

## Mind The Ducks 2010 Race Report – Bill McGovern

I had no real goals going into this race. It was to be the first 12 hour Ultra I would run. The best goal I could muster pre race was run to 50 miles, check out the time and go from there. IF nothing else this would be a great training run for Old Dominion I am doing in three weeks.

I ran Freedom Park 24 hour early last year with Todd, Matt, and Ryan. So my real strategy was not to repeat any mistakes from that race. The plan was to run 25 minutes, and then walk 5 minutes. At 25 and 55 after the hour I would take my 5 minute walk break. This forced me to watch the clock all day. That in itself can be draining for a 12 hour race. But it didn't turn out that way. It was somewhat motivational. Sometimes I would come around to the finish line planning a walk break only to see that I had enough time to complete one more lap which kept me going. Needless to say that I was so focused on this plan that I remained disciplined all day long, not breaking it until the last two hours for a couple of necessary stops for a bloody nose and bathroom breaks.

It was during my scheduled walks that I drank and ate. This allowed me to run without any extra load to carry. I drank GU drink all day with a couple of cups of Soda, a couple of cups of Heed, and a couple of cups of water mixed in. I ate gels throughout. A round noon I ate a half of a PB & J sandwich. I also drank four Red Bulls. The first one was in the morning. There was one at the six hour mark, one at four hours and one at two hours to go. The Red Bull was accompanied by a gel. Great combo! I had often wondered if Red Bull actually worked. After how I felt Saturday, I believe it does give you wings.

Next thing I focused on was my pace. I was doing an easy pace throughout the first six hours or more. I didn't rush through the laps. Although early on I feel my scheduled walk breaks were likely short of 5 minutes. Since I wasn't wearing a watch I couldn't tell. Instead I selected a couple of trees next to the path to start my next run phase. As the day went on and we were well into the final six hours of the race I noticed my 5 minute scheduled walk breaks were a little on the fat side of 5 minutes. It was taking me longer to drink the same amount of fluids as it had in the morning. Sometime late in the race most likely with only two hours to go I walked the entire circuit. It was the longest I had spent all day not running. I sat down a total of twice to change my shoes. My first change was after the first two hours. The second change was at the halfway point. Thus I used three different pairs. I figured that I would not build any stresses on my joints from having the same support or lack of. I was careful to pick up my feet even when I was growing tired late in the race. It was the shuffling during Freedom Park that did the most damage to my feet.

I can say that I am happy with how MTD turned out. I am happy with my 71.5 miles. Also, that I didn't crash and burn. I was a little concerned with my drive home, which only took 2.5 hours. I thought I would be sleeping in the car somewhere all burnt out. Once I got home I actually stayed up watching TV. Maybe it was the Red Bull. I just thought of that. I have felt much worse after running Marathons,

Lastly, it was great meeting everyone I did. Everyone was allsome. Thanks for making my day.

Summary of my MTD:

NO blisters

NO black toe nails

NO injuries

Some chaffing

Sleepy all day Sunday

Thats it.

Bill McGovern

Marathon N.Y.