

**Worksheet Itinerary for Coeur D'Alene Marathon
May 28th through May 31st—Memorial Day Weekend**

Friday May 28th – Maricar and Peggy-leaving after school-no need to take the day off.

Peggy:

Expedia travel confirmation - Spokane, WA - May 28, 2010 - (Itin# 130937663236)

Flying to Spokane, WA with stopover to Denver

Newark (EWR) to Denver (Denver Intl.)	05/28/10	5:10 PM - 7:48 PM	UNITED 525
---------------------------------------	----------	-------------------	------------

Denver (Denver Intl.) to Spokane (Spokane Intl.)	05/28/10	9:20 PM - 10:39 PM	UNITED 583
--	----------	--------------------	------------

Maricar: Your Mileage Plus® account number is 03252592511

For your boarding pass, use reference code **WWN2FS** for online or airport checkin.

Fri, May 28, 2010 Newark Liberty International Airport, (EWR) to Spokane International Airport, (GEG)

Depart: 05:10 PM	Newark, NJ (EWR) to Denver, CO (DEN)	United Flight 525 (on Airbus A319)
Arrive: 07:48 PM		

Requested Seats: 13D
1 Stop - change planes Denver, CO (DEN)
Connection Time: 1hr 32mins

Depart: 09:20 PM	Denver, CO (DEN) to Spokane, WA (GEG)	United Flight 583 (on Airbus A320-100/200)
Arrive: 10:39 PM		

Requested Seats: 14D
Total Travel Time: 8 hrs 29 mins

Taxi – Inquire of hotel best way. \$45 each way according to Kit, night manager of hotel. Use this number or we will be overcharged. 208-773-0927 Trinity Transport taxi. About 45 minute ride from airport to Hampton Inn. Kit booked us a taxi shuttle. I just have to call to verify on Friday where they are meeting me.

**Hotel Hampton Inn & Suites Coeur d' Alene
1500 Riverstone Dr.
Coeur d'Alene, ID
United States, 83814
Tel: 208-769-7900
Fax: 208-769-9300**

Name: Peggy Ann McKean Arrival Date May 28 Departure Date May 31 Check In: 3:00pm and Check out: 12:00 pm Rate Type: CDAMARATHON Rate per night: \$139 Total Stay per room: \$417 + 33.36 tax. Total \$450.36 for entire stay. 1 Room, 1 Adult, 2 Queen Beds/Nonsmoking

Race director: 208-292-1634

mcavasar@roadrunner.com

Saturday May 29th

All events at Main Street in Riverstone.

Race history:

THIRTY-THIRD ANNUAL COEUR D'ALENE MARATHON OFFERS SCENIC COURSE STARTING AND FINISHING AT RIVERSTONE: North Idaho Centennial Trail welcomes Riverstone as title sponsor and host of the venue. The Coeur d'Alene Marathon/Half Marathon offers one of the most spectacular events in the country. At an elevation of 2200 feet above sea level, the resort community of Coeur d'Alene, Idaho, resting on the shores of spectacular Lake Coeur d'Alene, welcomes visitors to a plethora of vacation and recreational activities. The welcoming community and natural beauty have drawn events such as the Ironman USA Triathlon Coeur d'Alene, held here each year in June.

Time Limit

The course will be officially open for 7 hours: from 5:30am until 12.30pm. However, the finish line will remain open until 1:00pm.

Water Stations

The course will have water stations every 2 miles with Hammer HEED available for the second half of both races. Hammer Gel will be available on the marathon course.

Weather

Race-day temperatures have varied from a rainy 42 degrees to sunny and 87 degrees.

Saturday, May 29, 2010

12:00 noon – 6:00 pm.....Late Registration and Packet Pick-up at Main Street in Riverstone. You must pick-up your own race packet 1:00pm and 2:00pmFree Course Bus Tours In front of Hampton Inn in Riverstone.

