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 Race Report: New PR, and hardware!

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SpottyFish
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Posted October 12, 2008 03:04 PM

I did a small local 5k this morning....oh how I love them.

I was a bit worried about racing a week after my first half and also after having not run for a week. In fact, I've only run 3 times in the last two weeks.

About a mile and a half in I was starting to get afraid that I had started out too fast, but I was pushing because I knew there were only 7 women in my AG (approximately 100 runners total). I was hitting approximately 8:00ish splits which is completely out of character for me, but I kept pushing. At 2.5 miles I was nearly ready to puke and my legs were feeling it.

I finished in 25:10ish (I don't remember my official time) and got first place in my age group (old PR was 26:19)! Got a nice medal presented to me by my very favorite local weather man and a \$50 gift certificate to a local hair salon.



I love running (and small races)

About 10 minutes after I finished a young kid crossed the finish line with a Mt. Dew Can in one hand and a 40 of some cheap beer in the other hand! LOL! He had been picking up trash while he was running....the announcer announced his name as he crossed and was like "I'm not sure about that energy drink in his left hand...".

Team Drunk Runners! 281.5 points

5k PR: 25:08
 10k PR: 53:37
 Half PR (my only one): 2:13:11

Upcoming:
 Portland Run Like Hell 10k 10/19/08

Posts: **1599** | Location: **Beervana** | Registered: **April 26, 2008**

TiffersRunsTX
In need of a hobby

Posted October 12, 2008 03:10 PM

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Way to go, hon!!!