

Lake Placid Marathon Trip Notes

June 12-15, 2009

This marathon did most everything right. Position this marathon inside the gorgeous scenery of the Adirondacks and you have a marathon well worthy of a trip. Marathon highlights include:



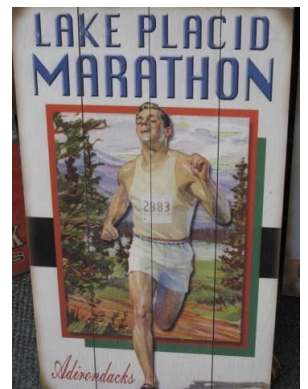
- **Scenic course** along a fast moving river, among rolling hills which starts and ends in the village. This same course is used for the famous Ironman Triathlon.
- **Food** was the most we've ever seen on a course. We understand they are used to feeding the Ironmen who need a lot of calories. I probably gained weight even.



- **Site of the Winter Olympics** in both 1932 and the famous hockey shake up in 1980 (the American versus Russia win) with the ice oval as well as the ski jumps remaining.
- **Hot bods** in training can be seen along the roads and in town. Many were running the marathon for practice.
- **Race director** is not only efficient but nice eye candy too.
- **Team-in-Training** had a huge presence.
- **Swag** was good for a small marathon and included two bags and a well designed technical t-shirt by Brooks. A long sleeved women's sized shirt was available for purchase.
- **Massage** was still available for us end-of-the-packers and the best and longest we've ever had. They subscribe to giving half marathoners half a massage. Good idea!
- **Tourist opportunities** include a pleasant little village, a bobsled ride, a 26-story elevator ride to the top of the ski jump, a museum and tour of the Olympic Center, John Brown's farm and burial site, a 5,000 foot summit in nearby Whiteface listed as a AAA Gem (a small Mt Washington ride), and a breathtaking High Falls Gorge.

Was there anything wrong?

- **No food at the end?** We were unhappy at having no food at the end but we later learned that Main Street Pizza had delivered 50 big pizzas which should sound like enough for 2000 people, but it clearly wasn't.
- **Cutting miles** was easy and noticed by both of us. At the horse farm some cut through, some didn't do any of the distance, and at the 1st versus 2nd turnaround I suspect some were found to have never crossed the timing mat at the end. I was surprised at myself to be annoyed. I didn't think marathons would cheat on themselves either.
- **Weather** is never anybody's fault and this was probably the most changeable one could imagine. The local running store said they sold out of cold weather and rain gear the evening before since the weather had turned so fast, but by morning it turned back to being very warm. (I got sunburned despite wearing sun block.) By the end it poured rain but only



for an hour. The next day the “monsoon” erupted and there was heavy flooding and even said to have hailed.

- **Tourist opportunities** would be more plentiful two weeks later and yet one reason a town will submit to closed roads is to fill the off-season.
- **Elevation** was somewhat extreme to include a 400’ gain. We liked the altitude changes. It’s good for the legs (and it’s also a good excuse for being slow.)

Results

Maricar did great, and as she said, she didn’t even have a very good base having rested for the last couple weeks. She came in at 5:17. I wasn’t sure I should try this one at all since I’d not run a single step since Buffalo because I had a glitch that needed resting. It’s not too smart to do nothing for three weeks and then try 26.2 miles. At the half way point I decided that walking should be safe and now a couple days later I think that was an okay decision. There were no women older than me in the marathon so I readily took 2nd place in my age group with a 5:49. (Tom will say they were the smart ones who stayed out!) The 1st in my age group came in at 5:37.

I don’t know where all the “nearly 400 marathoners” who supposedly signed up went since we came in at #244 and #268 out of 288 who were counted before the cut off. They must not have shown up as I don't think there were many on the course behind us. They could have quit at the half way point -- like I considered.



The finish line was on the Olympic Oval pictured here.

