

I went to New Orleans Marathon with my old traveling and training partner Gabe Lucido. It was great fun. I ran into Tamay in the French Quarter at lunch time and she shared a real hamburger with me. I haven't eaten a real hamburger in years. Always 94/6. That evening Tamay meet Gabe, Efram and I for dinner before the race at a really good inexpensive pizza place in the French Quarter. Eating like a hog - I gained everything back I lost in 3 weeks in the 4 day road trip.

Tamay outran me to the half marathon point, we both arrived at the half in about 2:01. Tamay had problems so slowed considerably just after I passed. I finished 4:01:15 so the sub 4 hr still eludes me this year. Tamay 4:12:40

Gabe was really disappointed running a 2:40:10. He was wanting a 2:35. You should have seen the expression on Gabe's face at about 18 miles. The expression of real pain. Gabe was 4th overall and 1st age. I outlived them - 1st age also, think I would have been first in 65-69 but a ringer in 60-64 outran me.

Gabe's friend and training partner in San Antonio ran 1:16 for the 1st half and died 2:57:47 at the finish. The friends name is Efran Velazquez. Efran was a really good traveling companion so the ancient sage and the two young bucks - we were awesome - just ask us! Efran wants a 5k or 10k road trip - lost a toe nail in the marathon - redemption at a shorter distance. He has some real speed - fun to follow his and Gabe's racing.

PS Gabe won the 5k the first year we went to New Orleans, the half marathon the second year and the full marathon the 3rd year. I am talking overall, overall, overall.

This was my 5th New Orleans Marathon. I defended at least one prior age group victory. Can't wait for next year, Gabe and Efran will perhaps use my 3 mile repeats training program and Why not myself? We will HAMMER.

Later UltraDon Don Winkley