

Race Report Laguna Hills 10K on Memorial Day 2013  
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First I finished 2 minutes faster than Cinco de Mayo, yippee! This is my third and best 10K EVER!

I woke up and was already giving myself excuses....my stomach hurts, I planned a ride with friends today can I do that after.....

I get to the Start and do not see that familiar "sea of aqua blue" that Cindy Mason loves so much.....where is everyone?

Move into the shoot at the middle of the 10:00 pace still no "sea of blue"....the race starts...off we go into Laguna Woods what better place to hold a run but with built in spectators that was nice....finally Martha comes up along side me hello and then she was gone....Fiona says hello...we exited Laguna Woods and having ridden my bike up Paseo de Valencia many times I knew what was ahead even before the slow down began. For whatever reason my run/walk strategy did not coincide with the hills on the route and my Garmin was my pilot fish.....always running up the hills ☺.

At or about the Laguna Hills Community Center I said forget it I can take the 5K route....then came a sea of blue Jana, Colleen, and Donna came alongside me and gave me the right amount of encouragement and asked what I was doing? I said **the 10K** and you? They replied half marathon....I kept them in my view until the 10K turn off, but their words propelled me to the finish.

Of the three 10K's I have completed this was my strongest finish yet, no complete slowdown between mile 5 and 6.

I felt good and had a good bike ride after.....tired in the afternoon but happy to have completed my third 10K and happy to be a little faster this time!