Headlines

- This was my 9th completed marathon in '09.
- I've registered 9 more for '09. 9+9, a double 9 for '09. Can we sing along now?
- I'll have 18 full marathons for the year if the legs allow. I gave up finding enough half marathons.
- This was my 46th marathon. Not finished – just started.
- A DNF or DNS (did nothing stupid) charm bracelet is still being considered.

Touristy stuff



The Olympic Center included a museum, a guided tour, a review and a film of the major hockey upset of 1980. We also watched a few Olympic hopefuls on one of their three ice rinks being coached by a gold medalist. Remember the “Miracle on Ice” story? It’s the nickname given to a February 1980 ice hockey game during the Winter Games in Lake Placid in which a team of amateur and collegiate players from the United States, led by coach Herb Brooks, defeated the Soviet Union team, who were considered to be the best international hockey team in the world, 4–3. It’s also the subject of a movie by the “Miracle” name. The International Ice Hockey Federation picked the Miracle on Ice as the number-one international hockey story of the century.



The Olympic Ski Jump Complex has two ski jumps towers built for the 1980 Olympic Games. The 120 meter sky deck is accessible by a 26 story elevator then a couple more flights walking. From the top there are views of nearby John Brown's Farm and the surrounding High Peaks of the Adirondacks. There's also a freestyle aerial training center at the base and these operate all year using mats and water. We went to the top and also watched someone do a face-plant.



I drove twice the course route as it was so gorgeous. I kept the windows down (despite the hoards of mosquitoes) so as to enjoy the sound of rushing water continually from the side of the road. It's no wonder this is said to be one of the loveliest of courses. I saw a lot of trout fishermen as well as huge birds

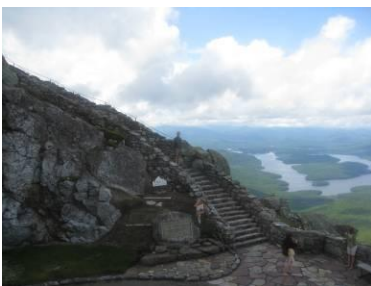


feeding at waters' edge. The farms and barns were postcard perfect. This one was on our marathon route.



I went twice to High Falls Gorge since the first time they had to close for lightning. I certainly agree that its one of Adirondacks most breathtaking walks. Nearer to Whiteface Mountain, is fed by the Ausable River that follows the road from Lake Placid to Wilmington before it spills over ancient granite cliffs, said to be formed over a billion years ago by the forces of ice, water and wind. It's privately owned and built with

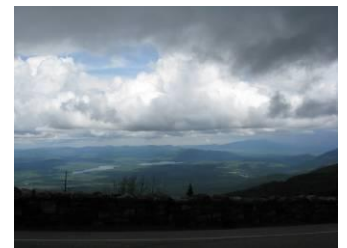
bridges, walkways and groomed paths so visitors can walk above and to the side of 700 feet of huge and beautiful waterfalls, dark pools and one of New York's largest pot holes. There are at least four major waterfalls. You'll see by my picture that my second try to visit turned out to be spectacular in part due to the very blue skies but as much because of the past heavy rainfall feeding the waterfalls.



Before the heavy rain, I got up to the top of Veterans Memorial Highway, and was at the top as the clouds and rains came in and they closed down there too. This is the only AAA listed GEM in the area so I was insistent on going no matter the weather and as it turns out I only just made it. Is a 6-mile road leading to the summit of Whiteface Mountain where visitors can elevator or climb the rest of the way to this 5,000 foot peak.



The picture shows my climb but after the storm came, I was spooked and took the elevator down thinking there was no way one could negotiate the wet rocks. I met other marathoners at the top who were doing the same thing. Coincidentally, one was the Team-in-Training Coach who helped me in to the finish line for the last few miles.





