

Race Report

US Army 10 or 20 Miler at Fort Sam Houston in San Antonio, Texas on January 9th, 2011

I ran the 10 miler. This was a small race put on by John Purnel of the Run-Away- Athletic Club.

The entire race took place on the Ft. Sam Houston grounds which included both residential and industrial areas, a couple of long bending roads and several twisting turning jaunts through housing areas. A small group of runners about 100 or more, no chip timing the race started and we followed the lead truck. It rained and thundered all night and when I did sleep I dreamed of running in the rain.

It was my birthday and I was in a new age group, 55-59. I started out with the lead pack of about seven runners. They gradually pulled away and two more runners passed me at the three mile mark. I went out at 6:07, and 6:08, but turned into the wind and climbed a short hill at 6:39 pace. I was able to run a couple more at 6:16 but turned again and slowed to 6:42. I finished strong 6:03 and picked up one runner, who had been about 70 yards ahead of me the whole time. I was cold but dry. I didn't drink anything...although I had water about every two miles. I finished in 1 hour 4 minutes and 52 seconds which averaged about 6:24. The course was slightly long about one tenth of a mile. There was no water at the finish....just bananas. However, the Recreation Center was right there and you can take a shower and get refreshed. We left because we were there to visit with family and celebrate my birthday. My wife, Lupita provided emotional support along the route and was waiting for me at the finish line. A small time race, I would recommend it as a good training race without any bling bling.

Paul Nicolaides