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More on the “Great Race” – the Hill and I

Sunday, September 28, 2014

The Virginia 10 Miler is a wonderful event attracting a lot of community support and thousands of local participants as well as elite national and international runners.

Unfortunately for me Lynchburg is known as the “Hill City.” I’ve written many times about how I hate hills. There’s a very active running club there with a large contingent of senior citizen women who run those hills all the time.

Fortunately there’s also a 4 mile option and yesterday was the 4th time I’ve attempted it since 2007 when I was a mere 60 years old.

We all start together including the separate 4 mile walkers division – over 3,000 of us. The Symphony Orchestra’s brass quartet entertained beforehand and played the National Anthem for a classically trained singer. Members of the 82nd Airborne all ran with bib # 82 in honor of a comrade, a local man killed in Afghanistan just last week.

Rounded to the nearest tenth:

The first 1.5 miles is all downhill. I’m good at that. Gravity is my friend.

Then it’s 1.7 miles uphill – an endless slog for me.

The last .8 to the 4 mile finish is flat.

Usually you check your pace at mile markers.

For me it was all about the 3 sections and this is how it worked out.

9:45 pace for section 1

11:06 pace for section 2 – endless killer hill (walk “breaks” totaled 8 minutes)

9:50 pace for section 3

I was thrilled with my final time of 41:53 (average pace 10:28). Only 10 seconds off my PR (5 years ago)

Because of the size of the race and festivities afterwards, age group awards are posted online and medals mailed.

I got 3rd place in my 65-69 age group, but only 3 SECONDS out of 2nd and 1:15 behind 1st place. I’ve never been that close to those athletic, speedy women before.

Lucky for me 2 other fast women elected to do the entire 10 miles. You know that 1.5 mile downhill at the start? That’s what the 10 milers have to climb to the finish. Tough course indeed.

I felt great at the end and after the race things got even better (see yesterday’s blog).

Yeah, I know. To race well on hills, you must train on hills. Maybe this time I’ll actually do it.

Note: Race organization was superb. There were so many porta-potties that lines were almost non-

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existent. At the 4 mile finish buses were provided to take us back to the start (and the 10 miler finish). Lots of good healthy food, music etc. A great day all around.

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TERI-RIFIC

I Agree

It is a great race! Medals, too.

2443 days ago




SLENDERELLA61

Well Done!

Great race! Good job!! Congrats on the award!!!

Thanks for the race report blog, too.



2446 days ago






GINIEMIE


Sounds like you did a marvelous job and you should be proud of yourself. I'm proud of you, and looking at the pictures from the other blog I think your daughter is very proud of her mom.

HUGS






2447 days ago



IFDEEVARUNS2

Awesome! And compared to me, you are speedy!


2447 days ago



PMRUNNER

Sounds great! Well done. Good luck training on those hills. I don't mind training hills, but tend to avoid intervals like the plague.

2448 days ago



KOHINOOR2

Well Done!

HUGS

Congratulations!!! Thanks for sharing.

2448 days ago



KANSASROSE67

Way to go!




2448 days ago



DOVESEYES

What a great day.

2448 days ago



MARYJEANSL

It sounds like a wonderful race and a wonderful day for you. Congratulations on doing so well, even with hills!

2448 days ago

BLAZINGSWORD



2448 days ago



SUNSET09

v



Run on..... and . I've been told, the more you walk/run the further

you can go next time!
2448 days ago



RICKISMOM1
GREAT!!! WTG!!
2448 days ago

v



CD8113065
Great job!!! Well done.

v



Here in Chicago it's a chore just to FIND a hill.
2448 days ago



LIVINGLOVINLIFE

v



2448 days ago



LIVEDAILY

v



I think you did GREAT!!
2448 days ago



MJREIMERS

v



job and time! You should be very proud and only 10 seconds off your PR set five years

ago!? You certainly haven't "lost it."
2448 days ago



ONEKIDSMOM

v



on a fine race. It's got to be tough having the hills arranged just that way. Until today my 5K PR was on a race that was mile 1 flat, mile 2 steep uphill, mile 3 steep downhill, and the last 10th of a mile on flat. A much friendlier course!

You did very well! Way to represent the Spark!
2448 days ago



CD4114015

v



and very love reading about all the runners on Spark...even though I can't be with you!

Have a great week!
2448 days ago



CD13758606

v



on a strong race and challenging the hills.
2448 days ago

LINDAKAY228

v

Glad you had such a great time and did so well! So close to second! But I'd even be happy with 3rd place too. Awesome job!



2448 days ago



KELLIEBEAN

Way to take on those hills! That is tough for me too. One of these days I will tackle hill training!



You are so inspiring!

Congratulations on your achievement!



2448 days ago



CD13354694



2448 days ago



KRISZTA11

Congrats to conquering that hill, sounds really tough.
I imagine it must be very challenging, especially the 10-miler "climb to finish".
My admiration to the senior women of Lynchburg!



2448 days ago

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