It's said that on a clear day the summit house affords a view across more than 100 miles including the St Lawrence River and lakes Champlain and Placid. I thought of it as a mini-Mt. Washington climb. From the toll house there's a 2300 foot rise to the parking area and all the way up I saw my gas tank needle dropping precipitously but I coasted in 1st gear all the way down.

Up at the top it's quite a surprise with a stone castle built from native stone, and then a steep ascent to another stone tower. It was built starting in 1931 and finished in 1935 as a tribute to veterans and clearly looks like a WPA or CCC project because of the stone workmanship.



Everywhere are reminders of the 1932 and 1980 games so one wonders if the Olympics might return to Lake Placid? One also wonders how they ever managed housing and feeding all those that are required to host the Olympics. In 1980 they flooded areas on two sides of Lake Placid and formed parking lots from which people were bused in. No cars were allowed. People stayed outside of town. In those days, handling 5,000 folks was a challenge but they did it. Now days just to house the press corps would require handling 5,000. So no, the Olympics are just a memory for this little village though they do host a number of events and use their Olympic headquarters well and their memories even better.

What's next up?

Next week I'm off to San Francisco followed by a week hiking in Yosemite. Then our 11-year old friend Marie visits us in July. Mid-July it's to San Francisco and Yosemite for the 2nd time for a try for Half Dome, followed by the San Francisco Marathon on July 26th -- as in the Beatles song "when I'm 64." Early August Tom and I will join sister and BIL in Chicago (includes a half marathon) and mid-August I'll try another 50K trail run. August 20th starts a 10-day adventure in the Canadian Rockies with 6-days hiking the back country – something entirely new for me. Labor Day finds me at Albuquerque's Marathon and a hot air balloon festival, and then we have Omaha's Marathon at the end of September. In between Tom and I have 2-weeks in the Italian Lakes region. October only has a tourist visit to Hyde Park and the Waddell & Reed Marathon mid-month so far but I'm working on it. November '09 (like '08) will again find me trying to complete three marathons: NYC, Indianapolis and Philadelphia, followed by Tucson in December. What else? I've still got open days!

Start line videos: I found a snippet of the Liberty Ladies at about 1:26 in the 2nd video.

Amateur Videos of the 2009 Lake Placid Marathon Start!

www.youtube.com/watch?v=hlnSsJjQkBA

www.youtube.com/watch?v=e1whT4LQw0M

Itinerary

Fri Jun 12 Diana

Early am Depart via auto to Lake Placid – 5 ½ to 6 hours and 320 miles

Maricar

After school Depart via auto to Lake Placid

Hotel Courtyard by Marriott

5920 Cascade Road, Lake Placid, NY 12946 Tele 518 523 2900

The all new Courtyard by Marriott, located in the gateway of the historic village of Lake Placid, is the region's premier hotel. All luxuriously appointed guest rooms feature one King or two Queen size beds, complimentary high speed internet access, 2-line phones, weekday newspaper delivery, and in-room coffee makers. The hotel boasts extended king and two queen rooms, luxury suites, fireplace suites, and Jacuzzi rooms. Fitness center, indoor pool, and two spas. Lake Placid, host to two Winter Olympic games.

Sat Jun 13

1:00pm Check in at Golden Arrow Lakeside Resort, 2559 Main Street, Lake Placid to 8pm

2:00pm “KIDS RUN TOO” FUN RUN

The Olympic Oval Track, Main Street, Lake Placid

4:00pm LAKE PLACID FILM FORUM Film Screening “Run for Your Life”. The film is on the Fred Lebow Story: the story of the mastermind behind the New York Marathon. \$10 ticket fee at the door. At Lake Placid Center For The Arts, 91 Saranac Avenue, Lake Placid.

Sun Jun 14

6:30am DRY BAG/COURTESY TENT OPEN for bag drop-off.

