## My NYC Marathon Adventure

As I woke up last Thursday morning, three days before my $49^{\text {th }}$ birthday, I was having a dream about running the NYC Marathon on my birthday. It seemed very real, so I checked my calendar and, having nothing going on, thought, "Why not?" A few emails later (plus a $\$ 2,620$ donation to the NY Road Runners' charity), I was registered!

A few more emails later with my great friend, David Saltzman, the co-founder and Executive Director of the Robin Hood Foundation, one of my favorite charities, and I was signed up for the $100+$ person team raising money for Robin Hood.

Then I had three days to: 1) raise as much money as I could for Robin Hood; and 2) contemplate the fact that I had done no training and, in fact, having never run more than six miles in my life! If I failed at this, I was going to cost Robin Hood a lot of money - and it would be a very public embarrassment.

Fortunately, my legs held up and I'm pleased to say that I completed the marathon in 4:03:10 and, much more importantly, raised more than $\$ 76,000$ for Robin Hood!

The whole experience - before, during and after the race - was an epic adventure (and one that was so emotionally, physically and mentally draining that I was in tears right after I finished)!

Below are the emails and pictures that I sent to my friends and family before and after the race. Enjoy!

Best,

## Whitney

PS-It's not too late to donate to Robin Hood - here's the link:
https://www.crowdrise.com/whitneytilson. And join me next year on the Robin Hood team!
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10/29/15
With my (first annual) $49^{\text {th }}$ birthday coming up on Sunday (and my hair greying and thinning), I'm of course going through a full-blown midlife crisis, which has manifested itself in various physical challenges: two weekends letting Navy SEALs brutalize me, running six Spartan and Tough Mudder races since April, a plan to climb the Matterhorn next July, etc.

So, I suppose it's not surprising that as I awoke this morning, I was having a dream about running the NYC Marathon, which also happens to be on Sunday. I checked my calendar and have nothing going on, so I thought, "Why not?"
(Well, actually there are plenty of reasons, starting with the fact that I've never run a road race longer than a 10k in my life and have exactly three days to train. Despite this, it's not quite as crazy as it appears. I've been training very hard for the past 15 months for the various events noted above, which has me in the best shape of my life. A week and a half ago, I ran 15 miles in $31 / 2$ hours, wet and freezing cold, in a Tough Mudder race, which included lots of hills and obstacles, so I figure I should be OK on Sunday.)

My favorite charity (along with KIPP) is the Robin Hood Foundation, which fields a team to run the marathon every year - and they had a spot, so I'm doing it!

You can help me in the following ways:

1) Give me lots of encouragement on the racecourse! I'm bib \#19999 and you can track my progress by downloading the NYC Marathon app and entering this number.
2) Donate to Robin Hood on my fundraising page: https://www.crowdrise.com/whitneytilson. Consider it a joint marathon/birthday present.

I just donated $\$ 100 /$ mile ( $\$ 2,620$ ), plus to give me motivation to run faster, I'll donate an extra $\$ 10$ for every minute that I finish faster than 4:22 (that's my target finish time: a $10-\mathrm{min}$ mile for 26.2 miles) (secretly though, I'd love to break four hours!). I hope you'll consider also making a variable donation to give me extra incentive (just think: your money will not only go to a great cause, but lead to more suffering by me!).
3) Recommend your favorite running/workout song so I can download it onto my phone to listen to during the race.

Thank you!
Whitney
PS-This will be me at the finish line (hopefully minus the mud!):


Dear friends and family,
Less than 24 hours to go until the marathon - and I'm chomping at the bit!
First of all, I have a new bib number: 19999. (I learned that it's not kosher to run with someone else's bib for a variety of reasons, most importantly safety: if you collapse on the course, they'll think you're someone else and call the wrong emergency contact person.) You can track my progress by downloading the NYC Marathon app and entering this number.

If you're going to be on the course as a spectator, I'll be crossing the starting line $\sim 10: 20 \mathrm{am}$ and plan to run a steady 9 -minute mile throughout (hopefully a little slower in the first half of the race and a little faster in the second). Below is a picture of me in what I'll be wearing tomorrow (all black). Note that I put my name and "It's my $49^{\text {th }}$ birthday today!" on my shirt - a friend suggested this so that the crowds will give me extra encouragement, which I think I'm gonna need!

