

5/26/09

To Dayna

Feeling good now. Took a nap after the race Saturday afternoon and hobbled around like an old man the rest of the day. Your mother and I were equally wobbly. But I was much better the next day and now almost all the muscle soreness is gone.

There was an article in the State Journal today about the race and the Lansing area people who did well, and I was not mentioned. I emailed the author and he apologized. He didn't know me and didn't see that someone from Lansing finished so high in the 65-69 group.

I did so well only because I ran the first half so fast. I really ran out of gas after the half and stopped and walked many times. I wonder if I would have lasted longer if I had eaten something along the way. I ate nothing before the race and had nothing but water and Gatorade during the race. They offered GU at the aid stations, but I didn't take any.

Steve