Contact Info: Coeur d'Alene Marathon **Address:** 105 N. 1st, Suite 100 Coeur d'Alene, ID 83814 **E-mail:** mcavasar@roadrunner.com **Phone:** 208.292.1634

Sunday May 30th – Marathon Day

Sunday, May 30 — Race Day!

5:00 am.....Packet Pick-up

No Race Day Registration or Race Changes!

Start Times

The Start/finish line is on Main Street in Riverstone.

5:30 am: Marathon Walkers

6:55 am: Marathon Wheelchairs

7:00 am: Marathon Runners

7:25 am Half-Marathon Wheelchairs

7:30 am: Half-Marathon Runners & Half-Marathon Walkers

8:00 am 5K Fun run/walk (officially timed beginning 2010)

11:00 am Half Marathon Awards Ceremony

12:00 pm Marathon Awards Ceremony

Other Important Times

Noon: Course Officially Closes

1:00 pm: Finish Line Close

Monday May 31st – Maricar and Peggy—no need to take the day off from school since it's Memorial Day

Peggy:

Expedia travel confirmation - Spokane, WA - May 28, 2010 - (Itin# 130937663236)

\$491.80

Spokane (Spokane Intl.) to Denver (Denver Intl.) 05/31/10 6:00 AM - 9:08 AM UNITED 812

Denver (Denver Intl.) to Newark (EWR) 05/31/10 10:40 AM - 4:29 PM UNITED 422

Maricar:

Mon, May 31, 2010 Spokane International Airport, (GEG) to Newark Liberty International Airport, (E

Depart: 09:30 AM Spokane, WA (GEG) to Seattle/Tacoma, WA (SEA)

Arrive: 10:38 AM

United
Flight 6272 operated by
UNITED EXPRESS/SKYW
AIRLINES
(on Embraer EMB.120 B

Requested Seats: 7B
1 Stop - change planes Seattle/Tacoma, WA (SEA)
Connection Time: 1hr 17mins

Depart: 11:55 AM Seattle/Tacoma, WA (SEA) to Newark, NJ (EWR)

Arrive: 08:05 PM

United
Flight 3692 operated by
CONTINENTAL AIRLINE
(on Boeing 737-900)

Requested Seats: 20D
Total Travel Time: 7 hrs 35 mins

Passenger Name
MARICAR KORFF

Frequent Flyer Information
You can add your frequent flyer number at the airport.

Ticket Number
0167737239995

That would be fine.

Mac Cavasar, Race Director
Coeur d'Alene Marathon at Riverstone
(208) 755-0833
mcavasar@roadrunner.com

-----Original Message-----

From: Maricar Korff [mailto:njchem@yahoo.com]
Sent: Tuesday, February 09, 2010 03:19 AM
To: mcavasar@roadrunner.com
Cc: peggy
Subject: RE: coming to your marathon

Hi,

Thanks for getting back to me so quickly. I was planning to register via paper. I have a print out of your brochure. Can I print out this email saying you are allowing me to pay the \$60? That would be great. We could use every bit of a discount since our flight from NJ to Idaho was \$500. :-)

Thanks!

Maricar Korff
Seeing America 26.2 miles at a time.
www.libertyladies.weebly.com

--- On Mon, 2/8/10, mac cavasar <mcavasar@roadrunner.com> wrote:

> From: mac cavasar <mcavasar@roadrunner.com>
> Subject: RE: coming to your marathon
> To: "Maricar Korff" <njchem@yahoo.com>
> Date: Monday, February 8, 2010, 9:53 PM
> Ms. Korff,
>
> To answer your question as far as a discount; we would
> extend you the early
> bird discount rate of \$60.00 for your block of entries. To
> do that you would

- > likely register on line at the \$65.00 rate and we would
- > then credit back you
- > account the discount.
- >
- > As for the Hampton Inn. They are a block away from
- > the start. The Holiday
- > Inn express is about two blocks, as is the Days Inn. You
- > would fly into
- > Spokane, WA.
- >
- > Hope to see you in May!!
- >
- >
- >
- > Mac Cavasar, Race Director
- > Coeur d'Alene Marathon at Riverstone
- > (208) 755-0833
- > mcavasar@roadrunner.com

History and Tourist Ideas:

Coeur d'Alene Idaho History

Coeur d'Alene offers many colorful stories from its past. The Native American Indians lived for thousands of years in North Idaho as the Schee-Chu-Umsi. French explorers and fur traders arrived in the early 19th century and discovered the natural wealth of the area, but found the natives to be sharp traders. Because of their shrewd trading practices, they earned the name Coeur d'Alene, loosely translated to "heart of the awl", a testimony to the tribe's sharp negotiating skills.

