



**Göteborgsvarvet
Saturday 17 May 2014**

Short race = Short update... A participation to the world's largest half-marathon would require a little more than this :)

Göteborgsvarvet took place on Saturday 17 May 2014. Third half-marathon this year, rehearsal run before Stockholm marathon end of May...

New PB on this route: **1:30:01, 7minutes 4seconds** faster than last year race (the “warm edition”). Completed the race with a 48th place among women and 9th in my age category. Finishing 1,246 of 48,202 runners can compensate for the 2 seconds missing to be sub90 for this race :)

The objective was simple: getting around faster than last year (which felt miserable then) and if feeling fine why not under 1:30. Taken as training-race to prepare for Stockholm marathon, there was no plan for going all-in. Plan executed as hoped, also an little error in the official starting clock made the 2 extra seconds a clear time to beat for next year edition!

Having a race at home make the whole preparations a bit different. Especially when the race is not even early in the morning. So the feeling of “regular long run” was definitely there from start and motivation a bit low. Up middle of the night just to check if I had missed the alarm ringing and then back to Dreamland for a while before going up a bit before the alarm rang. Quietly changing to running gear, heading out to get some croissants as well as doing a little light morning jog (just to skip this “sluggish” feeling in the legs as before Copenhagen half-marathon when I lazily stayed in bed until close to start...).

All ok (apart from running with a bag of croissants in one hand... not too easy technique!). Then chilling out, getting ready and it was not even 9:00am... The race was starting at 1:00pm... How do you occupy yourself then? Checked the final recommendations of my cheering-squad before leaving and headed to the start. Meeting a few fellow runners for a bit of chat and then headed to company tent to change to my race shoes (as well as to dry socks as I smartly walked on very-wet/muddy grass on the way to the tent...). A bit of chat and pep-talk with colleagues and runners friends. And it was already 12:30pm and soon time to get warmed-up. The good thing for this race was starting in the Elite-group. Which meant being able to warm-up until close to start time. But this year it felt pretty tricky to do that, with a bit crowded road. So as for the past races: warm-up was rubbish. Not even able to do accelerations (which turned out to be more like zigzags than anything else...).

And it was already 12:50pm. The international elites arrived then (which is one of the coolest part of the race :) to see them real close. OK, they are way more focused than what I was then, but anyway.) Start was given, max 1sec to pass the start map :)

The plan of having a controlled first km went kind-of ok, although WAY faster than planned. Got it 12seconds faster than last year, but this year I was better trained :) Got passed by one French colleague and one Swedish fellow runners (both ended in the top 100...). Ignored the first water-station and the second km was already gone. Turned to the “terrible” Sälldammsbacken (“the slope of the seals”) and I promised myself at this time to train on the *whole* slope for next year

and not just on the first 200m (which are I think still the toughest part of the slope...). Lots of cheering around, got some shouting from my club during the long straight line where finally you can get some place to run without someone walking on your feet :) Pretty warm, felt quite ok though. More cheering at km3.5 by French friend, chatting with Swede fellow runner (and yes, there was a lot of chatting during this race!). Second water-station, went under the drizzling-showers and got a mug of water while heading towards the slope to the first bridge. Nice indeed, as I thought I'll take this one on the top of the toes (which I did). More cheering when reaching the foot of the bridge (that helps being a woman as they aren't many at this part of the race... So the "go girl" are definitely for you and you know it!). Passing km5 around 20:26, 1min faster than last year. And in better shape than last year. All good (I had a time to keep for km11...). The bridge disappeared quite fast and then downhill, turn there, turn again, more chat with a runner-friend recognizing my outfit, then turn again and straight and then without noticing you reach the long street along the harbor toward km10. Passed in 41:17, so almost 3minutes faster than last year and good for my meeting in km11. THERE they were, my own personal cheering-squad, giving me a little sport-drink, encouraging to the maximum and then I turned and disappeared. Got to this real boring part with little-to-no public and then...what? Already the second bridge? This one is a favorite during training. But on Saturday I did not like it...at...all... passed km14 (top of the toes as well...) and then down to the water-control of km15. That was enough I thought. Just a little more and it is done. Quick calculation and yes, 2/3 already done...So stop whining and bite it! The long way sliiiiiightly up on the Aveny is a leg-killer, but with the crowd this year...not a chance I'll stop and rest. Got extra pep from friends around this km16 which helps a lot (how did I look?

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Was I running fine? Was I slow? Fast?... :) By then I had lost hope for a finish at 1:28 (which is a nice number, right?) but still possibility to get under 1:30. Ignored the water-control of km18, got my cheering-squad right again after and then it was...just...3...little...km...left. Passed lots of people there, felt like accelerating a bit was in order. Time to wake-up "kind of" :) Up to the little bridge, down to km20. The official clock indicated I was still having 5min to cover the last 1.1km...piece of cake..or? Final cheering from friend at the bottom of the last little slope. Getting there...just...a...little..further... Pretty fun hearing people cheering "you can run faster than those guys, go for it!" :) Entering the stadium, the speaker announce we are the last runners to be able to do it under 1:30 so more cheering...Final sprint, all I got (almost) aaaaaand passing the finish line under 1:30. Yiiiiippiee! Meeting friends, colleagues, hugs, water, medals,... Soooo warm. Drinking water and energy-drink and time for little massage in the company tent, where my little cheering-squad has arrived as well.

My watch indicate 1:30:02, the results sms says 1:29:47, 40th women to pass the finish line... Cool! I can stop running this race. That is way good enough. Tough, warm, good finish of three weeks of heavy training :)

Heading back home in little jog in my half-wet/muddy shoes, stomach cramp, shower, rest and it was better. Time to check the splits for the race: final time 1:30:01... what? Got to hear later on that the official clock (which is the time to use for those starting in the Elite-group) has been started 14seconds too late...therefore the additional time added on all Elite times... But STILL... 1:30:01!!! Got to celebrate :)

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Official net time: **1:30:01**– Personal best on this not-that-easy-route and something to look forward for next year (cannot really stop with this time, right?)

>> Huge thanks for the pepping during the training, the race and after race... as well as enduring my crazy smiles when I talk about running...Just keep on following to lunch-runs, the company is so worth it. Nice training-race under warm Swedish sun!

Have a great week!

//Kind regards from a sun-shining place on Earth (aka Gothenburg!)

Karima

>justrunningaround<