



The nationally-recognized 3M Half Marathon and Relay was held this morning in Austin, Texas. Many runners participate in this fast course in an attempt to set a personal record. Members from the San Marcos Runners Club that were looking to set a personal record this morning were **Phillip Adams, Tim Bayliss, Laura Mason**, and myself. Other SMRC members that participated were **Charlene Martinez, Teresa Medina, Elma Minor**, and **Elizabeth Black-Wills**.

The Early Bird Gets the Worm

A group of us carpoled today and arrived at the race event at 6:00 a.m.... which was not too early, considering the race start time was 7:00 a.m. After parking, I volunteered to perform a reconnaissance of the exact location of the venue and report back to the troops. I returned with some great news. I reported that our mission for the day was to move the vehicle a couple of hundred meters. Once we re-parked, the girls became giddy! They almost rose off their seats as they saw the line of port-o-potties a few feet in front of them. Ohhh, they thought they were in paradise. The information desk and all other relevant running apparatus, such as booths and the start line, were all either within a hundred feet or within view from the vehicle.

Running In the Moment

I ran a P.R. at the 3M in 2006, and it was a different course. I believe that I was equally conditioned and prepared for today's race, but I was not able to obtain a P.R., much less match the time from 2006. There are many factors involved in a race that influence a runner's performance. Nevertheless, I believe that the changes in this course were the biggest factor in my not performing as intended. I believe it was not as fast of a course. I did try and find information regarding the differences between the two courses to include elevation charts prior to this event, but was not able.

I mention this scenario because I believe it to be of value to listen to the body's performance in the moment, as opposed to getting caught up in remembering your past performance. Remembering your past performance on the same or a similar course can cause you to overexert yourself and therefore drastically affect your overall running/race performance, or worse, cause an injury. While running the 3M, I observed that I was not performing similarly compared to the 2006 3M. I also was aware that I was giving it my all in those moments, and knew not to try to catch up to the runner ahead of me known as the "past." If I would have tried to catch the past, I would have surely bonked out early by overexerting myself. This is a scenario that many runners will face along their running career. May this information be of service to you.

3rd Time Is the Charm

I am in awe of my performance as a runner in the last couple of months. I have placed in either the master's division or in my age-group division in the last 3 Distance Challenge races. In my mind, these were not just any races either. The Decker Challenge Half Marathon is known for its hills; I believe it to also be the hilliest race in Austin. The RunTex 20-Miler is one of the longest races in Austin. Finally, the 3M Half Marathon brings out the fastest runners in Austin, in Texas, and in the nation.

How to Relate To a Celebrity Runner 101

Did you know that I have recently been mentioned on the RunTex website twice? As I move into this celebrity status, know that I will not be moving to Austin to train with some elite organization. Heck, if we want some elite training we can turn to **Doug Framke**. Please, no photographs or autographs. If you just treat me the same, then I will know that my new celebrity status has not gone to your head.

Congratulations!

Congrats to **Phillip** and **Laura** for setting personal records for the half-marathon distance.

Distance Challenge

One more Distance Challenge event to go! Of course that event is the biggie, the Austin Marathon. Once I finally finish this series I am out of the D.C. series, particularly because there are easier quality marathons nearby to run, i.e. San Antonio, Houston, and Dallas marathons. I figure running a marathon is hard enough; and so why would I want to run a marathon with so many hills?

Competition to Collaboration

I was surprised to meet up with **David Hamilton** on the course. I have only seen David at a couple of the San Marcos races. I think he has always placed ahead of me. We reintroduced ourselves and ran together from miles 2 to 4. Then at mile 4 we caught up to **Marvin Hope**. Marvin is currently 3rd in the D.C. and in my age group, and I am placed 2nd. Marvin and David also knew each other and began a short conversation.

I spoke to David and Marvin at the finish line. We were discussing the Austin Marathon and our intentions. I told Marvin I am intending to run with him. Actually, we may all three be running many miles together at the Austin Marathon. We are all looking at running a 3-hour race pace (or sub-3). It feels good to compete against runners such as Marvin and David throughout the series and other local runs, and then change the relationship towards supporting each other. Amen.

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