

Sam Bueno
Woodlands Marathon 2013
4:26:41

Well my second time around was a much better experience than my first. Although the Marine Corps Marathon will always hold a special place in my heart because it was my first; I was not particularly proud of my 5:35:54 finish.

The weather was a perfect 38 degrees at the start and never got above 50 (I think). I was freezing after the race (I ditched my cap, gloves and sleeves on the course after mile 5 or so) because they did not hand out the usual thermal blankets that most races do. My training was better and I felt more prepared and confident. I was really hoping to break 4 hours and was on pace to do so up until about mile 15.

The first 13 miles felt real good. I knew I was going out too fast but I did not want to lose sight of the 4 hour pace guy. He said he was going to hit 9:09 the whole way and get us there in 3:59:59. BIG LIE! He hit 8:35 the first mile and 8:55 by my watch up until mile 11 or so. I finally decided at that time to slow it down and run my own race or risk disaster. By mile 13 I lost sight of the 4:00 hour balloons.

I secretly contemplated bailing at 13.1. I got a real pick me up when I saw my girls at mile 14. I stopped to kiss them all.

I ran without music because I did the majority of my long runs without tunes this training cycle. I find it helps me concentrate on the pace and the rhythm of my breathing. I really did not miss the music. I did miss talking to someone so I teamed up with Johann (a guy from Sweden). We had good conversation up until mile 20 when things got really tough. He pulled ahead and probably finished in 4:15 or so.

I took a Chocolate Outrage Gu at every 4 miles. All the water stops were pretty well stocked except for the second one. Luckily it was early on and I was still not very thirsty. I only had one drink up until the mile 8 water stop where I deliberately slowed down and gulped a ton of water because the second water stop was completely out. I made sure to drink at every water stop after that because I was afraid others would be out as well. The rest were OK. Unlike MCM I only had to stop for one pit stop and I waited until Mile 16 or so. I pissed a ton and actually felt lighter.

Miles 20 through 26 were brutal. I suddenly could not hold a 11 minute pace the last few were in the 12 minute range. I gutted it out and feel good about the race overall, it was a PR by over one hour. I will break 4 hours another day.

The whole family went up for this run. My wife Yolanda and my two girls Maya and Luz signed up for the 2K. They are starting to like these mini Runcations.

Overall a great race and I would definitely run it again!

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