

Ten Marathon Problems

How will you solve them?

Carbohydrate Loading. What is your plan for carbohydrate loading (eating starchy foods) during the week? How do you know when you are adequately loaded? When should you start? Finish? What should you eat/drink (and when) on Saturday? On race morning?

Getting to the Start. We will meet at 4:15 a.m. for stretching at Ala Moana Shopping Center in the bottom level parking lot on Piikoi and Ala Moana. How will you get from home to the meeting place? Into the crowd before the race begins? How will you get home after the race? Where will you leave your car?

Adjusting to Weather Conditions. How will you dress and how will you adjust your pacing plan to the following conditions? warm-hot/muggy, warm-hot/windy, cool/clear, partly cloudy-and-breezy, cool-and-drizzly, and heavy rain. What's the problem that you must solve with each condition?

Staying with Your Pacing Group. There are thousands of people in this race. How will you avoid getting separated from your group? If you get separated, how will you find your group? How will you adjust your pace if your group goes too fast? How will you adjust if you are separated from your pacer?

Following a Pacing Plan. Pacing is the most important thing in terms of getting through the marathon without crashing. How will you develop a pacing plan? What's the goal/main features of a *BC Endurance* pacing plan. How will you follow the plan in a group? Through the middle 13.1 miles? When is it okay to discard the plan.

Keeping it Fun through the Middle Miles. How can you support one another to stay on pace, while having fun from 10 to 22 miles on the highway and around Hawaii Kai? Suppose you are alone on that stretch. How will you pace yourself? Where is "pacing" on your Great Race priority list?

Toilet Breaks and Aid Stations. What will your group's policy be regarding toilet breaks and aid stations? Will you schedule stops? When and where? Will you leave people or wait for them when they stop? Which is more important, your time or your friends?

Dealing with Cramping, Injuries, and Nausea. Are you clear what causes the following? **Cramping** (dehydration; depleted electrolytes; over exertion). **Nausea** (over exertion; wrong or too much food or drink). **Injury** (poor posture/running form; over-use/over-exertion). How will you prevent/deal with these issues? If you are concerned about finishing, how will you get support during the race on the course, to get home if needed?

Maintaining your Energy after 16 Miles. What and how much will you consume during the early part of the race (start to 7 miles), the middle part (6 to 18 miles, the last part (18 to 26 miles)? What are your highest priorities where eating/drinking are concerned?

Post-Race Recovery. How will you take care of yourself after the race? Suppose it's a cold, windy day? What will you wear to be comfortable? How will you get your stuff to where you need it? Do you know all that's available for you in the park on race day?