I also want to thank the 67 folks who have donated a total of $\$ 22,296$ to Robin Hood, in amounts ranging from $\$ 26.20$ to $\$ 2,620$, to support my run. Heck, if I'd known I could raise so much money for such a good cause, I would have started doing this years ago!

In addition, a few generous folks have given me incentive to run fast by pledging:

- Two $\$ 10,000$ pledges if I run $4: 15$ or faster
- $\$ 30 /$ minute for every minute under 4:22
- $\$ 780$ if I break 4:00
- $\$ 600$ if I break 3:45

So, all told, if I run 3:45, I'll raise \$44,716 for Robin Hood - now THAT'S motivation! (It's not too late to make a pledge at: https://www.crowdrise.com/whitneytilson)

All I really care about is breaking 4:15 to earn the extra $\$ 20,000$ for Robin Hood, but it sure would be nice to break $4: 00$. Do I have a chance at that? Who knows? Working against me is the fact that I've never run anything more than a 10k and my entire training consisted of an easy 4.3-mile jog on Thursday (now I'm tapering! ;-) at an 8:50 pace - hey, it's only six of those, right??? On the other hand, in the last two months I've run 15- and 17-mile Tough Mudder and Spartan races up and down mountains on grass, dirt and mud over 3+ hours, so it'll be very interesting to see how well that translates to a marathon...

One thing I know for sure is that my tolerance for pain and suffering is dramatically higher now than it was 14 months ago thanks to some current and former Navy SEALs who kicked my butt over two boot camp weekends. And I'm counting on the crowds to give me energy!

Wish me luck!
PS-My little niece and nephew live in Brooklyn and are going to come out to cheer me on with a sign they made this morning - see pics below. So cute!

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Guess who's flying into NYC this evening to pace me in the marathon tomorrow?
My cousin Alex Tilson, who's boarding a flight from San Francisco right now!
This came together this afternoon - here's the story:
Alex (who's a HARD-CORE marathoner - a personal best of 2:21, three-time marathon winner, and one-time American record holder in the 50k) has been giving me great advice over the last few days. At midday today, he emailed me a final reminder: "Don't you dare get too excited and go out too fast!!!!!!"

I replied: "Oh man, you know me too well! I jogged over here to the west side [I was watching the rugby World Cup final at a bar with a friend] 1.57 miles at a $7: 58$ pace and I'm tellin' ya that I was deliberately going slow, barely sweating and breathing easily..."

I felt really good running home as well, so I called Alex (his wife, Deborah, was on speakerphone):

Me: "Alex, I'm tellin' ya, I feel great. Screw four hours - I think I can run this bad boy in 3:30!"

Alex: "Whitney, you haven't trained. Of course you feel fine during a 3-4 mile training run. But over 26 miles, your legs are not used to this. They have never done it. Be fearful and respectful of the race. If it turns out that predictions were too conservative, blow a big wad the last 10 k and really impress. Trust me. Go out slowly!"

Me: "Alex, do you crush your wife's hopes and dreams like this? What happens if I run a 9minute/mile pace for the first 20 miles, I DON'T hit the wall, and finish fast, but with lots of gas left in my tank, wishing I'd run it faster? OK, how about this: I'll run the first half at a 9minute pace and then, if I'm feeling good, I'll run the second half at an 8 -minute pace? C'mon, you gotta let me do that!"

Alex: "In my entire life, I have never seen anyone run the second half of a marathon even five minutes faster than the first half, much less 13 ! But ok, if you run a 9 -minute pace for the first 16 miles and are feeling good, you have my permission to slowly pick up the pace, as long as you're still feeling ok."

Deborah: "Alex, why don't you fly out there and pace him? It would be OK with me."
[All of us laugh]

Me [thinking, "Wait a sec, that's a pretty good idea!]: "Alex, what say you?"
Alex: "If you buy my tickets, I'll come."
Me: "I'll call you back in 5."
[I found a nonstop from SFO-JFK leaving in a few hours, landing at 10:30pm, and a return onestop from LGA, leaving at $5: 04 \mathrm{pm}$ tomorrow, landing at SFO at $10: 30 \mathrm{pm}$ for $\$ 334 \mathrm{rt}$ ]

Me: "I found the following flights..."
Alex: "I'm packing now!"
I'm psyched!
PS-Here's a picture of the three of us at my $20^{\text {th }}$ and Alex's $15^{\text {th }}$ HBS reunion in June 2014. Look for us on the course!


