



After months of running race events in Austin and New Braunfels, we finally have the opportunity to participate in a running event in San Marcos! This is not just any running event either. This is not one of the 5K runs that are popping up everywhere nowadays and then gone tomorrow. There were approximately a dozen 5Ks in San Marcos last year. This is Moe's Better Half Marathon. According to our SMRC website, "Over the last 20 years or so, the ARA-Moe's Better Half Marathon has evolved into one of the more popular road races in central Texas. Named after San Marcos running guru and race director Dr. Moe Johnson, the ARA-MBHM is known for its challenging and scenic course..."

There were too many SMRC members who ran this race to name here. Moe will reference the SMRC members along with another two dozen runners in and around the San Marcos area in his Sunday weekly running column in the San Marcos Daily Record.

It is difficult to mention Moe's Better Half Marathon and not make some reference to the SMRC president, David Alexander. David, a race director himself, has been an integral part of the success of this event for many, many years. With that said, it is difficult to mention David's name, without mentioning Linda Alexander's name as well. There is no other SMRC member who is not a runner that has volunteered more for this event and all other race events in San Marcos. Thank you Moe, David, and Linda for all that you have given the San Marcos running community through all these years.

7:00 a.m.

Cloudy skies, slightly humid, and a significant breeze are the words that I will use to describe the weather conditions today. The temperature was approximately 60 degrees.

I decided to use this race as a substitute for a long run. I ran with Elizabeth Wills for the first ½ mile. I then ran with Daniel Garza, and then "Cat" (Kathryn Futrell), and then Daniel Chidester.

I do not have to much more to say about the rest of the race. I do have something to show however. As the saying goes, “A picture is worth a thousand words”. This elevation chart also speaks volumes.



Drafting

One particularly interesting facet of the race involved Tim Bayliss. Tim shared with me that another runner drafted off of him for the entire race! This drafting off of Tim for the entire race allowed this runner to conserve more physical and mental energy. In the last mile Tim could not maintain his pace; and the fresher runner that had been drafting off of Tim was able to pass Tim and stay ahead until the finish line.

Eventually, we all draft off of another runner on a windy day, but not for an entire race. There are some unspoken rules about drafting:

1. DO NOT draft off ONE runner for an entire distance, or even half the distance of a race.
2. Share drafting off each other.
3. In a group, the members should continue to take turns blocking the wind for others.

Post Race

Afterwards 9 of us went to breakfast/lunch at Café on the Square. Here we continue to discuss the many dynamics of the race. Good times.