

Mystic Country Marathon 06 – Steve Brookman

Bruce you said the price of HHR membership included mandatory race details. So here goes:

<http://mysticcountrymarathon.com/cms/index.php>

This was a race with no excuses, perfect weather (44 at the start), beautiful course along the coast of Long Island Sound, only rolling hills (seemed more than rolling at the end), and no training issues or injuries this time around. The race was very well run with plenty of water/power aid stops manned with enthusiastic volunteers, well marked intersections all manned by marshalls, and even several bands along the way. The clam chowder (New England style of course), a loaf of crusty ciabatta bread, and a beer wagon were nice touches after the race. The massage tent did close early, could have really used that.

Susan celebrated her birthday by beating her target pace and time by 17 seconds, while lowering her PR by 15 minutes! I on the other hand, while still getting a PR, missed my goal by almost 9 minutes. No excuses, but I have to learn to do what I plan for. I had trained for a goal pace of 8:40 until a week or so before, and since I felt *so good* I decided to shoot for an 8:30 pace. The start and first few miles were crowded so I got behind and had to make it up. The next 13 miles or so I ended up doing mostly under 8:20, which I wasn't really aware of, but sort of figured it out when I ended up doing the last 4 or 5 at 10. When will I ever learn? You'd think a guy that makes his living controlling speed to adjust to a schedule (I am an airline pilot) could at least hold a target pace for a few hours. Maybe next time.

All in all, a very nice and highly recommended marathon.