

One more marathon medal to add to the collection.

Hi fellow runners and supporters,

Today's marathon was run in near perfect conditions if you don't count the merciless 18 mile long hill. I'm sure they resurfaced it since last year - its steeper now! Grrr.... Plenty of younger runners didn't prepare well and I'm afraid the cramps got the better of them. Mind you only 200 people enter this kind of race. The field soon thins out and you find yourself running all alone. I had the help of running partner Jim Hrubish who stayed with me all the way.

The long cold I got 2 weeks ago still hasn't let up and last Monday I weakened and saw the doctor. He looked me over and simply said: "Allergies." The pump he gave me didn't help in the slightest and the coughing persists. Breathing was a problem today. To run and cough proved very painful.

I'm going to see about a possible Boston qualifier in October so I'll set the goal of improving my fitness by then.

So as for today - bad time (around 4h 20min), good conversation. I probably will return for another go at the mountain next year.

Afterwards we drove into the state park to see what's commonly called the Grand Canyon of Pennsylvania. Deep in the park (about 15 miles in) we came upon a road check point. The guy walked up to my window and asked "well?" "Well nothing," I replied, "I have the internet instructions on how to see the park right here and...." "But you can't be here," explained the man. Once a year we shut the park for a race (not sure what kind of race) and today's the day. Sigh!!! A well placed notice at the park entrance would have helped. Oh, well, we'll go back and see it again.

'nuff said for now.

Regards

Andrew