

## Twin Cities Marathon – Minneapolis to St Paul

So myself and nine fellow CC Roadrunners came to Minnesota to run the Twin Cities Marathon on Oct 6, 2013. Jay and Leroy started with the 3:05 pacer while Travis, Mike H and I started with the 3:15 pacer. We planned to warm up for a few miles with this group then drop the pace to 7:15 through the half then take it from there. Travis was hoping for sub-3:15 and I was going for 3:10. We left the pace group at two miles and settled into paces from 7:05-7:15. We lost Travis at nine miles to a pit stop and hit the half at 1:35:09, a little quicker than planned but ok. Mike said to go on. The next nine miles were paced again from 7:05-7:15 so I had a cushion of around a minute when I hit the Hill. It was from 21-23 and took it out of me. The last three miles were downhill but I was only able to hang on for a 3:11:29. Jay got his BQ with a 3:08 and Travis his with a 3:14.

This was a scenic course over rolling hills and around five lakes before crossing the Mississippi River. The weather was near perfect and crowd support was fantastic! The fall leaves changing were beautiful. Many of the miles were run in quaint residential areas under the canopies of towering trees. The race had 8800 participants with roughly 4900 males and 3900 females. There was no accompanying half which was nice. John, Julie, Jeff, Nicole, my wife and I went to the pasta dinner the night before. A first for me.

The course was more challenging than I anticipated but one of my favorite to date. We had fun hanging out with our CC friends and I would highly recommend it to anyone wanting to run a cool October marathon.

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