7:00am RACE ANNOUNCEMENTS AND MUSIC BEGINS

7:30am ATHLETES ARE TO BEGIN LINING UP AT THE RACE START LINE ON MAIN STREET AT OLYMPIC OVAL. MUST BE AT THE RACE START LINE by 7:45am

8:00am 5th Annual RACE BEGINS! ATHLETE VILLAGE and VENDOR SERVICES to 2pm
At Athlete Village, Olympic Oval

<http://www.lakeplacidmarathon.com>

Entry closed April 19 at 2,000 runners; relay teams closed March 3

Course: All three races (Marathon, Half Marathon, and four-person Marathon Relay) will start on Main Street in front of the Olympic Speed skating Oval at 8:00 a.m. on race day. Mass start. Runners will proceed along historic Main Street past the Post Office and through the center of town for the first half mile. Everyone will then proceed clockwise around Mirror Lake on Mirror Lake Drive to join Parkside Drive at the National Sports Academy as in the past. The course proceeds out Route 73 to the Horseshow Grounds before doing a 2.8 mile out and back on River Road for the first loop.

MARATHON (two loop course): After the River Road turn around, runners will continue back through the Horseshow Grounds and Marathoners will turn back at the Mill Pond Drive and Rte. 73 intersection and return to the Horseshow Grounds for a short, flat loop within the Horseshow Grounds complex. The course proceeds back out Route 73 to the 4.0 mile out and back turn around on River Road. Marathoners continue back through the Horseshow Grounds and continue to the finish at the Olympic Speed skating Oval.

Each race will finish with a significant hill in the final mile, consistent with the challenging nature of Lake Placid's Adirondack mountain terrain. The course for each race features wonderful scenic variety. We think you will find this course beautiful and moderately challenging.

1:00pm Marathon Awards at Athlete Village, Olympic Oval to 2pm course closure.

Sun Jun 14 Maricar

late pm Depart via auto to NJ

Tue Jun 16 Diana

Late pm Depart via auto to NJ

Numbers:

In 2008 there were 246 marathon finishers clocked to 6:53. There was only one woman 60 and over, a 61 year old won AG at 4:44.

2009 Registration Fee Includes:


- Chip timing & online results.
- 5th Annual Lake Placid Marathon Performance Tech fabric race t-shirt.
- Finisher's Medal for each marathon, half marathon and team relay official finisher.
- USA Track & Field Sanctioned Event (not a Boston qualifier).
- 6 hours of course traffic control and medical support.
- Eight (8) quality two-way aid stations per half marathon loop featuring water, fluid replacement drink, gels, bars, and energy food.
- Free Finish line Athlete Food.
- Prizes & giveaways Free shuttle bus service to/from the start/finish area as well as continuous transport for relay runners and free parking at the Lake Placid Horse Show Grounds.

FAQs


Course

 Is the Lake Placid Marathon a Boston Qualifier?


- No. The race is USATF sanctioned, but the course is not certified.

 What are the Marathon Team Relay distances?


- The marathon relay follows the same course as the marathon. Relay distances are (in order): 4.5 miles, 6.6 miles, 4.0 miles and 11.1 miles with all relay exchanges taking place at the Horseshow Grounds.

 How hilly is the course?


- The Olympic village of Lake Placid is in the beautiful Adirondack Mountains. The two loop out and back course is best described as moderate rolling, some flat, with a few steep hills. The most significant hills are near the ski jumps on Route 73 (once for the half marathon and twice for the full marathon) and leading up to the finish behind the Lake Placid High School (once for the half marathon and once for the full marathon). Each of these hills is approximately 3/10 of a mile long. Chuck Engles winning time of 2:34:39 from 2006 proves the course is reasonable and fair.

 What is the course surface?

- Most of the course is asphalt road. The marathon contains approximately 0.8 miles of gravel and dirt inside the Horseshow Grounds facility during the second loop. The course will be well marked. It is a very scenic course that takes you along downtowns Mirror Lake and it provides incredible views of Whiteface Mountain and the Olympic Ski Jumps. See the course maps and elevation chart [HERE>>](#) Lake Placid is a picturesque place. No spray painting on roads is allowed. Spectators, friends, and family- please make only signs of support and remove them at the end of the day.

