



Dubai Marathon Friday 15 January 2013

News from Dubai... with a new PB!

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Från:

Hello there!

The 2012 NYC Marathon indicated in their ads that "*everything else was a warm-up*". Having now put in the past the fact of not having run there (but still did the warm-up!)... I aimed to Dubai this week. Friday 25 January 2013: Sunny, foggy and a 42.195km ending in 3hr 11min 55sec... This is a brand new personal best, by 10 minutes and 35 seconds improved from Berlin in September 2012...

Had ended strong the training year 2012 and started quite poorly 2013 with unfortunate pain in the legs back&forth and this week troubling health which *kind-of* jeopardized the participation to the marathon (well, not the *participation*, but the achievement of the original goal). The original objective was "3hr20minutes, all under is a bonus", but after the last few weeks (the Swedish weather not really helping!), completing the marathon in itself turned out to be the goal, even though set a time on it of 3:40 (being what it took for our "easy run around Manhattan" in November).

Foggy and chilly it started, could see the back of the elite runners (for the few seconds before they disappeared in the fog - or was it the dust of their shoes?...). A bit heavy in the air, really foggy for the start, some French runners from the Djibouti foreign army aiming for a 3:15-marathon and music in my ears: perfect to catch the first 10km close to a personal best! The first half part disappeared in 1hr 35min 19sec (this is the best ever for me!) and then the second half was a bit tougher at the end, still stable pace (ending in 1hr 36min 40sec). The sun had joined us making the fog disappear by km28, making sunglasses and water-drinking a must (or running much much faster! I chose the first option...). Crossed the finish line with (I think?) a smile on my face as I saw the clock indicating 3:11:XX, meaning I had beaten my objective for the year (which was by end of 2013 being under 3hr 15 for the marathon).

This year race ended better than last year as I skipped the fainting after the finish line. So I had time to fully enjoy the after-race massage, the food in the goodie-bag and chat with my fellow French (the ones from the foreign army!), fellow Swedes (unsure how he recognize me!) or other fellow runners from diverse nationality.

NYC marathon is now far far in the past (almost forgotten as I am not planning to run it in 2013, but secretly trying to get qualified for 2014... missed it by 1min 55sec in Dubai, but will have some other opportunities this year to get down this number I hope!). Dubai has now send two breaking of PB for me (last year in 3:26:32 and this year in 3:11:55).

All in all, I am now enjoying the few days left in Dubai before aiming back home to cold and cold and cold Sweden that you may call home... Plans for tomorrow: Sun for the whole day at the beach and visit to Burj Khalifa Observation Deck. Then ending with (window?)shopping at the mall before going to the airport and hoping my flight will leave as planned as the past days fog made it tricky for all visitors! (or maybe/unfortunately the flight would be cancelled due to the fog...what a pity to stay a bit longer in this idyllic and sunny place...)

Best experience of a marathon race ever as the whole body & mind worked hard to make this happen! The aftermath is always a bit tricky to handle and yes it does hurt afterwards. But so worth it! Ending at place 20 of the women, second in my age category, second Swede female (the first one finished in 2:26:05) and first French female (just have to choose which one I want to remember!).

Lots of thanks for all the support throughout the training and the race and the after-race! Means a lot and does help as well :)

//Sunny regards from a warm place on Earth (aka Dubai!)

Karima
>justrunningaround<