PS-Here's Alex winning a marathon in his personal best of 2:21:16, qualifying for the US Olympic trials...


A nice article on the Benzinga web site:

## How Running Can Help End Poverty In NYC

Javier Hasse, Benzinga Staff Writer

October 31, 2015 12:43pm Comments
http://www.benzinga.com/news/15/10/5952979/how-running-can-help-end-poverty-in-nyc


- The New York City Marathon is one of the most famous running event's in the world.
- This year's marathon will be run on Sunday.
- Whitney Tilson, founder and managing partner of Kase Capital Management, will be taking part in the Marathon, while donating money to the Robin Hood Foundation. The opportunity to participate in some meaningful way is still open to the public.

This year's New York City Marathon will be run on Sunday by roughly 50,000 people from all around the globe - including several celebrities like Alicia Keys, James Blake and Ethan Hawke.

Among the people making the trek from Staten Island to Central Park will also be 49 -year-old hedge fund manager and philanthropist Whitney Tilson. But Tilson won't be running just for the rush or health benefits, he will also be sprinting for charity.

Tilson recently sent an email telling investors he would be racing to help Paul Tudor Jones' Robin Hood Foundation, his favorite charity (along with KIPP).

## Robin Hood's In New York

For those unfamiliar with the foundation, "Robin Hood is New York's largest poverty-fighting organization, and since 1988 has focused on finding, funding and creating programs and schools that generate meaningful results for families in New York's poorest neighborhoods," boasts the foundation's website.

Every year, the foundation fields a team to run the marathon, looking to raise funds in the process. This year, that illustrious team will include Tilson.

Even though entrance in this year's marathon may not be possible for you due to timing or proximity, you can still participate.

Consider donating to Robin Hood on Tilson's fundraising page. Your support will go far.
The hedge fund manager started by donating $\$ 100$ per mile ( $\$ 2,620$ in total). In addition, for motivation to run faster, he promised to donate an extra $\$ 10$ for every minute that he finishes faster than 4:22 (a 10-minute mile for 26.2 miles).

Benzinga spoke with Mr. Tilson, who revealed that over the past 24 hours -- since the email was sent out, " 62 friends and family have committed $\$ 21,434$," including his own $\$ 2,620$. Furthermore, a few of them introduced performance hurdles, including $\$ 30$ per every minute under 4:22, $\$ 10,000$ if he breaks $4: 15, \$ 1,482$ if he breaks 4:00, and an extra $\$ 500$ if he breaks 3:45.
"I'm determined to get that $\$ 10,000$ !" Tilson concluded, adding that running/workout songs recommendations were welcome. So, feel free to chip in!

## 11/1/15

## Subject line: I just finished in 4:03:10 and gave it everything I had. I'm choked up with emotion...

Forgive the brief email, as I'm sending this from my cell phone, but I wanted to let you know that I just finished the marathon, feel fine, and am pleased with my time - and the fact that it means Robin Hood will get nearly $\$ 60,000$ ! More details and photos soon...

## 11/1/15

Dear friends and family,
As promised, here's the follow-up email with more details and pics from the marathon.
Here's the email I sent right after the finish for those of you who missed it:

Subject line: I just finished in 4:03:10 and gave it everything I had. I'm choked up with emotion...

Forgive the brief email, as I'm sending this from my cell phone, but I wanted to let you know that I just finished the marathon, feel fine, and am pleased with my time - and the fact that it means Robin Hood will get nearly $\$ 60,000$ ! More details and photos soon...

First of all, THANK YOU ALL SO MUCH for your encouragement - and 130+ donations to Robin Hood, totaling of \$69,172 (and they're still coming in - I've updated this number four times since I've been writing this email!; a special thanks to those of you who challenged me to break four hours, which I (barely) missed - yet made the donation anyway). In three short days (was it only three days ago that I decided to run the race?!?!), you made me the \#1 Robin Hood fundraiser of the $\sim 100$ folks who ran on the team!

