

2004 FLOWERTOWN FESTIVAL 10K

SUMMERVILLE, SC MARCH 20, 2004 8:00 AM

PLACE NAME NO. SEX AGE CITY ST TIME PACE

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38	DON SLOGAR	665	M	42	SUMMERVILLE SC	44:46	7:12
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It was the perfect temperature and the perfect location for me. The 5k and the 10k actually started at the same time, but we were split off into separate starting locations. I was "surprised" as the start because one minute we were chatting then the next we were moving (quite a different experience at the bridge). There was no indication, but it seems we quickly merged with the 5k group. It thinned out pretty quickly and it was a fast race, but I found after the 5k that I was running with the fast 5k group. I found that out because I was alone on the turn for the second loop. Anyways my first 2-3 miles were in the 6:10 pace. It was clear because I had my timer going and they had the miles (not the kilometers) marked. It seems strange to be running in "k" but pacing to miles huh? Anyways, I know my pace slowed by the 4th mile or so, but I did not feel bad cause I had really put out. It's amazing what the atmosphere of competition does to your race. I found in a short race like this, I can either put out in the beginning or in the end and it will end up being the same race wise. I tried this theory out several times in my weekly 8 milers. Overall, I was satisfied with my time and my pace. It is the best so far in the last few years. Now the real test will be the bridge run, because the times there have been about 56 in 2002 and 51 in 2003. This 44 makes it look like I am gonna smoke the bridge. Do you think I have a chance to even feel the wind of the Kenyans? IN my dreams?