Steeplechase 25K – Oct.2/11 – Hillsborough NJ

My last long-distance race was the Boston Marathon in April, which resulted in a disappointing performance. I registered for this race figuring it would be a good test after a summer of debilitating injuries. I thought that I could manage to run ~2:15, but my strategy was to go out at 8:30/mile pace and see how long I could hold it. If I could, it would result in a time of 2:12, and that became my goal.

The weather was ideal – cool and no wind. The course is run through neighborhoods, and was rolling, with the odd annoying hill thrown in to add variety. Here are my mile splits and cumulative totals:

1 – 8:29.81 – 8:29.81

2 – 8:26.88 – 16:56.69

3 – 8:16.34 – 25:13.03

5K – 25:50

4 – 8:24.64 – 33:37.67

5 – 8:36.66 – 42:14.33

6 – 8:17.96 – 50:32.29

10K – 52:16

7 – 8:32.37 – 59:04.66

8 – 8:55.06 – 1:07:59 (bio break)

9 – 8:18.28 – 1:16:18

10 – 8:28.04 – 1:24:46

11 – 8:44.43 – 1:33:30

12 – 8:31.75 – 1:42:02

20K – 1:45:40

13 – 8:43.61 – 1:50:45

14 – 8:40.14 – 1:59:25

15 – 8:23.97 – 2:07:49

15.5 – 4:17.95 – 2:12:07

Stats/Results:

I was very pleased with the way I ran, and won the M60-64 division easily, with 2nd place 5 minutes behind me. The event has now been run for 3 years, and it's satisfying to know that I now hold the age group records for 5K

(2010) and 25K (2011). Not sure what all this means, but the "near" metric marathon may well be my long race for the balance of the year. It's a good feeling to finish before one hits the wall and the "never agains" start.

Overall – 70/248

Gender – 55/214

Div – 1/8

Official time – 2:12:08

Pace – 8:30

AG Time – 1:44:22

PLP – 68.0%