Secondly, I lied in my previous email: I most certainly do NOT feel fine. I lost four pounds (from 165 to 161 ) and my legs, from my ankles to my quads, feel like they've been beaten with $2 \times 4$ 's for hours (which is pretty much what happened to them!). Even after I just got the most necessary massage of my life this evening, it is painful to walk or climb even one step - and I fear what it'll be like tomorrow! (I'm almost afraid to go to sleep and let my muscles tighten up. Hmmm, given that I have a 6am flight for a day-trip to LA tomorrow for a business meeting (scheduled long before I thought about running the marathon), returning at lam tomorrow night, maybe I should just pull an all-nighter and sleep on the plane??? Just kidding!)

As for the race, it was an incredible experience: the millions of cheering people, seeing new neighborhoods in New York, testing myself in new, demanding ways (and passing that test!) and, of course, raising a lot of money for a wonderful charity.

That said, I don't enjoy running - at least not long distances on pavement. It's not nearly as varied, scenic and interesting as running up and down mountains and mucking around in the mud with my buddies (what could be more fun?!) at Spartan and Tough Mudder races. And there's a lot of pounding - I have no doubt that my Achilles tendons (which are the sorest part of my body right now) would quickly break down if I started putting a lot of miles on them (on pavement anyway).

So I'd like to say that this was a great, but ONE-TIME, experience - except that I raised so much money that I can't in good conscience retire - it looks like I've created a monster and will have to do this every year (so prepare to be hit up again a year from now)! As for whether I will do some training and try to go under four hours next year, that remains to be seen...

I really wish I'd broken four hours - that was my real goal, and in the first third of the race, I was running easily and on pace to easily beat this with $a \sim 3: 45$. But then my complete lack of training began to show and my legs slowly but steadily started to fade.

I never hit the proverbial wall - my heartbeat was steady the entire race, I was never breathing hard, and never walked (other than for a few seconds at water stations) - but my legs just got more and more tired (and painful, but that didn't slow me). The conversation I had with my legs went something like this:

Me (the first seven miles of the race), speaking to my legs: "Hey you guys are doing great! We're averaging 8:34 miles, which would have us finished in 3:44."

My legs: "Thanks boss. We're feeling great. This isn't any worse than one of your long Spartan or Tough Mudder races."

Me (the next six miles of the race, up to the halfway point): "Hey guys, what are these nineminute miles?"

Them: "We're trying! But when are we going to take a break? Why don't you stop and do some monkey bars, climb a wall or muck around in some mud for a bit?"

Me: "Uh, boys, I hate to break it to you, but we're not stopping for another two hours."
Them: "What?!?!?!"
Me (miles 14-22): "OK, now I'm getting pissed - you slackers are down to 9:30 miles and, at this pace, I'm at risk of not breaking four hours!"

Them: "Hey, shut the $\mathrm{f}^{* *} \mathrm{k}$ up! We've already carried your sorry ass 3 x as far as we ever have and the pounding we're taking from this pavement sucks! Let's get back onto the grass and dirt that we like so much!"

Me (miles 23-26.2): "OK, boys, now we're in the home stretch - let's break four hours!"
Them: " $F$ **k you! We're toast - you're lucky we don't quit on your altogether!"
I finished with not one ounce in my fuel tank - I'm not sure I could have run another 100 yards - which is good because otherwise I'd be bummed that I might have broken four hours.

Alex and I discussed whether we went out too fast - what if we'd slowed down and run an 8:45 pace for the first seven miles? Might I then have been faster in the second half? We decided that this was unlikely. Early on, I was feeling great and running easily, and I think my legs were going to start crapping out at roughly the same point, so it was good to get some fast mileage completed before this happened.

Speaking of Alex, he was a hero. Not only did he drop everything on an hour's notice to fly out (and then rush to LGA right after the race to fly home, landing after midnight tonight after spending 19 hours in NYC), but I shudder to think how much slower I would have been without him to pace me - at least 10 minutes I'd guess. I likely would have made the mistake of going out even faster, plus he provided lots of encouragement, carried my waist pack and shirt for the
second half of the race - and it was a much more fun experience running with my cuz! Also thanks to Mike Zapata, who ran the last $\sim 7$ miles with us.

