



San Antonio Marathon and 1/2 Marathon Race Reports

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

By Martha Briggs **My First Half-Marathon**

You have probably seen me on the side lines of many races accompanied by my son. Sometimes I might be cheering or just chatting away but, on the morning of November 16 I was known as number 27556. That's right the San Antonio Rock 'n' Roll half-marathon was about to become my first half-marathon race. I was nervous; not knowing what to expect. I had been training and felt prepared, but in a race like this anything can happen. A few questions crossed my mind like: was I going to be able to finish? Will I meet my expected time? What if I just can't do it? These questions were suddenly forgotten as I stepped into the 30 degree weather. I then remember telling my mom "at this time I would rather be LeRoy and be the one taking care of the baby".

After the gun went off I had no other choice but to wait anxiously in my corral, and the fact that I am not a fast runner set me in corral 27 where I waited 49 minutes to reach the starting line. Once I gave my first step from the starting line I was determined not stop until I reached the finish line, with the exception of slowing down for water, (which in my case is not hard if you are not going fast at all to begin with).

Along the way I experienced things I had heard of before but never seen. I could not believe the piles of jackets, shirts, pants, and gloves that people were leaving behind after about the first half mile. As I kept going I could see and hear the spectators cheering us on, and I was able to experience what it was like to be on the other side of the lines. As the crowd cheered and the bands played I was able to forget the pain and tired feeling in my legs. At mile 13 I could see the light at the end of the tunnel, only .10 meters to go. The closer I got to the finish the more people I could see reunited with their families, and I knew that at the finish line I had my family proudly waiting for me! I could not have done it without them! Thank you!! LeRoy, mom, Julie, John, and Paul. Hewie I love you!

By Alex Rotta **Marathon Report**

Got to SA Saturday afternoon and went straight to the expo. Showing great restraint, did not buy anything (the racks were pretty depleted already). Packet pick up was easy. On race morning, I went to the less popular shuttle stop on 3rd avenue, just a couple of blocks from my hotel. Easy in-easy out. There was no line and we made it to the start with plenty of time to spare. There were plenty of portable WCs at the start line and the lines were short. I cannot complain about the race. The first 8 or 9 miles were ran through the city with good crowd support. Some bands were painful to listen to. I mean PAINFUL. The 1/2 marathon split after mile 10 and headed back to the Alamodome.

The full marathon continue heading South into a park with bad pavement and no crowd support. It was mostly an out and back and the last part of that stretch was slightly hilly (not bad, but enough to be annoying that late in the race). By then, you could see the Alamodome. The problem was, it did not seem to be getting any closer. By mile 22 I had the usual cramps and pains (I need more training miles). The last mile had quite a bit of crowd support, but the last 0.2 miles were pretty cruel as the grade was fairly steep (or maybe I just did not have anything left in me).

The gel pods Kami introduced me to the previous week were great. Much better than Gu for my digestive system. However, I would not care to ever again drink the fruity berry Citomax drink they served along the course.

The finish line was not crowded (I guess everyone had already arrived by the time I came in), but the gear check line was not organized at all. 30k people and I managed to bump into Ronnie, Rich, Charlie and a couple of other people from work. I took a short cool down walk to the hotel and did not attend the concert. I think this is a GREAT 1/2 marathon and a mediocre marathon. Houston continues to be, in my opinion, FAR superior. I would run it again, but would make it a 1/2 instead.

Cheers

By Charlie Ozuna

San Antonio **Marathon** first half was good, second half was rough and BORING! Don't know if you will see my Asics next year, but I did do what I set out to do...finish and better than last year by 42 minutes and also beating the times in the other two marathons I did last year. Hopefully the heal pain will stay at bay, and help to do well in my up coming first 50K (Sunmart) leading to a sub 4 in Houston!

By Kathy Blake **1/2 Marathon Report**

Sorry don't have any pics, but what a spectacular event! A city (33,000) decided to run a race on Nov. 16th, and to think of what went into the preparations for it! It was "frost on the pumpkin" weather that morning; and turned into a Texas toast by the afternoon. Mary Alice, Sonja and I had a great experience -- good friends, good weather, safe travel. The girls did better than I, but it was my best half chip time -- I just got tired the last 2 miles; and that last stretch UP A HILL! Anyway, it was back to work the next day, and the old legs weren't doing too badly. A happy and blessed Thanksgiving to you and your family!

By Paul Nicolaides **1/2 Marathon Report**

We arrived in the pre-dawn darkness. From my sister's home in northeast San Antonio we drove down Austin Highway, stopped for coffee, and on to N. New Braunfels. We weaved our way through the neighborhoods arriving on the east side of Broadway at Lion's field without a glitch. The parking lot was empty but the Taco Bell was packed with runners avoiding the 29-degree temperatures. This had to be the coldest day of the year. Across Broadway at Lions Field in the darkness we could see a growing herd of runners, hundreds of port o potties, the lines were fifty deep. I sipped on coffee and sat in the comfort of Leroy Briggs SUV until it was time to brave the cold. Lupita Briggs and her daughter Martha

were running while Leroy was our chauffeur. With well wishes to all we parted. Shedding my warm clothes, I jogged down to my corral one. Starting at corral 30, passing 29...28...15.... 10...5...by the time I reached the starting line, I considered myself warmed up and started stretching as dawn turned to daylight. I saw Gabe Lucido, a former Corpus runner. Some familiar faces including a Beach to Bay teammate, David Dunn. Governor Perry appeared to say a few words. "Good Morning Austin ah SAN ANTONIO...cheers turned to boohoo. "Go Spurs GO", wasn't enough to win back the crowd. Due to a delay, the announcer who was English made some attempts to humor the crowd and get us to do the wave. "We did this sort of thing at Virginia Beach Marathon and it was fabulous." Behind me stood a man holding a sign, "2:45 Pace Group, I made a fist and said "good luck" we touched fist to fist and suddenly recognized each other. "Christian" (Hendrickson) from a running family in San Antonio, he had student-taught at Clark High School and ran with our track team one spring eight years ago. The sound of the gun interrupted our brief reunion. The knowledge that 29,000 runners lined the pavement behind me stirred in my bones; I could feel them breathing. Corral one was released on the heels of the elite runners. The pace hearty, the chill dissipated, the crowds cheered, the bands played, we ran and ran and ran. We ran into history as the largest field assembled for an inaugural Rock n Roll Marathon. Eleven years ago I ran my first marathon in San Antonio, which led me to my first Boston Marathon, today reminded me more of Boston than San Antonio. If you were among the 300 runners from the Corpus Christi area then you know what I mean, if you weren't there, well, there's always next year

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 !!!