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Washington, D.C.

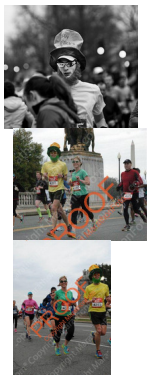
Date	Race Name	Mike's Time	Kristin's Time
3/16/2013	Rock n' Roll USA Half Marathon	1:44:27	1:44:26

Race Comments:

Race recap: We arrived at the race with plenty of time to warm up and stretch, but neither of us expected it to take 20 minutes to drop our bags off at gear check, so even though we arrived early we were still forced to run to the start...and into the race. We somehow managed to step into our corral right as our wave was released, but not before someone side stepped in front of me, causing me to pull up short and causing Kristin to twist her ankle on the curb seconds before the race. Thankfully the adrenalin was pumping and Kristin ran really well even if she was hobbling something fierce that night. The first 3 miles of the race are pretty cool, we got to see a few of the major monuments from a distance as we headed east towards Virginia. After crossing the Arlington Memorial Bridge and briefly stepping foot in Virginia we were enjoyed the next 3 miles as we ran on Rock Creek Parkway. Even though the race was pretty huge ~30,000 runners, there were several spots during miles 3-6 that our surroundings just overshadowed the sound of pounding footsteps around us. At times it was eerily quiet too, which seemed odd given the huge group of runners. The elevation chart was a total joke, as it showed an increase of ~75 feet between mile 6 and 7, but in reality it was much steeper than that and a good number of runners either slowed to what looked like a walk. The one huge plus was the massive crowd support on this hill - the race organizers may not have claimed it to be a tough climb, but the community obviously knew it was a doozy. Around mile 8 a spectator spotted our festive race gear and yelled "you need a beer" and actually ran on to the course and handed me a can of Budweiser. Nothing like a roadie to keep us going. We both enjoyed a few swings, but ultimately around mile 11 I had to ditch the last few sips as it had basically turned to foam from being jostled around and was nearly impossible to drink without choking. A few rolling rolls in the final miles, but nothing too crazy. Despite the ups and downs, all in all it was a good course and we enjoyed the race, even if we ended up running over 14 miles (including our run from gear check to the start).

Highlight: Several options here, but I think I have to go with enjoying a road beer while taking a running tour of DC!

Tip: Gear check was a disaster - drop your bag off before your pre-race stretch (it took ~20 minutes for us to just drop a bag off - pretty awful).



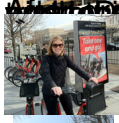
Day 1 (Friday):

Nothing beats catching up with a friend on a trip and we were fortunate enough to see our good friend Katie for lunch at Luke's Lobster shortly after we got in to DC. As always, it was really great to catch up with Katie and the fantastic lobster rolls were just icing on the cake.

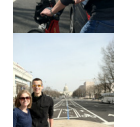
Tip: The restaurant is pretty small and gets fairly crowded, but the lobster rolls are really good.





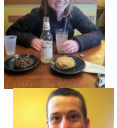


















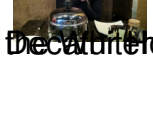


















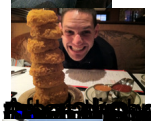























Rock 'n' Roll
USA
1/2 marathon
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