

St. George Marathon  
Saturday, October 6, 2012, 6:45 AM  
St. George, Utah

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St. George, founded by Brigham Young in 1861, is located in southwestern part of Utah, about 120 miles northeast of Las Vegas. Its population is approximately 73,000. I flew into St. George, via Salt Lake City, on Thursday night, picked up the rental car, & checked into Days Inn (a few blocks from the finish line).

The packet pick-up on Friday was from 9:00 AM to 9:00 PM at Dixie Center. There was also a health & fitness expo with several speakers & a large number of vendors. Each

runner received a technical long-sleeved shirt, a race poster, & a few food items. The pasta dinner was from 4:00 to 8:00 PM, the food was good, & the cost was \$10.

At 4:00 AM, buses began transporting the runners from the finish line area at Worthen Park to the start line at the small town of Central. It was chilly & windy up there. Bonfires, coffee, & hot chocolates kept the runners warm while we were waiting for the start of the run at 6:45 AM. Our clothing bags were transported to the finish area. We ran the first hour of the marathon in the dark. Temperature ranged from low 50s to low 80s. It was a beautiful sunny day & we also enjoyed some tail winds. We ran north to south on SR-18, which was closed to traffic. At about mile 23, we entered the town. Elevation at the start was 5240 feet & 2680 feet at the finish line. Due to downhill nature of the course, it is regarded as a fast marathon. There were two lengthy climbs between miles 7 & 11, though. The course was scenic & I made several stops to take photos. There were pacers. Splits were displayed digitally. There were spectators in a few locations. There were a few school bands after mile 24. There were 15 water/sports drink stations in the course; some also offered sports gels, fruits, Vaseline, & to my surprise, leg massages! The finisher's medal was nice & there were plenty of recovery drinks & food items at the finish line. The race volunteers were amazing. In short, it was a professionally organized running event which demonstrated community pride & involvement at their best. No wonder so many want to run this marathon & entry is by lottery drawing!



There were 5696 (3106 males, 2590 females) finishers in the average time of 4:19:30. The winning times were 2:21:14 (overall male) & 2:43:00 (overall female).

This was my 96<sup>th</sup> marathon. I ran the first half in 2:06 (9:37 pace) & crossed the finish line in 4:12:38 (9:38 pace). I felt comfortable throughout the run & enjoyed it a lot. I ran the marathon in honor of my mother who had passed away on 10.1.2012. With interest, she had been following my marathon runs/trips for the past several years. I was sending her a map of the US with the location of marathon marked on it. I am willing to bet she had learned a little

about US's geography! St. George Marathon was for her.