

Hi fellow roadrunners,

While I don't know many of you, I follow your reports, and always enjoy reading them, so I hope you enjoy hearing from a first time marathoner. (WOW I'm a marathoner now!)

I'm usually a 3-4 mile runner who when challenged with a 10k, gets really scared. I ran 2 half marathons last year and really, really did not enjoy them. BUT, there was a voice in my head that told me "you have to run a marathon". Unfortunately, other fitness goals kept me from training until mid-December. But after 5 long runs from 12-22 miles, I felt that I could at least survive a marathon. So, here's how it went:

Nice, cool, but not cold morning. Hotel 1.8 miles from start. Package drop off was very easy. The capitol grounds were beautiful. I was very worried about my clothing since I had never run a long run in shorts due to cold weather for the past several weeks. Shorts made me fear chaffing. But that wasn't a problem at all. I was concerned about the hills, but I figured Corpus wind (i have a wind phobia) is sucky like hills. WELL, who would have thought that the crazy Corpus wind would follow me to Austin. Haha....it was so windy. But oh well...I tried to just take it all in. The people running, the spectators, the surroundings, the fresh air, my pains.

My goal time was 4:30 with a realistic hope for 4:20 (considering my times on my long runs). But, the wind, the hills, and my lack of experience and lack of long run conditioning brought me to the finish at 4:38:54. While I was a little disappointed with my time, the entire experience of the race and of the training were BY FAR the most challenging physical experience I have ever endured. I'm afraid I may be hooked.

I admire anyone who can run a marathon. I have been an athletic and fit person my entire life. But really....running a marathon is a lot more than physical. I had to embrace my pain. My feet and my shins were horrible. And by mile 17 I was soooo sick of jelly beans and Gatorade, but I knew there was no way I could keep going without glycogen. I really wanted a potato or a piece of bread.

So after a little break, I'll be ready for some weekly long runs again, and hope you finally be able to meet some of you.

Until then, Happy running:)

Rose Mary Fries