

ARROWSMITH MARATHON 10/4/2011: KAREN MULLER

This has to be the most scenic run that I have raced in the South Island so far, the views were absolutely stunning!

The temperature had dropped by 10 degrees by the time I had travelled from Christchurch to Lake Heron and I arrived to a chilly -1 degrees! However the mist was burning off and the sun was shining so we were going to have perfect conditions for the run.

The race started at the woolshed on Lake Heron. There were an initial 3.5km on the 4WD road before hitting the BIG hill climb, it went up for about 8km and had some pretty steep sections which I power walked to conserve energy so that I could run the following 30km at a better pace. Every switchback opened up a new view, some of the river, others of jagged snowy ridgelines, it was very tempting to just stop and soak in the scenery!

Once at the top of the saddle there was some good running along the tops before some steep descent were it paid to get your downhill technique right otherwise your quads would be guaranteed to cramp later on. From here we weaved alongside the river, this included some short technical sections of scree rock to negotiate but otherwise the terrain was 4WD track and tussock.

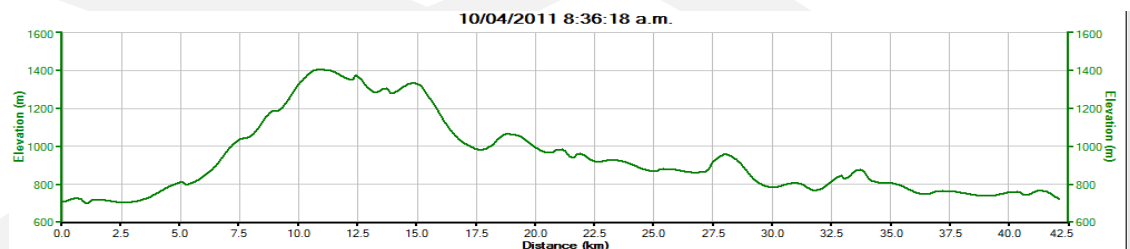
There were a couple more moderate hill climbs before the final descent back to the woolshed. I found the last 10km really tough, everything was starting to ache and I was convinced that there was another woman making some ground on me! Determined not to be overtaken on the last few km's I dug in kept my mind occupied by running 1 km for each person that has inspired me over the last few years, this got me though the last 6km back to Lake Heron. I was very happy to see the finish chute, after just over 42km and 1480m of ascent. Several minutes later what I thought was the competition arrived and turned out to be a guy with a desert cap on. The swishing hair was actually the back of his cap!!! It must be time to get my eyes checked !

If you enjoyed Motatapu marathon then this would definitely be a good choice of race. They had a water station at the top of the saddle and about two thirds round the course. There were plenty of streams but some of them were close to cattle so I was a bit choosy which ones I drunk from.

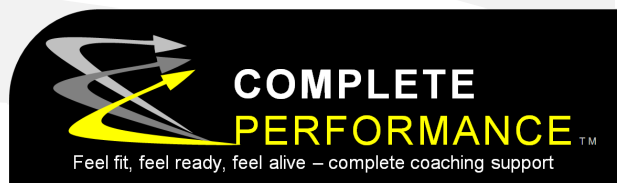
Training Tips:


- Run/Power walk the first hill
- Practice your fast downhill running
- Carry enough fluid for the first 12km
- Complete a long hill training run of 35-37km before doing this race

Race Profile



First Man was in at an incredible 3hr16m!, First Woman 4hr11m. Full Race Results are available at: <http://www.multiporthevents.co.nz/>





**COMPLETE
PERFORMANCE™**

Feel fit, feel ready, feel alive – complete coaching support