special challenge, called the King Neptune Challenge (named after the King Neptune statue on the Virginia Beach boardwalk). It consisted of running an 8k on Saturday. Then running a half marathon immediately followed by the marathon (the half marathon must be run in 1:50 or less). I took on the challenge!

I flew into Washington DC on Thursday evening and on Friday drove four hour to Virginia Beach. On Saturday I ran the 8k and then set out to take on the 39.3 mile challenge on Sunday.

I pushed hard in the half marathon to get done as soon as possible. I finished it off in 1:33 then started off to run the marathon. I wanted to finish the marathon in under 3:30.

It was quite an experience to start after all the other marathoners had started. I was passing people right and left. I hit the half way point of the marathon in 1:37 and kept pushing in the second to finish in 3:26. I earned six medals for doing the challenge.

I drove to Richmond Virginia and spent the night and checked out the state capitol before heading home from Washington DC on Monday.

It was a wonderful experience!

