

Cooper River Bridge Run 10K: 2004-04-03 Total Finishers: 15181

OVERDIV OVERALL NAME CITY STATE ZIP COUNTRY BIB FINTIME  
CHIPTIME  
AGE SEX PACE GENDER\_PLC DIV\_PLC AG\_PCT AG\_PLACE  
81 747 Slogar, Don Summerville SC 29483 2501 00:45:25 00:45:01  
42 M 7:18.8 649 81 62.8 1031

This was a very enjoyable run for me. The temp seemed perfect, the timing was what I expected, and overall a very enjoyable day. I have enjoyed also thinking about my improvement. My 2002 time was 56:14 and my 2003 time was 51:10. That's a total of about 11 minutes off the time of 45:01! I was expecting around 43/44 based on the flowertown 10k on 20 March.

Getting down to the race was a challenge, especially since I wanted to be up so early, but what made it worse was that I did not get to bed as early as I wanted. Why be any different this year? No problem, set the alarm. I was up at 4 a.m., a full 30 minutes before the alarm. It did not work to try to get any more sleep on a race morning. I was thinking to get down there by 5:30 when the buses start and avoid the crowds. I did not leave when I wanted, so I got down there and in line by 6:10, I think. Luckily the traffic was not really that bad. It also helped to know where I was going this year, so by parking at the lot across from the pig I avoided getting into the traffic, and I only had to walk a block or two, only I jogged. I think that bit of warmup helped, but I had never really done this before.

Traffic was bad on the bridge and on Mt. Pleasant side. I was thankful to be in the bus. I think we were dropped off by 7:15 or 7:20, so there was plenty of time to jog up the mile or two to the start line. Then there was the wait. I was thankful from past experiences of knowing to not bring a bag and to just wear the t-shirt and shorts. It was a little cool earlier (I think 40 deg F at home), but now it was perfect, and I knew it would get plenty warm during the run.

The start of the race was different than in past years. They had the start line roped off in two sections for the faster people. I was thinking I was one of the faster people, but in a big group like this you are humbled because you find out you are not really the fastest. Anyways, I managed to squeeze in the front so that I was only a few deep from the front of the section. Eventually they dropped the ropes and everyone moved up. I'm not sure if I lost some position, but I could not exactly reach out and touch the start line. They did the countdown and we were off, well not right away, there was a delay (24 sec.), but not as much of a delay as last year (6 minutes) when I was at the end of the pack. Even being in the front, people seemed like they were not racing and I found I had to

pass people just to keep my pace.

I got off the bridge by 25 minutes and someone on the sidelines said the kenyans brought a box with them, meaning we were not far behind them. I felt pretty good at that point. But it was different on the bridge because going up I felt like I was going slower, and although I was able to pass many going down, I still think there were some that passed me on the two main up slopes that I never was able to catch up to, but the main thing

that I was thinking about was not passing people, but about being able to get close to the time I expected. I felt like it was going to be a 50 for some reason, but when I got off the bridge and heard that the kenyans had just passed, I was estatic. I had reason to believe I was going to have a better time this year on the bridge run. Everything was working fluidly

by now. In past years I was worn out, and although I did not have much sprint left, I just continued with my pace and my breathing, hoping I do not run out of gas before the finish.

This year was different because I had a true feel for where the end was, and when they said

there was one more turn and then we were almost there, and then I actually saw the finish and I was looking at my watch, it all seemed so surreal, u know like you see things moving

in slow-motion in the movies. It seemed like I blinked and the race was over. My time, 45:01. I missed the prediction of 43:35 by a couple of minutes, but I have been off by much

more than that on the trail I run regularly, so I was feeling good. The juices were flowing so well that I could have turned around and run back to the start. I wonder if they would ever consider doing this for a 1/2M?

Anyways post race went well. I was not tired at all and legs were not sore. I skipped running this week so far, may start up again midweek, but the feeling is awesome, to not only be improving with age in performance, but to not have any recovery time. I took recovery time just because, but this race shows the potential it seems I have and I am wondering about the possibility of placing in future events. At least for age group, I am not far off from at least getting the top 5% award for the bridge run, but what if.... what if I could continue the trend of shaving off 5 minutes again by next year? Is it possible? Only time will tell, I suppose. Don't notify the Kenyans yet, but you never know...