

The Tyler Rose Marathon  
Sunday, October 9, 2011  
Tyler, TX  
7:30 AM

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First of all, this was my 84<sup>th</sup> marathon and I ranked it among the top three in terms of difficulty. The difficult nature of the course is clearly stated in the marathon's web site. It certainly is not for the untrained runner and I do not recommend it as the first marathon for anyone. The first half was mainly through the country side on an inverted horseshoe-like course which included some hilly sections. I actually found the first half peaceful and enjoyed the run. The second half was a different story. We mainly ran through some very nice residential neighborhoods. Some of the streets were brick-covered. There were many turns and I don't recall a single mile which did not include hills. Traffic control was less than desirable. Of course a difficult marathon is not the same as a bad marathon. This was a fairly well-organized running event.

Tyler is a nice city of 97,000 in East Texas. The packet pick-up was at the Rose Center on Saturday. Each runner received a long-sleeved technical shirt. The start and finish were at the Rose Center. Race day temperature ranged from low 70s to high 80s. It was sunny, warm, and humid. The course was well monitored and traffic control was good. There were pace groups. There were ample water/sports drink stations. The crowd support was minimal. Each finisher received a nice medallion and a Tyler Rose potted plant. There were plenty of recovery food items and drinks.

There were 212 marathon finishers (138 male, 74 female) in the average time of 4:48:27. The winning times were 2:59:39 (overall male), 3:36:59 (overall female), 3:05:01 (masters male), and 3:46:16 (masters female). There were also 1017 and 499 half marathon and 5K finishers, respectively.

I ran the first half in 2:09 (9:50 pace), began to fade around mile 21, jogged/walked the last 3 miles, and crossed the finish line in 4:43:10 (10:48 pace).

This was my 2<sup>nd</sup> marathon in consecutive weeks. I crossed the finish line, received my medal, and walked to my car, parked close to the finish line. I became dizzy, fainted, and hit the ground. I must have been unconscious for 2-3 minutes. A few individuals had come to my help and medics arrived. There was a laceration under my right eyebrow. It was suggested that I go to a nearby clinic and have it stitched. I rested for about 90 minutes and felt that I could drive. I drove to the clinic. While waiting to be seen by the doctor, I began feeling dizzy again. I was examined by the nurse and doctor. I vomited which actually made me feel much better. However, my blood pressure was low and EKG showed some abnormalities. I was transported to the Trinity Mother Frances Hospital's ER. I was given 2 IVs. Additional tests showed that everything was okay, and that I neither had heart-attack nor heat stroke. The good doctor said it was heat exhaustion, stitched the gash, and released me by 7:30 pm. I had to take a taxi to the

clinic where I had left my car. I spent the night in the area and returned home on Monday afternoon. Needless to say, it was a humbling experience. It was not the first time I found myself either dehydrated or exhausted after a long run on a hard course and in a warm and humid day. It was the first time I ended up in an ER, though!

There was 953 miles of driving from Corpus Christi to Tyler and back, which included some local driving.

