

NR_key_name: 6BA64D753269B18A852564740080EA66

SendTo: CN=Laura Denk/O=ARRB

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DisplayDate: 04/09/1997

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Subject: Re:

2000 mile year! Now, that would be a real accomplishment! My best year ever, in the halycon (sp?) days of my youth, was still less than 1700, and I haven't been anywhere near that in over a decade!And, no -- you are always ever so kind -- the course was not so tough that my time would have been better on some other. In fact, it was a big net-downhill. It started at about 5300 ft, and went uphill for 3 miles, peaking around 5900 feet, before falling about 1800 ft. between miles 3 and 16. Then it rose again from mile 16 on, but only about 300 ft., finishing at about 4400 ft. There was a lot of wind, sometimes helping and sometimes hurting. Genuinely beautiful course, though wierd (and thus difficult insofar as it was hard to know how hard I should be running at any given point).Hope you're hanging in there (as I'm sure you are). If I can ever be of help, let me know! And thanks for being so supportive of the marathon thing -- it may be my last for a long while, and so it was nice to get some positive feedback from someone whose commitment to running (not to mention mileage totals) far outstrips my own!

Body:

recstat: Record

DeliveryPriority: N

DeliveryReport: B

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