Its rich silver and gold mining and logging brought jobs, wealth, and prosperity to our lake side city for decades. However, once past the prolific logging and mining boom, Coeur d'Alene has bloomed as "Your Lakeside Playground". Steamboats plied Lake Coeur d'Alene delivering ore, wood, and soldiers to the north shore of the lake. You will still see similar boats on the lake, now used as dinner and sightseeing opportunities for visitors.

Some Ideas according to Kit:

Centennial trail 2 mile walk to downtown.

Rent bicycles. Tandem cruiser for \$45! All day. **Terra Sports Inc** 517 E Sherman Ave Coeur d'Alene, ID 83814 Phone: 208-209-5446

Go to resort and walk floating boardwalk. World's longest floating boardwalk. Marina.

Tubb's Hill-hiking hill 1 miles

Downtown Coeur d'Alene shops, restaurants take taxi.

Rockford Bay-expensive neighborhood. Shooters. (far?)

Chamber of Commerce downtown.

Hiking and Biking

The region is bountiful for bicycle enthusiasts of all skills and abilities. The maintained and scenic North Idaho Centennial Trail will take you from the Washington border all the way to the east end of Lake Coeur d'Alene. Other maintained area trails include the Trail of the Coeur d'Alene's and the Route of the Hiawatha. If

mountain biking is more your style, area ski resorts have incorporated rugged bike trails to challenge all levels of skill. You are sure to find a trail to challenge you... or make your own!

Terra Sports Inc

Experience Coeur d'Alene by bike! We Rent, Sell, Service everything from Road to Hybrid. Also check out America's newest fleet of electric bikes. All rentals include maps, helmets, locks, and seat bags. 5 blocks from resort on Sherman Ave.

Route of the Hiawatha

The Crown Jewel of Rail Trails! A 13-mile historic rail trail through nine train tunnels and across seven skyhigh trestles, for mountain biking and hiking. Shuttle service. Bike, helmet and light rentals. Located on the ID/MT border.

Route of the Hiawatha Wallace, ID 83814 Phone: 208-744-1301 Toll Free: www.ridethehiawatha.com

Attractions:

Families love traveling to Coeur d'Alene. The natural setting makes for a giant outdoor playground complete with the lakefront, rivers, beaches, trails, and tree-lined parkways.

The Downtown waterfront area offers a number of exciting options such as seaplane rides over the lake; parasail rides high above the water, jet skis, kayaks, paddleboats and canoes for rent. It is also where you will find the world's longest floating boardwalk, located at the Coeur d'Alene Resort. Built in 1986, the boardwalk is over $\frac{3}{4}$ of a mile long and offers rest stops with benches for those who want to savor the amazing lake views, or keep a watch out for osprey or bald eagles.

The Coeur d'Alene City Park is only a couple of minutes from Downtown. It adjoins the City Beach area and is home to huge trees, basketball courts, picnic areas, chainsaw art from local artists, and a 14,000 square-foot wooden play-ground modeled after the real Fort Sherman, which used to stand near the site.

Running adjacent to the park is the Centennial Trail. This Trail stretches in either direction with 23 miles of paved surfaces perfect for bike riding, roller-blading, strollers, or simply striding along.

On the southeastern side of the Coeur d'Alene Resort you will find Tubbs Hill, 122 acres of natural beauty which has been untouched except for the trail system which leads under Ponderosa pines through basalt rock outcroppings. A favorite walking spot for visitors and locals alike.

