

Seabrook Lucky Trail Marathon
Seabrook, TX
Sunday, March 18, 2012
7:15 AM

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Seabrook is located on Galveston Bay at Clear Lake, southeast of Houston & near Johnson Space Center. There was a total of 564 miles of roundtrip driving from Corpus Christi, including some local driving. The packet pickup on Saturday afternoon was quick and efficient. Each runner received a short-sleeved technical shirt, pair of running socks, runner's cap, and a backpack. In honor of St. Patrick's Day, all were in green. A dinner get-together with an old friend of mine who is a NASA scientist was icing on the cake.

The start & finish lines were at Meador Park. The race day temperature ranged from mid 70s to high 80s. It was quite warm and humid. It was mainly overcast until about 10:30 AM, which was helpful. Then the sun was out & it became hot. The first mile was on residential streets. The rest was on Seabrook Trails and the footing was good (crushed granite surface). The trails are scenic. We ran the same 6.55-mile out-&-back route 4 times. The aid stations were 1.5 to 2 miles apart, staffed by cheerful volunteers, & offered water, sports drinks, sliced oranges, & snacks. We had to cross a few streets & traffic control was good. The course was well marked & monitored. Mile markers were accurate & easily visible. There was limited crowd support. The finisher's medallion was very nice. There were more than enough recovery food items & drinks at the finish. In short, it was a very nice & well-organized marathon.

There were 204 finishers (138 male, 66 female) in the average time of 4:57:31. The winning times were 3:05:47 (overall male), 3:25:40 (overall female), 3:19:12 (Master's male), & 4:08:30 (Master's female). There was also a half marathon in which the winning times were 1:26:13 (overall male) & 1:42:31 (overall female). Additionally, there was a 4-person relay marathon.

I ran the 1st leg in 1:04:16 (9:49 pace), the 2nd leg in 1:04:34 (9:51 pace), the 3rd leg in 1:06:31 (10:09 pace), the 4th leg in 1:10:50 (10:48 pace), & crossed the finish line in 4:26:14 (10:09 pace). The heat & humidity began to bother me towards the end of the 3rd leg & made me walk the aid stations in the last leg. Nevertheless, I was pleased with my efforts. I placed 4th out of 16 in my age group, 65th out of 204 overall, & 55th out of 138 among males. This was my marathon #92.

