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A race that anyone can win. Your speed doesn't matter
Monday, February 25, 2013

This is not a deceptive title hiding some deep philosophy. I don't mean the "race of life" or racing to a "new you." This is a real road race - a 4 mile race where you "predict your finishing time" on your registration form.

Awards are given according to whoever comes closest to finishing in his/her predicted time. I'm going to do this. I understand it's a tough hilly course and I suppose anyone who lives in the area of the route will have an advantage. I hate hills, but I still think it's a great idea.

No watches of any kind are allowed.

Instead of all starting together and finishing one after another as in a regular race, it's like a "pursuit." There's a countdown clock and each person starts off according to his/her predicted time. Then theoretically we should all finish together. It's all just for fun and the minimal entry fee of $7 ($5 for students) is to support the local HS's running program and encourage fitness in the community as a bonus.

No one is "straggling in" at the end and at the finish line no one knows how much of a "headstart" anyone had. We're all in this together.

I think it will be a great experiment in knowing and listening to my body. Do I know what a 6.0 pace feels like without the treadmill display staring me in the face? If I take my customary 1 min walk break per mile, am I really at 4.0? Can I gauge my heart rate without that Polar strap around my chest or manually checking my pulse against my watch?

I'm going to predict 42:15 since I've been told to expect some serious changes in elevation. If I'm slower, I'll know what I have to work on. If I beat the time, I'll be very happy and if I'm really close to my prediction, I might get an award. How can I lose?

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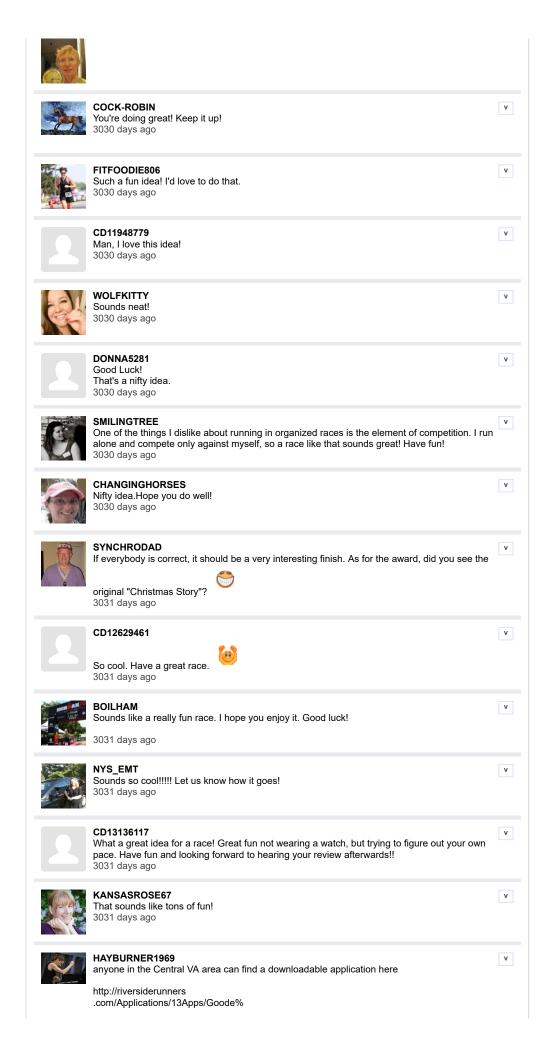
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_LINDA   ⌄
What an interesting concept and great idea!! Good luck with it, I bet you will do fine!!
3030 days ago

COCK-ROBIN
You're doing great! Keep it up!
3030 days ago

FITFOODIE806
Such a fun idea! I'd love to do that.
3030 days ago

CD11948779
Man, I love this idea!
3030 days ago

WOLFKITTY
Sounds neat!
3030 days ago

DONNA5281
Good Luck!
That's a nifty idea.
3030 days ago

SMILINGTREE
One of the things I dislike about running in organized races is the element of competition. I run alone and compete only against myself, so a race like that sounds great! Have fun!
3030 days ago

CHANGINGHORSES
Nifty idea.Hope you do well!
3030 days ago

SYNCHRODAD
If everybody is correct, it should be a very interesting finish. As for the award, did you see the

original "Christmas Story"?
3031 days ago

CD12629461

So cool. Have a great race.
3031 days ago

BOILHAM
Sounds like a really fun race. I hope you enjoy it. Good luck!

3031 days ago

NYS_EMT
Sounds so cool!!!!! Let us know how it goes!
3031 days ago

CD13136117
What a great idea for a race! Great fun not wearing a watch, but trying to figure out your own pace. Have fun and looking forward to hearing your review afterwards!!
3031 days ago

KANSASROSE67
That sounds like tons of fun!
3031 days ago

HAYBURNER1969
anyone in the Central VA area can find a downloadable application here

http://riversiderunners
.com/Applications/13Apps/Goode%

204-Miler%202013.pdf

It is a fun race and last year I was 4th! About 2-3 seconds off my predicted time. Best finish I ever had.
3031 days ago

DAISYBELL6 [v]
What a nest idea!
3031 days ago

PMRUNNER [v]
I have seen that format before but have not run in one. It sounds interesting! Good luck!

One race I did in WA had weight groups instead of age groups. At packet pick up, they stuck you on a scale (in kg so people wouldn't get too embarrassed I guess?) and we were put in 5 kg brackets. It was a small race, so there were a lot of awards since they had top 3 finishers in M/F for each weight bracket.
3031 days ago

DR1939 [v]
Sounds grand. I love events where everyone has a chance to be successful.
3031 days ago

SOUTH_FORK [v]
Interesting- I bet it feels awesome to cross the finish line en masse! Have a blast!
3031 days ago

WILSONWR [v]
That is a great idea for a race! It sounds like fun and you don't have to worry about everyone leaving you in their dust. People of all fitness levels could participate in this one!
3031 days ago

CD13227574 [v]

What a cool idea. Would love to hear how it turns out. Have fun!
3031 days ago

SUZYMOBILE [v]
What a great idea!
3031 days ago

SLIMMERJESSE [v]
I really enjoy your blogs. Thanks!
3031 days ago

GINIEMIE [v]
I'd say that you can't lose, you are doing for your body and you are doing for the community. Win-win all over. The rest is bonus.
Good luck

3031 days ago

CD8113065 [v]
What a great idea for a race. Even the distance is unconventional. I like it. Good luck!!
3031 days ago

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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.