Lake Coeur d'Alene Cruises explore the bays and inlets of one of the world's most beautiful lakes. The cruises, which leave from Independence Point just west of the Coeur d'Alene Resort, depart on a regular basis for daily cruises, Shadowy St. Joe River Cruises, Sunset Dinner Cruises and Sunday Brunch Cruises. The West Coast River Queen on the Spokane River offers daily summer cruises, dinner trips, and fall foliage weekend cruises.

History

Just as Coeur d'Alene Lake served as the traditional focus of the Coeur d'Alene Tribe, it is the center of the Coeur d'Alene community today. The lake, during all seasons, remains the heart of our area.

Early French-speaking fur traders named Coeur d'Alene Lake. According to legend, the traders believed the local Indians to be sharp traders and called the lake Coeur d'Alene since their hearts were as sharp as an awl. In 1878 Fort Sherman was established and the city began to grow. Coeur d'Alene was incorporated in 1887 and continued to flourish. It's a town with a rich background in lake steamers, fur trading, logging and mining.

Until the early 1890's, Coeur d'Alene served as the railroad/steamboat transfer point for transportation between the mines in the Silver Valley to the east and the smelters they fed. The area continued to prosper in the early 1900's when a major timber boom caused the population to increase

16-fold in a period of 10 years. The city continued to expand from a small frontier village into the political and business center of Kootenai County and became the County seat in 1908.

Today, Coeur d'Alene remains the center of business and recreational activities in the Inland Northwest complete with festivals, fairs, concerts, unique bistros, and elegant restaurants, main street and mall shopping and much more. Its strong presence is found in state government and its increase economic development over the past several years is remarkable. Coeur d'Alene continues to grow and prosper in the new millennium.

What is Coeur d'Alene?

Today, Coeur d'Alene remains the center of business and recreational activity in the Inland Northwest complete with festivals, fairs, concerts, unique bistros, and elegant restaurants, thriving downtown, mall shopping and much more. Its strong presence is found in state government and its increased economic development over the past several years is remarkable. Coeur d'Alene continues to grow and prosper in the new millennium.

How do I pronounce Coeur d'Alene?

Coeur d'Alene is pronounced core-da-lane.

Where does the name Coeur d'Alene come from?

Early French-speaking fur traders named Coeur d'Alene Lake. According to legend, the traders believed the local Indians to be sharp traders and called the lake Coeur d'Alene since their hearts were as sharp as an awl. In 1878 Fort Sherman was established and the city began to grow. Coeur d'Alene was incorporated in 1887 and continued to flourish. It's a town with a rich background in lake steamers, fur trading, logging and mining.

How do I get there?

Coeur d'Alene is easy to reach, located off Interstate 90 only 40 miles away from the Spokane International Airport, served by 65 non-stop daily flights from cities including Chicago, Minneapolis, Denver, Phoenix, Los Angeles, Las Vegas, Portland, Seattle, Boise, Oakland, Salt Lake City and others.

The Coeur d'Alene Airport provides charter and private air service, with the capacity to land 34-seat passenger planes. There are vans, taxis, rental cars and shuttles available from both airports.

Missoula, Montana is 180 miles to the east, and Seattle, Washington, is 330 miles to the west. The Canadian border is 90 miles to the north.

Elevation

Coeur d'Alene is 2,152 feet above sea level.

The Weather

Average High Temperatures: 86 F in July, 61 F in October, 34 F in January, 59 F in April

Average Annual rainfall: 26 inches

Average Annual snowfall: 30 to 80 inches

Population

City of Coeur d'Alene – 41,328 (2006 U.S. Census Bureau)

Kootenai County – 137,475 (2008 U.S. Census Bureau)

Time Zone

Pacific

Sister City

Cranbrook, B.C.

more liquids, please (about: 2009)

Course: 5 Organization: 4 Fans: 4

M. W. from Seattle (6/1/09)

4-5 previous marathons

I first saw this race early in the year on MarathonGuide.com, and I thought about running it, as I knew I would be moving to the Pacific Northwest. As I relocated from NYC to Seattle, I drove through CDA, and I then knew I had to do it. With that said, I had a great weekend in CDA, but it was much warmer than I think we all anticipated. While I have never been one to need excessive amounts of water or sports drink, I needed it that day, and the stops were way too spread out - especially toward the end. I have never been so happy to drink water around mile 25 in my life. The stretch between 23-25 (approximately) was a LONG one for me. I did enjoy the race, and while I didn't stick around for the aftermath, I imagine it was typical of a small event. I would recommend the race to a fellow runner. Thanks for great parking, organization and friendliness.