As soon as I crossed the finish line, Susan and Katharine (my 13-year-old), who were waiting nearby, plus Alison (my 19-year-old at college in MN) and Emily (my 16 year-old at a semester program in Maine) called me and told me how proud they were of me. Much to my surprise, I started crying (which made them cry too). I was so physically, emotionally and mentally drained, and I was glad that I'd been a good example for them about having a bit of sometimes-you-just-gotta-say-what-the- $-* * \mathrm{k}$ and doing outside-the-box things on occasion, and not quitting even when you're really miserable. I'm turning into such an emotional sap in my old age (though today I proved that maybe I'm not so old yet!).

Below are 18 pics with descriptions, and here are two short (5-second) videos Katharine and Mike took:

- Saying hi to Susan and Katharine right before the finish line: https://youtu.be/_1UiRLzpTJQ
- Alex and me just after finishing: https://youtu.be/35f8cCjJpDk

Thanks again!
Whitney
PS—In addition to my 6am flight tomorrow, I'm scheduled to run a Tough Mudder in Jersey City twice ( 20 miles) on Saturday (again, something that was scheduled long ago). It will be VERY interesting to see if my body recovers enough to do it even once!

PPS-Here are the mile-by-mile split times from Alex's watch, with his comments (see photos at the bottom of this email for the data from my Garmin GPS watch):

| Distance | Total Tune | Split |  |
| :---: | :---: | :---: | :--- |
| 1 | 8.44 | 8.44 |  |
| 2 | 16.39 | $7: 55$ | downhill off of bridge, with tailwind. Slow it down! |
| 3 | 25.07 | $8: 28$ | slow it down more |
| 4 | 33.50 | 8.43 |  |
| 5 | 42.36 | $8: 45$ |  |
| 6 | 51.16 | $8: 40$ |  |
| 7 | $1: 00.01$ | $8: 45$ |  |
| 8 | $1: 09.07$ | 9.05 |  |
| 9 | $1: 18.13$ | $9: 06$ |  |
| 10 | $1: 27.13$ | $8: 59$ | good |
| 11 | $1: 36.00$ | $8: 46$ |  |
| 12 | $1: 44.54$ | 8.54 |  |
| 13 | $1: 54.05$ | $9: 10$ |  |
| 14 | $2: 03.35$ | 9.29 | hoping for 3:59.59 if can hang sub 9:305. |
| 15 | $2: 13.20$ | 9.44 | ouch |
| 16 | $2: 22.47$ | 9.27 |  |
| 17 | $2: 32.06$ | 9.19 |  |
| 18 | $2: 41.27$ | $9: 20$ |  |
| 19 | $2: 51.09$ | 9.42 |  |
| 20 | $3: 00.39$ | 9.29 |  |
| 21 | $3: 10.27$ | 9.47 | wondering how bad decay could get - as bad as 4:07 if some walking? |
| 22 | $3: 20: 00$ | 9.33 |  |
| 23 | $3: 29.59$ | 9.58 | thinking more like 4:04 |
| 24 | 3.40 .15 | 10.16 |  |
| 25 | $3: 49.55$ | 9.39 | Good push. Some downhill. Thinking sub 4:04 |
| 26 | $4: 00.38$ | 10.42 |  |
| 26.21 | $4: 03.13$ | 2.36 |  |



Alex and me in the starting corral for our wave.


The start: it took nearly four minutes to cross the starting line (which didn't count against our time of course).


Alex and me running up First Avenue maybe 18 miles in.


Notice that Alex is wearing my waist pack (and you can't see, but he's also holding my shirt).


Passing the Robin Hood cheering section in the Bronx at mile 20 (that's Robin Hood Executive Director David Saltzman giving me a high five).


David snapped this picture of us as we jogged by.


In the home stretch!


Running down the hill toward the Apple Store and Plaza Hotel.


Crossing the finish line!




We had to walk (hobble) another mile or so to pick up our nice lined ponchos and then we met up with Susan and Katharine.


We took a bus up to $96^{\text {th }}$ Street and walked across Central Park to get home - the foliage is beautiful!


