

Mind The Ducks 2010 Race Report – Ed Housel

This is my 1st 12 hour race and my longest ever in miles covered. I came into the race knowing that I would have to walk periodically to avoid destroying my legs. So I planned to walk a half lap every 20 minutes. What I actually ended up doing was to run for about 30 minutes and then walk about a quarter of a lap (I have terrible self discipline when I feel good). I felt reasonably good for the 1st 6 hours eating bananas and jell paks while drinking heed exclusively. A couple of times while standing in the port-a-potty I felt a little light headed. I thought "stay calm... no one wants me to pass out in here (I think I had been having too much sugar and not enough other types of food)". So I had some chips and eventually a turkey sandwich (which tasted awesome). I wanted to quit but I kept repeating the mantra "relentless forward motion!". I ended up walking about 40 minutes with Christine and found that she has an exceptional walking pace and that our conversation took my mind off my own misery until I started to feel better again. Later I started feeling some knee pain but it went away. I had several more periods where I needed to walk to recollect my mental and physical energy. I kept promising my self that I would walk the last 3 hours if only I would 1st run for 1 hour. As I got closer to the finish this internal bargain kept changing to 2 hours of walking after just 1 more hour of running etc. Close to the end I switched to shorter and shorter durations. Needless to say that the encouragement from the volunteers and spectators and the promise of time running out brought freshness to my legs which suprised me.

Here are some lessons I learned. While short walking breaks are important early in the race I wish I had planned on longer walking breaks of say 20 to 30 minutes planned to coincide with a more substantial meal break. I found that real food helped perk up my mood. I underestimated how strong the desire to quit would become. I am glad that I had learned so much from people in this UM forum that helped me through this race.