Nice vacation marathon (about: 2009)

Course: 4 Organization: 4 Fans: 2

Ralph Rohena from Houston, Tx. USA (5/31/09)

11-50 previous marathons | **1** Coeur d' Alene Marathon

Perhaps the broken toe of a couple of weeks back dampened the experience a bit, but the beautiful weather and surroundings did not. I normally do not prefer out-and-back courses, but this was OK due to the lovely area. It was relatively flat, with two long hills with mild grading. The long-sleeve, modern-fabric T-shirt featured a great design, but the medal is a bit sub-standard. There was plenty of parking, porta-johns and refreshments for the start. Package pickup and the race start were well organized. The water stops were a little too far apart for the heat of this particular race, and for awhile the sports drink came in little, shot-sized cups, so you had to stop and get more liquids. There were few spectators, and not much food at the end (but enough). Great race to combine with the whitewater rafting, biking and hiking in the area. It's not necessary to stay at the host hotel, as there are many alternatives fewer than 15 minutes away, in areas with more local amenities. The fact that it's only a half-hour from the Spokane airport made it easy travel.

Nice time in a nice town (about: 2009)

Course: 4 Organization: 4 Fans: 3

T. S. from Eugene, Oregon (5/26/09)

11-50 previous marathons | **1** Coeur d' Alene Marathon

This is a race for those who love views and don't like big crowds. Very laid back and scenic. Weather was great with perhaps 200-300 marathon runners. I'm a waddler who should have done the early start. I recommend that if you finish in 5 hours or longer. It can be lonely otherwise. There is one big hill at mile 12, and coming back at it at mile 15+ can take a lot out of you if you're not well trained. Water stops also could have been a bit more frequent, but that was probably noticeable only because it was a warm day. Few spectators, but the volunteers were friendly and helpful. A nice city to hang in for the Memorial Day Weekend. I would recommend this race to anyone looking for a nice race vacation.

Beautiful! (about: 2009)

Course: 5 Organization: 4 Fans: 5

A. T. from Keller, TX (5/26/09)

4-5 previous marathons | **1** Coeur d' Alene Marathon

Great area, with top-notch scenery. It would be hard to find a prettier run. I had a few long inclines/declines on essentially an out-and-back course, but it's worth it to keep close to the lake. The elevation didn't seem to be enough to impact performance. Weather was about perfect for non-running, and okay for a marathon. * Very well marked and guided course. * Plenty of well-stocked, well-manned water stops. * Nice folks. * As this was a smaller run in a less populated area, there were not as many fans, but they kept moving ahead of their runners at small distances on bikes and in cars to cheer them along the course. * As the host/registration site, the Hampton Inn wasn't very inviting with their "KEEP OUT OF OUR BATHROOMS!" and "KEEP OUT OF OUR EATING AREA!" signs. * When I asked about a baggage check, I was told that no one had asked about that before. She offered to keep my stuff in her van for me. * Medal:

were a bit small; no finisher's shirt; no beer. The first two I'll write off as it being a smaller race, but no beer? Did I say that this is a beautiful area?

Beautiful location, great course (about: 2009)

Course: 5 Organization: 5 Fans: 3

J. V. from Dallas, TX (5/26/09)

50+ previous marathons | **1** Coeur d' Alene Marathon

This was another well done marathon in a great location. I enjoyed seeing all the triathletes training during my trip. I had some decent food and met some very nice people. Just what you'd expect from a good, smaller race. The new course (I have never run the old course) is a nice route. The course was well marked and there were tons of volunteers. I'd have expected more spectators, this being such an outdoor recreational area, but I don't need them.

