

5/23/09

I ran the Bayshore Marathon today in Traverse City, coming in second of 11 in my age group (65-69) with a time of 3:50:04. It qualifies me for the Boston Marathon. At my age, you have to run under 4:15 to qualify.

Race results are here: <http://results.active.com/pages/searchform.jsp?rsID=78601>.

Cloudy at first and 50 degrees, then turned sunny and got up to about 65. We started at 7:00.

I ran at a pace of 8:14 for the first half, 9:19 for the second. Did a lot of walking in the second half, thinking that I have no desire to do this again. But the route was beautiful, up the Mission Peninsula and back.

Steve