Susan made a wonderful poster (which I didn't see during the race - I had my headphones on and didn't hear Susan and Katharine cheering for me around mile 19 - I only saw them in the grandstands right before at the finish line).


This is a close-up of the medal.


Here's page 1 of the report from my Garmin fenix 3 watch.

| Splits * | Time | Cumulative Time | Moving Time | Distance | Elev Gain | Elev Loss | Avg Pace | Avg Moving Pace | Best Pace | Avg Run Cadence | Max Run Cadence |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | $8: 38.5$ | 8:38.5 | 8:34 | 1.00 | 135 | 0 | 8:38 | $8: 34$ | 7:08 | 173 | 178 |
| 2 | 7:47.1 | $16: 26$ | $7: 44$ | 1.00 | 0 | 174 | 7:47 | $7: 44$ | 6:32 | 170 | 178 |
| 3 | $8: 20.7$ | 24:46 | B:14 | 1.00 | 39 | 46 | 82.1 | $8: 14$ | $7: 17$ | 173 | 178 |
| 4 | 831.7 | 33:18 | $8: 30$ | 1.00 | 16 | 13 | 8.32 | 8330 | 6:12 | 173 | 182 |
| 5 | $8: 27.2$ | 41:45 | 8.24 | 1.00 | 13 | 13 | $8: 27$ | 324 | 7:16 | 174 | 178 |
| 6 | 8.28 .5 | 50:14 | $8: 27$ | 1.00 | 16 | 52 | 828 | $8: 27$ | 7:59 | 174 | 181 |
| 7 | $8,32.1$ | 58946 | $8: 28$ | 1.00 | 23 | 26 | 8332 | $8: 28$ | 6:17 | 174 | 180 |
| 8 | 8.59 .3 | 1:07:45 | 8:52 | 1.00 | 26 | 3 | 8859 | 8.52 | $8: 13$ | 176 | 184 |
| 9 | $8: 44.3$ | 1:16:29 | $8: 41$ | 1.00 | 56 | 33 | $8: 44$ | $8: 41$ | 7:56 | 173 | 182 |
| 10 | $8 \times 55.5$ | 1:25:25 | 8:54 | 1.00 | 3 | 39 | 8:56 | 8:54 | 7:13 | 164 | 180 |
| 11 | 8:28.7 | 1:33:54 | 8:24 | 1.00 | 43 | 23 | $8: 29$ | $8: 24$ | 5:27 | 174 | 179 |
| 12 | 8.33 .5 | 1342:27 | 8:32 | 1.00 | 13 | 46 | 8834 | 8,32 | 7.51 | 173 | 178 |
| 13 | 8:52.6 | 1-51:20 | 8.49 | 1.00 | 23 | 23 | 8.53 | 8549 | $7: 35$ | 174 | 181 |
| 14 | 9:19.8 | 2-00-39 | 9:17 | 1.00 | 46 | 33 | 9920 | 9:17 | 6:44 | 173 | 179 |
| 15 | 8:46.1 | 2,09:25 | $8: 43$ | 1.00 | 13 | 7 | 8:46 | $8: 43$ | 7:02 | 174 | 178 |
| 16 | 10:17 | 2:19:42 | 10.09 | 1.00 | 125 | 0 | 10:17 | 10:09 | 5:56 | 174 | 181 |
| 17 | 8:49.7 | 2:28:32 | 8:46 | 1.00 | 10 | 92 | 8.50 | $8: 46$ | $2: 47$ | 171 | 178 |
| 18 | 8.59 .8 | 2-37/32 | $8: 59$ | 1.00 | 36 | 43 | $9: 00$ | 8.59 | 5:18 | 172 | 178 |
| 19 | 9.28.3 | 2:47:00 | 9.04 | 1.00 | 3 | 26 | 99.28 | 9.04 | $5: 09$ | 171 | 177 |
| 20 | 9,36.2 | 2-56:36 | 9.23 | 1.00 | 33 | 0 | 936 | $9: 23$ | 3:14 | 170 | 176 |
| 21 | 9,40.4 | 3:06:16 | 9.35 | 1.00 | 20 | 43 | 9:40 | 9.35 | 7:41 | 169 | 177 |
| 22 | 9.23.5 | 3:15:40 | 9:18 | 1.00 | 33 | 20 | 923 | 9:18 | $5: 42$ | 166 | 177 |
| 23 | 9.14 .9 | 3:24:55 | 9:13 | 1.00 | 13 | 10 | $9: 15$ | 9.13 | 8:11 | 171 | 176 |
| 24 | 10:08 | 3:35:03 | 10007 | 1.00 | 69 | 10 | 10:08 | 10:07 | $5: 42$ | 170 | 176 |
| 25 | 93.350 | 3:44:38 | $9: 32$ | 1.00 | 39 | 46 | 9.95 | 9.32 | 8:19 | 170 | 176 |
| 26 | 926.4 | 3:54:04 | 9.19 | 1.00 | 26 | 52 | 9.26 | 9.19 | $8: 30$ | 171 | 178 |
| 27 | $8: 31,3$ | 4:02:36 | $8: 27$ | 0.79 | 33 | 7 | $10: 44$ | 10:38 | 8:41 | 170 | 179 |
| Summary | 4:02:36 | 4:02:36 | 4:00:25 | 26.79 | 906 | 879 | 9:03 | 8:58 | 2:47 | 172 | 184 |

