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Arizona Rock n Roll Marathon Blog: 1-15-12 "The Bucket List"

The Bucket:

Have you ever had a little burning in the back of your head? No, I'm not talking about dandruff, I mean that one item on your bucket list that eats away at you because you know with some hard work that you could finally cross it off your list? After a little more than a year of concentrating on half marathons (we're up to 27 states and on pace to run all 50 states in under 100 hours – woo-who!) and completing our first half ironman (double woo-who!) we decided to step up our mileage and take another stab at the elusive sub 4 hour marathon. We're a bit of an anomaly in that we run 99% of our races and training runs together. We don't always have the same natural pace, but we push each other to be better and honestly no run feels quite right or satisfying without Kristin running on my right side.

The Training:

When we first talked about running another marathon we agreed that we would only continue to train as long as we stayed injury free and enjoyed our training runs. Unlike the first 3 marathons we ran, our running base was much stronger and we actually looked forward to our weekly long-runs runs with anticipation rather than trepidation; big word which hopefully means something like approached with sheer terror and dread :). And unlike our 1st marathon, where our goal was to complete 26.2 miles, this time we were in a race against the clock. In keeping with our goal of having fun during our training we found a 40 mile relay in Charleston, IL that was absolutely fantastic – great people, good challenging course and the most enjoyable 20 mile run we have ever done (the 2-person course record was just icing on the cake)! Not only were our bodies becoming stronger, but Mother Nature was also on our side – while we had a few spouts of freezing weather (on at least 2 occasions we ran more miles than degrees outside; do the math on that one!) the snow and ice Chicago is known for in December and January was basically non-existent.