There was not much food after the race, but there was a great host hotel. They had a band at the finish. The medals so-so. The race shirt was a nice, high-tech, long-sleeve shirt. A very small, simple expo... there was Hammer Gel given out at just about all of the rest stops, and HEED was the drink. They also had lots of fruit and very good rest stops, especially for a smaller race. I'd recommend this race to any real runner. It's not a big event, but it's a nice run on a good course. There were only a couple of bumps on the course, so it was a course on which you can run a decent time and enjoy yourself.

Beautiful scenery, but not so walker-friendly! (about: 2008)

Course: 5 Organization: 3 Fans: 3

G. H. from San Leon, Texas (11/5/08)

11-50 previous marathons | **1** Coeur d' Alene Marathon

The course was beautiful in this race.

Great Marathon!!! (about: 2007)

Course: 5 Organization: 5 Fans: 3

H. M. from Coeur d'Alene, ID (10/15/08)

4-5 previous marathons | **2** Coeur d' Alene Marathons

Okay, well I know that I am posting my review of the race late, but after doing several other marathons and reading the other comments, I want to clear up the experience for those thinking of the 2009 race. First of all, it is not a twice out-and-back course; it is an out-and-back course (13.1 miles there and 13.1 back). I think that is misleading in the other comments. Second of all, I train on this course all year since I live here, and there are two average hills on the way there; however, then you go downhill into a flat stretch on the way back. No biggie. The area is beautiful, and most courses you find will be either some form of out-and-back or some sort of back-tracking (the old course I thought was very similar). I thought the overall course was a great place to set a PR. The latest news is that the course will be different next year: you will not have to do that one and a half miles around at the finish that everyone is complaining about. There are new paved trails extending through Riverstone that they are going to add into the beginning of the race so that when you enter Riverstone at the end, you finish. I think that will be nice. There was GU every two miles after the halfway point; I have yet to do a marathon that offers it that much. I love this course, the weather was good and there are nice, long-sleeve, Dri-Fit shirts, medals, and hats for the marathon finishers. Also, I think the Riverstone start is a great place for afterward, with the new restaurants, shopping, and scenery. A lot has been completed down there since last year. I will be there next year for sure. Hope to see you there!!!!

Pleasant, smaller marathon (about: 2008)

Course: 4 Organization: 3 Fans: 1

G. T. from Washington State (5/28/08)

4-5 previous marathons | **1** Coeur d' Alene Marathon

I liked the out-and-back course, most of which was along the water. True, it also curved through some neighborhoods but I liked the variety. The only real hill is 1/2 a mile long on the upside, and 1 and 1/2 miles down, but then you turn around and run it in the other direction. It wasn't too bad. Perfect weather, almost no spectator support, but plenty of aid stations. The course wasn't certified this year, which was really frustrating. If the one hill (run twice) doesn't bother you, this is a fairly fast course.

WELL DONE! (about: 2008)

Course: 5 Organization: 5 Fans: 5

D. I. from Gainesville, FL (5/28/08)

11-50 previous marathons

Beautiful scenery, friendly folks, good organization! You can't go wrong with this marathon. I have already recommended it to friends. The course was well marked... lots of little turns and turnarounds, but you can't get lost! There were marks on the course and volunteers at every turn. There is a hill around the midpoint, but it's doable! The town is beautiful, with good food to be had! I enjoyed this marathon experience! Thanks!

