



San Antonio Marathon and 1/2 Marathon Race Reports

Please send your report to julie.crunner@gmail.com

By Fancy Morgan

This was my **2nd half marathon** and by far the largest race I've ever participated in. The run was good and the weather was great once you got going - it was just a tad cold while waiting for the shuttles. Traffic was a mess once you got near the AT&T Center and there were long lines for the shuttles. I ended up getting to the starting line late and I had to start with group 19 instead of my assigned group 7. During the race I spent a lot of time dodging walkers and slower runners, but I still managed to improve 13 minutes over my last half marathon one year ago. Overall I thought the actual run was good with great spectators, I just wasn't too happy about waiting in long lines for every aspect of the race weekend.

By Emma Mathis

The San Antonio Rock N' Roll was my first **Half Marathon**. I've been running for almost a year and until now I had only run in a hand full of 5Ks and one 10K race. So I'm proud to say I finished in 2hr 19min and now consider myself to be a real runner. This was an awesome experience. I would definitely recommend the SARNR to first time half/marathoners because of it's course entertainment/support and location. My running buddy, Shannon, and I went up on Saturday and stayed at the KOA campgrounds. Turns out the KOA is a well kept secret. It was located just 3 minutes from the AT&T Center and they had a heated pool and hot tub, which was great for post race recovery. :) They also allowed us a late check out on Sunday at 3pm. As for race day, that 35 degree weather Sunday morning was a little unbelievable, but once we entered our corral and the adrenaline kicked in we were ready to go. The first 5 miles went by in a blur as I was mesmerized by the sights and sounds that surrounded me. It was like I was experiencing the 'the spirit of a marathon'. The bands along the course provided excitement along the way and the cheering crowds stretched along every mile were invigorating! By mile 11 they began to separate the Half runners, from the Full runners. It was at that point, while fatigue was creeping into my body, that I had to tip my hat to the seasoned runners whose discipline and determination would take them 15 more miles before they would meet us at the finish line. As for my last two miles, I imagine every runner cursed that last 1/4 mile with it's uphill climb, but with the hundreds of people lined up across the overpass, cheering you on, you couldn't help but feel like a champion no matter what your pace or finish time was! Crossing that finish line in good health and great spirits was an unforgettable experience for me. Congratulations to all the CRRs who participated and I hope everyone made it back home in good health! Cheers,

PIBC Runners. 'but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.' Isa 40:31

By Kay Duplichan

I ran **the half** in 2:17:59 (and I REFUSE to call it 2:18!). I thought the first Rock and Roll San Antonio was a great success! The Rock and Roll organization and the citizens of SA really outdid themselves! We get the SA newspaper, and they admit that there were a few "glitches" and promise to improve on them for next year. I hope that Dup and I will both be able to participate in 2009!

.....I forgot to mention that I was first in my age group, and this time, I wasn't first out of ONE. There were actually 13 women in the 70-75 age group!! Isn't that amazing?!

Another race report... by Mr. Mandy Muniz

I did not run the San Antonio Marathon but I did run the Marine Corps Marathon in Washington, D.C. It was an awesome run and a bit nippy at the start. I almost cancelled due to an injury but it was too late to postpone any of the reservations. I ran it anyway and was pleased to have completed it and receive my finishers medal. Thank you and take care.

By Joseph David Howard

OK, so most of you that know me, know that this was **my first Marathon**. The excitement, the people, all the runners, I was trained and ready. Or so I thought. I cruised through the first 20 miles at 8:11 per mile only to fade very fast. The cramps set in really hard around mile 22 and slowed me to a stop at mile 24. I couldn't believe it! I had ran 24 miles in 3:32:49 only to sit on the sidewalk and watch the other runners cruise by. One of which was Mr. Rich Martucci. (It was nice to see a friendly face.)

I only wanted to break 4 hours and had approximately 28 minutes to cover the last 2.2 miles. I finished, but it took me 39 minutes to cover that 2.2 miles with my new found wooden legs. Rookie mistake. I did not hydrate as much as I should. Looking back, I flew through the water stops, grabbing a cup, dumping half to prevent spilling while drinking, and sipping what I could. I was unknowingly dumping out the water and electrolytes from the sports drinks that I would need later in the race. Lesson Learned! I finished in 4:09, got the picture taken and faded into the crowd to sit and ponder what the hell was I thinking? Well, like most of you, I am learning and already planning for the next marathon. Las Vegas 7 Dec 2008? See you at the Turkey Trot!

"Hey, does this mean I am no longer a rookie?"

In my humble opinion.... by Rich Martucci

A lot of hype for sure but when it came down to it, it was just another **marathon**. Of the 30,000 runners advertised, 7526 actually finished the full marathon (not sure how many started). I mean it was ...OK and all but nothing better on the course than Houston offers. There was music but I doubt there

were 70 bands (as advertised). No hula hula girls, belly dancers or holy water; that I could have really used :-).

It was a beautiful day weather wise so I have no excuses for my lack luster performance. I knew I didn't "have it" right from mile one so I made a game day decision to try the "Galloway Method" and I walked for one minute through every aid station (17 if I counted correctly). This didn't result in a PR but I was able to maintain a reasonable pace (8:20 ish) until mile 23 when the ole cramps set in and I slowed into the ten minute plus range. The good news is by doing that, I have virtually no muscle soreness and can now get right back to training for the SUNMART 50K on December 6th.

By Mike Wanzer

Here are my thoughts on the RNRSA marathon. This was **my first marathon** and run over 20 miles so I can't really compare it to anything else. My goal was 4 hours or less which I fell short of by a little over 4 minutes. This disappoints me on one level but excites me on another level that is that my goal was realistic and with some more work and another chance I can make it.

I thought for the most part the race was well done; the shuttles to the starting line were a mess which resulted in a late start for many. The course was awesome and all the people along the way were friendly. Dealing with the crowd was not as difficult as I thought it would be, the first couple of miles were littered with clothing debris as people were shedding clothes quickly as the temps rose. At the halfway mark I was up about 5 minutes and at 20 miles I was at 3 hrs flat. It was here I realized the truth in the old saying, anybody can run 20 miles, and it's the last 6 that really count. The last 6.2 miles were tough and hilly. I don't think I would have made it were it not for running at West Guth Park regularly. Thanks to John M., Syd, Clay, Jesse and Alissa for keeping the pace and encouraging me to keep up.

I never thought in January when I ran my first 5k that it would be possible to run a marathon in the same year. I have endured stress fractures on both legs but in the end it was all worth it, finishing a marathon is one of the most satisfying things I have ever done. Thanks to everybody that allowed me to tag along this past year, it's been great and I really look forward to another marathon. If you have never run one you should, it was a blast. See ya on the road !!!
