

Sat Oct 13, 2018 **50 miles**

I ran and walked the hilly Canandaigua 50 mile. It was rather cool in the mid 40's, rainy and windy. Lots of time the wind was in our faces. I had about 2700 calories in my breakfast cereal, banana, energy bar, Gatorade and defizzed coke. I wanted to run under 10 hours which is 12:00/mile. At 25 miles my average pace was 11:40/mile. I realized I could not hold that pace so I started walking a lot more and enjoying the run a lot more too. My final time was 10:52:39. The race director, Gil Robs and his crew were very friendly and the run was well organized with course marshals at major intersections and clear course markings everywhere else. There were lots of people at the 12 aid stations helping the runners and cheering us on. It was a great run on my 76th birthday.