New Course, Bad Course (about: 2008)

Course: 1 Organization: 1 Fans: 2

D. B. from usa (5/28/08)

4-5 previous marathons | **3** Coeur d' Alene Marathons

I have run this course 3 times prior, and this new course was very confusing, winding around neighborhoods, with fast traffic coming and going. The support didn't seem to know which way to point the runners either, and several people were directed to the finish 1 1/2 miles too soon. The course was "ugly" compared to years past; there was little support; and the many advertisements for the new condos at the finish were distasteful. Never again, if the course stays the same.

new course, new sponsor, same great race (about: 2008)

Course: 4 Organization: 5 Fans: 3

C. H. from Washington State (5/28/08)

11-50 previous marathons | **3** Coeur d' Alene Marathons

I have run this race 3 years in a row and each year has been on a different course. This year had a lot of changes, mostly for the better. Let me start off by saying my family LOVES to come to this marathon. Held on Memorial Day weekend, it is an excellent get-away to a great town with gorgeous scenery and plenty for everyone to see and do. A great course for spectators to get around and see their runner multiple times (I think we lost count after a dozen). Well organized every year, so no complaints there (although I do have to say the Brooks podium shirts from the last 2 years are some of the most well worn in my collection, and I was disappointed to see a new brand with a different fit). This year's course was mostly flat; there is a hill, but compared to other hills in other marathons, it does not rate as challenging. The course had many twists and turns and I was a little apprehensive about getting lost. But thankfully, there was a volunteer at every turn and I never once had to slow down my pace wondering where to go. The aid stations were well stocked, with lots of gels handed out, which was great for this size race. I thought there was an appropriate number of aid stations along the course and the volunteers manning them were wonderful. My only real complaint, and I'm sure I'm not the only one, is the fact that you pass by the finish line and still have a mile and a half loop left to run. When you are running a marathon and you've run almost 25 miles and in your head you know you've got over a mile to go, it is still disheartening to run right next to the finish line and not be finished. Even though I know from the course map, the pre-race instructions, and my Garmin GPS, when you've run that far and you're that close to the finish line, the bottom line is: you are ready to be done. The finish area was great - a nice park, good parking, easy to get to, etc. They just need to tweak the course somewhere to be able to finish the race the first time you get to the finish line. Overall, I would recommend this race to anyone looking for a nice destination race. The course is relatively easy; it's well supported and well-organized. Coeur d'Alene is a fun town, and the race is just part of a great weekend everyone will enjoy.

For my first marathon it was great! (about: 2008)

Course: 5 Organization: 5 Fans: 3

Henry Roybal from Challis, Idaho USA (5/27/08)

First Marathon

I am 63 years-old but have been a runner and biathlete for many years. This was my first marathon and I can say that it was an uplifting experience. I prayed to God to help me at the beginning and at the finish. I have done some long distance races in cross-country skiing and the pain, I would have to admit, is more excruciating with the marathon than

with skiing. I ran the 26.2 miles in 5 hours and 29 minutes. I have to admit that it was one of the hardest things I have ever done. I want to thank all the volunteers and all the police officers for their fine encouragement. Also, thanks to friend Dave for helping me. It is now Tuesday, 2 days after the race, and I am still sore - I can hardly walk. Will it go away? I think that I will run again next year. So "keep it up" to you, the fine citizens of Coeur d'Alene. Thanks, He

Not great, but not horrible... (about: 2008)

Course: 3 Organization: 4 Fans: 1

D. A. from Pullman, WA (5/26/08)

First Marathon

This was my first 1/2 marathon, so I have nothing to compare this race to; however, I still wanted to vocalize my experience. The course was very repetitive, with many out-and-backs. Basically you ran the same course twice with little difference. The worst part was the finish, where you think you are about to finish, but you are diverted right at finish line for one final 1 and a 1/2-mile loop. Very disappointing. However, the weather was great and the shirt and medal were nice. Overall, it lacks enthusiasm. Very few supporters, but it was a flat course that one could PR on. The "significant hill" that is listed is not a hill, and is over with after 30 seconds.

Great race!!! Great city!!! (about: 2007)

Course: 5 Organization: 4 Fans: 3

JT Taylor from Post Falls, Idaho (1/29/08)

6-10 previous marathons | **4-5** Coeur d' Alene Marathons

This was my 4th CDA Marathon (PB sub-4:00). A perfect day - not too cool or hot, and dry this time. The new course was a little more challenging, but it also by-passed the area that snaked around by the Sanders Beach, which was difficult in the late stages of the race. The Centennial Trail path does not adequately support out-and-back traffic (x2 plus the normal pedestrian traffic. A lot of runners ran in the road without cones. Having one lane closed would not hinder traffic and would be safer for all. Fans are spread out, but enthusiastic!

