

NR_key_name: EF0D71FEFA9F3F13852563A700507F99
SendTo: CN=Joseph Freeman/O=ARRB @ ARRB
CopyTo:
DisplayBlindCopyTo:
BlindCopyTo: CN=R ecord/O=ARRB
From: CN=Laura Denk/O=ARRB
DisplayFromDomain:
DisplayDate: 09/16/1996
DisplayDate_Time: 11:00:53 AM
ComposedDate: 09/16/1996
ComposedDate_Time: 10:39:15 AM
Subject: Re: the race

Thank you so much for your cheer. I definitely heard you and I knew that it was you. I tried to find you in the crowd, but to no avail. Then, I became obsessed and every time there was a turnaround, I would run on the edge and look for you, but I completely missed you. Sad :(But -- what a great day! You definitely were on (under?) your goal -- is that around 9:10 pace? Hurray!!! As for my little crowd, we all were very happy with our times. I planned to run 7:50 pace and I did. I was so pleased because I was right on pace every mile -- like within 2-3 seconds EVERY time. 7:50 pace for a 1/2 marathon is 1:42.42 and my time was 1:42.45 -- approx. 5 minutes faster than last year. I am very proud. Colleen ran 6:40 pace!!! Can you believe it? She came in 5th of all women and 3rd in our age group. My friend Janice ran 6:53 pace and came in 5th in our age group. I was 16th in our age group. (Of course, there were probably only 17 women in our age group, but I would prefer not to worry about that.) But Joe -- you probably think we are all the SLOWEST people in the WORLD if you ran 6:45s for a (did you say 16?) 16 miler, even if it was a few years back. Unreasonably fast, if you ask me. If I ever run that fast, I'll retire the next day. I brought Newman's Own pretzels today, and I will open them when you return. Thanks for the message.

To: Laura Denk/ARRBcc: From: Joseph Freeman/ARRB
Date: 09/16/96 08:36:50 AMSubject: The race
I saw you briefly from a short distance just before the race but, as you were chatting with one or more real runners, and since I was still contemplating a last-second trip to the port-a-loos, I didn't intrude. Also passed you (coming back) on my way out to the Arlington Cemetary turnaround (if you remember hearing a "Go, Laura!" about that point, it was me!). I trust the race turned out well for you? As for me: 2:00:43. Bettering my time of '94 by almost 8 minutes, and my time of '93 by 10. So I can't complain. Of course, sometime in '81 or '82 I ran a 16 miler in 1:49, but for the sake of my self-esteem I don't take the comparisons back that far...I will be out at Archives II most, if not all, of the day. But at some point I'd like to hear how things went for you. Have a great day!

Body:
recstat: Record
DeliveryPriority: N
DeliveryReport: B
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