

## Tucson marathon results!!!

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OK, it was an awesome day in Tucson but before I get into Rob Turpin's top 15 finish, I need to acknowledge a couple of our past members, Kathy Dahl ran a super 4:31 marathon and finished 4th in her age group! Serena Lackey ran a 3:29 and won her age class (of 22!).

Down in Phoenix Dan Munsell and Deb Cowell finished 3rd in the "Muddy Buddy" and Steve Orth/Jessica Leary finished something like 15th in their doubles event race.

Back to Rob..in spite of several things stacking up against Rob, he ran terrific. He chose to ride down with me and my entourage (even though I dropped out due to a late foot injury) and he was a trooper as the group wanted to go shopping all day and had a late dinner. Then the winds came up in during the race, basically in the face for miles 16-24...fairly strong especially miles 20-24 as Rob was really picking off the competition. When we first got to him, he was at mile 14 and probably had a hundred runners in front him. 80 for sure. Probably a 100.

Rob was hanging with 5 or 6 in the fastest pace group - the 3:00 pace group. As we worked our way down every few miles to pick Rob up again, the pack kept diminishing until at mile 21 it was basically Rob, the pacer and fate would add a guy that I talked to that smoked Man vs. Horse this fall as he (Chris) joined the pace group with Rob. Chris amazingly sat next to Rob on the bus to the start! Small world since there were some 1400 runners in the marathon.

Looking fresh everytime we saw him, mile 21 was showing some pain and no doubt it was a drag with the wind stiffening. Everyone was now suffering but Rob hung tough and stayed in touch with the 3 hour pacer. The winner came in at 2:41. 2nd place was 2:43 and the third place male finished in 2:50. The first place woman finished in 2:53. Could Rob make 3 hours??? A distant goal and a very tough one since he had only run 2 marathons and they were 3:11 and 3:12 (PF Chang and Boston).

Here comes Rob up the last hill and turning toward the finish...It looked like he would be just over 3 hours - but maybe he could pick up the difference in chip time?? So close! After this all out effort, Rob almost went down and we struggled to get him to the massage tent and get some food and drink into him. As Rob was recovering, I went to the results and saw that he had a 3:00:23 finish and 3:00:14 chip time! Rob had set a huge PR. Even better, he finished 17th overall, 15th male and WON HIS AGE CLASS ---- 1st of 125!!

Of the races I have seen that included members of our group - this ranks up there with Heidi Schuette's Olympic trail race in Boston (Apr 2008) and Dan Pemble's Boston marathon the next day. I will never forget seeing Dan coming down Boylston street finishing something like 385th of 25,000 in 2:46/2:47. This coming the day after watching Heidi running in a middle pack in the Olympic trials as I recall looking at my watch at mile 14 and calculating in my head that she was running a 6:08 pace. I did it 3 times in my head coming up with the same number. I was in shock.

Rob has only been running a couple years. He keeps getting better. I wish I could have run today but I'll get another shot at Boston (with Rob) complete with a "Boy's week out" trip including Rob, my car buddy Dave Zelman who is entering the 5K the day before, hopefully my Minnesota running buddy, Jeff Kathan who has flown in and now run more Whiskey Row marathons than me - since I missed this years event due to the proximity and pains caused by Boston last April. Jeff will do the 5K too and I am still working on Steve Orth returning for another Boston 5K where he did so well this spring!

I have been pumped all day and I didn't even run. I had to get this writing so I can settle down. This was Rob's day. This was Kathy and Serena's big day too. I hope tomorrow is your big day. Keep trying. Before today, I was ready to chuck it after having so many injuries this year. After returning to the Tucson marathon, I am so jazzed that you will have to shoot me to keep me from returning and being better than ever.

Rob, you are THE MAN. It was worth the price of admission to see you cruise for 20 and then totally gut out the rest. Nice job, my friend. Ken out.

