

Frankenthon Monster Marathon
Cedar Park, TX
Saturday, October 22, 2011
7:00 AM

Kamiar Kouzekanani

The marathon is the brainchild of Frank Livaudais, a very well-known and respected long-distance runner at Austin. It is a marathon created by a runner for runners. It is capped at 150.

This was the 3rd edition of the marathon, which enjoyed an excellent organization. Packet-pick-up was on Friday afternoon/evening, as well as the morning of the run. Each runner received a nice long-sleeved technical shirt & a pair of running socks.

The race was held on the trail of the beautiful Brushy Creek Park at Cedar Park (a north of Austin suburb). Temperature ranged from low 60s to high 80s. It was overcast during most of the morning hours which was quite helpful. We ran the same loop 3 times. There were some hilly sections. The surface was a combination of pavement & crushed granite. The footing was good. The mile markers were accurate. There were water/sports drink stations at approximately every other mile, staffed by cheerful volunteers. Each finisher received a nice medallion. There were plenty of recovery food items and drinks, as well as massage therapists. In short, I doubt if there is a marathon runner who would not enjoy running this marathon.

There were 133 finishers (82 males, 51 females) in the average finish time of 4:39:50. The winning times were 2:37:14 (overall male), 3:15:10 (overall female), 3:18:55 (masters male), & 3:43:15 (masters female). There was an 11-year-old girl who ran the marathon in 4:01:03!

This was my 4th marathon in consecutive weeks. I felt tired throughout the run. I ran the first loop in 1:30:52 (10:23 pace), the second loop in 1:32:35 (10:35 pace), & struggled to run the third loop in 1:43:20 (11:49 pace). My finish time was 4:46:48 (10:56 pace). In spite of the slow finish time, I placed 3rd in my age-group & received a nice trophy!



2011 Frankenstein Monster Marathon
Male 55-59
3rd Place