

**#47**  
**Christiana Care Health Systems Delaware Marathon**  
**Wilmington, DE**  
**Sunday, May 17, 2009**  
**7:00 AM**



Two weeks after running in the smallest state, I ran in the second smallest state in the U.S. Delaware is located in the eastern section of the Delmarva Peninsula between Delaware River and Chesapeake Bay. Wilmington is the state's largest city and is located at the confluence of the Christina River and Brandywine Creek, near where the Christina flows into the Delaware River. I flew into Philadelphia on Friday afternoon and took the Delaware Express Shuttle from the airport into Wilmington and checked into Marriott Courtyard, which was about a mile from the packet pickup/expo and start/finish of the marathon at the Tubman Garrett Riverfront Park.

The sixth edition of the marathon was very well organized. Each runner received a nice technical short-sleeved T-shirt and a crystal glass. As had been forecasted, a cold front arrived on Sunday morning. It rained some, humidity disappeared, and temperature began to drop; thus, creating a good running weather. There were shuttle buses from the host hotels to the start line but I chose to walk there. We ran the same scenic lap twice, from the Riverfront through downtown, very nice residential neighborhoods and parks to Little Italy and back. There was no shortage of hills and the toughest one was at mile 25. There were ample water/sports drink stations on the course and traffic control was good. The volunteers and course monitors were great. There was sporadic crowd support. There were all kinds of recovery food items and drinks at the finish. A nice finisher's medallion too.

There were 531 marathon finishers in the average time of 4:17:30. The winning times were 2:40:13 (overall male), 2:57:12 (masters male), 3:05:17 (overall female), and 3:19:08 (masters female). There were 519 half marathon finishers and the winning times were 1:13:22 (overall male), 1:29:31 (masters male), 1:34:38 (overall female), and

1:39:26 (masters female). There were 157 4-person relay teams and the winning time was 2:26:55.

I ran most of the first half with another 50-stater whom I had met at the finish of the marathon in Hilo a couple of months earlier. This was her state #46. She talked some. I talked a lot! At about mile 12.5, she left me behind and never looked back. Was it something I said? I ran the half in 1:58 (9:00 pace) and finished in 4:12:33 (9:38 pace). She had already finished in 4:03 and was partying with her parents and friends when I entered the hospitality tent. I hanged out with them for about 30 minutes. We talked, laughed, and had a good time. During my marathon trips, I have met some very fine people/runners which has been icing on the cake. I am not the marathoner I used to be. However, if I can stay within my limits, I end up enjoying the marathon. I achieved both in Wilmington.

I asked a runner at the start line to take a photo of me. He was from Houston and said that he recognized me from my write-ups for the ARC newsletter which are included in Inside Texas Running! At the hospitality tent, I ran into Lower Potomac River Marathon race director that I had run in 2007. She called me by my first and last names, and we talked for a few minutes. Am I a legend or what?

The three remaining states are IL (9/27), CT (10/10), and WV (11/1).

My good friend and fellow runner, Rich Martucci, wrote the following poem:

I don't usually work that well under pressure  
I will throw some lines together for good measure  
To pay deserved tribute to the wonderful treasure  
Our friend Kami has had the good fortune to discover

As he approaches the milestone of a fifty stater  
In our community few accomplishments are greater  
It's very obvious that our Kami is no hesitator  
He barely takes enough time to fully recover

Running a full marathon in the smallest state  
Still doesn't alter the distance or negate  
The fact that you put yourself in the hands of fate  
And the elements like wind or lack of cloud cover

There are only three more states left for Kami to surmount  
For the full story to be told and take in to account  
How the sum of all parts add up to the total amount  
Of not only just a man but a true running lover