Enjoyable small-town marathon (about: 2007)

Course: 4 Organization: 5 Fans: 2

J. G. from Thousand Oaks, CA (1/1/08)

6-10 previous marathons | **1** Coeur d' Alene Marathon

Didn't mind the double "out and back" course, as it was scenic along the lake, with nice and friendly fellow runners, some of whom were training for the Ironman a month later. Quaint town, easy access to start and finish, appreciated being able to wait in the WARM indoor gym before the start of the race. Not much crowd support or perks, but a pleasant, well organized, small-town marathon run, and a PR time, despite the hill that others have commented on a that I did not find particularly long or intimidating.

No way for an out-and-back marathon! (about: 2007)

Course: 1 Organization: 5 Fans: 4

D. R. from Montana (7/15/07)

11-50 previous marathons | **6+** Coeur d' Alene Marathons

I have run this marathon about 10 times, but chose not to do so this year due to the two runs at the tough hill I know so well. Out-and-back courses are anathema to most marathoners, running one twice with a big hill is a no-go. If they change it back, I will return, but would love to see that hill taken out.

Would never run this one again. (about: 2007)

Course: 2 Organization: 1 Fans: 5

J. H. from Tacoma, WA (7/6/07)

11-50 previous marathons | **1** Coeur d' Alene Marathon

While CDA is a beautiful and friendly town, I would never run this marathon again. The double out-and-back course is awful - especially having to fight your way through the spectators at the finish for the half. The course markings and volunteers were great. However, there was absolutely NO FOOD at the finish line. There was more food at the turn-

around (when you didn't want to eat) than at the finish. For a race that was in its 30th year - I found that unbelievable. It's also time that CDA gave out a new medal - they are using the same ones from years past, with just a different lanyard with the new year. Definitely not a race I would recommend to anyone!

Nice little marathon (about: 2007)

Course: 3 Organization: 4 Fans: 2

J. A. from Minnesota (5/29/07)

11-50 previous marathons | **1** Coeur d' Alene Marathon

I ran the 2007 version of the CDA marathon. My understanding was that it was a new course this year. It was a double out-and-back course with a half-mile, 6-degree hill just before the turnaround. We had a cool day, which was fine with me. Sections of the course were quite scenic, especially along the lake, but the second time around, the hill seemed much steeper and took its toll. Coeur d'Alene is a pretty town with nice people. Don't expect a lot of spectators but you bring friends and family, the new course is pretty easy to navigate. The awards ceremony got a little rowdy when they couldn't give away the raffle prizes (must be present to win), so we left before it was over. Overall I would give average marks. This was my 18th state and overall I would rank it somewhere in the middle.

Scenery Reduced by Half (about: 2007)

Course: 2 Organization: 3 Fans: 2

Claudia Cooper from Seattle, WA (5/29/07)

11-50 previous marathons | **2** Coeur d' Alene Marathons

While this course is scenic, it's only half as scenic as in years past. That's because a new course route has runners do an out-and-back twice. That also gives you a second attempt at all the hills right before the turnaround. Nonetheless much of the course is on the Centennial Trail, which borders Lake Coeur d'Alene. I'd vote for bringing back the old course.

1. Met Susan Pence and John Backman
2. Early start offered. Nice tech shirt. Walk from Hampton Inn to the start.
3. Beautiful course. If you're going to do this marathon, do an early start. Field small and slow pokes are few. Centennial Trail. Road slightly banked.
4. Red potatoes with salt = yummy.
5. Took trolley tour of the course.
6. Hampton Inn is one of the best in the country
7. Saw Barb, Jim and Karen
8. Walked around town and had dinner at yummy Scratch, Irish store, chocolates
9. Largest moving boardwalk