Here's page 2. Note in the bottom row that it says we ran 26.79 miles (an extra $6 / 10$ of a mile!) - perhaps because the course was so crowded for the entire race ( $50,000+$ racers, nearly $50 \%$ larger than any other marathon in the world; random trivia: nearly half are from overseas) that Alex and I had to dodge other runners constantly to pass anyone. Heck, $6 / 10$ of a mile is six minutes, so maybe I did run under four hours for 26.2 miles - LOL!


We had dinner at home and ate yummy birthday cake!

A lot of folks have been asking how I'm feeling two days post-marathon, and the answer is: great (as you can see from the picture below that Susan took this morning as Rosie and I walked her to work).

Whatever pain I feel is far offset by the great feeling of both personal accomplishment - it's a birthday I will never forget, that's for sure! - and, more importantly, raising \$74,919.80 for Robin Hood!
"Ah," you might be asking, "But what about my body?"
Well, I won't say it's feeling great - my quads and Achilles tendons are sore - but I'm feeling much better than I thought I would. I wasn't sure I'd be able to even walk for a week, but today I'm feeling so good that I went and played in my usual pickup basketball game at lunchtime for an hour with no problems.

In short, I'd say I'm already $90 \%$ back to normal (so I'm definitely doing the Tough Mudder in Jersey City this Saturday that'd I'd scheduled long ago; whether I do it twice will depend on how I feel after the first lap!).

The second picture below shows my official results from the NY Road Runners web site: I finished 13,520 overall, 10,117 among men, and 1,586 for those $49+$ - not bad given that there were $\sim 50,000$ runners!

Also, I'd bet a lot of money that I finished first in two categories:

1) People who signed up three days or fewer before the race; and
2) People who'd never run more than six miles in their lives.

I can't prove this of course, but this is the story I'm going with so (as with most things I believe) don't confuse me with the facts, my mind's made up - LOL!

As for my future running plans, I think I'm going to have to run the NYC Marathon every year going forward or I'd feel like I was really letting down Robin Hood - but I have no intention of modifying the exercise regimen that I've adopted in the past $\sim 15$ months: lots of pickup basketball and riding my bike around the city, maybe 20 minutes of push-ups, sit-ups and squats most days, two one-hour workouts weekly with two different trainers, a Tough Mudder or Spartan race every month or two to challenge and entertain me, plus some miscellaneous activities (the occasional roller blade around the park, perhaps another SEAL weekend or two in January and/or May, climbing the Matterhorn next July, a few ski weekends this winter, etc.).

I like my current exercise routine, which does not involve endless miles of pounding for my legs. Maybe a month or two before next year's marathon (and my $50^{\text {th }}$ birthday!) I'll start running a lap of the park twice a week - just enough so that I can break 4 hours - but that's it!

Again, thank you for your support!


I'm standing on the blue line that marks the marathon route, right as it enters Central Park from Fifth Avenue on $90^{\text {th }} \mathrm{St}$.


My official results.

