

Presque Isle Half Marathon Race Report

On Sunday 7/17/16 I ran the Presque Isle half marathon. I couldn't easily run faster than 8:30/mile for the first 4 miles so I just relaxed. After the 4 mile mark I started to feel good and I picked up the pace continuously over the rest of the run. The temperature was in the mid to high 60's. I drank a few swallows of water and Gatorade at each of 11 water stations and had a gel at the 6.75 mile mark and another at the 10 mile mark. My GPS said the course was 13.17 miles and my time was 1:48:39 or 8:15/mi. My last 5K was in 24:38 or 7:55/mi. At the 10K I was in the 320th place. At the finish I was in 255th place out of 1359 finishers. Age group results are at the following link:

<http://www.bigwhitetrailer.com/wp-content/uploads/2016/07/Age-Groups-Printable-9.pdf>

Mile splits:

1.8:30
2.8:26
3.8:32
4.8:27
5.8:19
6.8:18
7.8:23
8.8:16
9.8:15
10.8:06
11.8:09
12.7:49
13.7:53

The last 0.17 miles in 1:16 or 7:30/mi