 What kind of course support is provided?

- The marathon features 29 aid station opportunities in 26.2 miles. The half marathon features 15 aid station opportunities in 13.1 miles. The first four aid stations are water only. The remainder of the aid stations are stocked with water, Gatorade drink, energy bars, energy gel, fruit, pretzels, cookies, and other energy foods. Free Post Race Athlete Food and drink are available at the Olympic Oval finish area.


 What are the course records?

- Marathon:
Male- Chuck Engle, Columbus, OH, 2:34:39 (2006)
Female- Leah Pranis, Hoboken, NJ 3:19:25 (2008)


Half Marathon:
Male- Jason Clark, Cortland, NY 1:15:09 (2006)
Female- Ironman World Champion Heather Fuhr, San Diego, CA 1:20:50 (2005)

Marathon Relay:
Chesterites (mixed open) 2:56:12 (2006)


Entry

 Can I enter the race on race day?


- No. Any remaining race entries will be available at the packet pick-up on Saturday. Please note: all races sold out in 2007 and 2008 months before Race Day.

 I registered for the team relay. When and how do I submit the names of my team members?


- All team members must be submitted by email to info@lakeplacidmarathon.com or in writing to Lake Placid Marathon, 1936 Saranac Ave., Suite 2-257, Lake Placid, NY 12946 by June 1. Please note that each team member must complete and sign a registration/waiver form at packet pick-up if he/she has not signed-up online.

 What if I don't know all of my relay team members yet or I need to make a change to the team roster?

- If you do not know all of your relay team participants yet or you need to make a change, send or email us your roster by June 1, 2007. Email to info@lakeplacidmarathon.com or send completed paper registrations for each participant to Lake Placid Marathon, 1936 Saranac Ave., Suite 2-257, Lake Placid, NY 12946. Please note that each team member must complete and sign a registration/waiver form at packet pick-up. Please see special marathon team relay information [HERE>>](#)


 What if I signed up for the Half Marathon and I now want to run the Full Marathon?

- Simply send a written request with your registration information with a check for \$20.00 US funds to: Lake Placid Marathon and Relay, 1936 Saranac Ave., Suite 2-257, Lake Placid, NY 12946. You will be sent a change of race confirmation via email.


 What if I signed up for the Marathon and I want to switch to the Half Marathon?

- Simply email your request to info@lakeplacidmarathon.com or send a written request to: Lake Placid Marathon and Relay, 1936 Saranac Ave., Suite 2-257, Lake Placid, NY 12946. Sorry, no refunds on the difference. You will be sent a change of race confirmation via email.

General

 When can I pick up my race packet?

- Saturday, June 13, 2008 from 1 p.m. - 7 p.m. Race packet pick-up will take place in our host hotel, the Golden Arrow Lakeside Resort, located on Main St. in the village of Lake Placid. Need directions? Visit www.golden-arrow.com

 Can I pick up my race packet on race day?


- Yes. We will also have race day pick-up on Sunday, June 14 at the registration tent on the Olympic Speedskating Oval from 6:30 a.m. to 7:30 a.m.

 What does my race packet contain?

- Most importantly, it contains your race number and ChronoTrack Systems™ D-Tag™ timing chip. Race numbers must be attached to the front of the clothing on race day so course officials can determine in which of the three races the athlete is participating. Safety pins for attachment are provided in the packet. The packet also contains an assortment of race goodies.

 What is the typical weather for a race day in June?


- Lake Placid is in the Adirondack Mountains. Be prepared for a wide variety of weather patterns. The 2005 event experienced temperatures in the high 70s with humidity while the 2006 event featured temperatures in the low 40s with rain, 2007 saw temperatures in the 70s and clear skies, 2008 saw temperatures in the low 70s and clear skies.

 Is medical support available?


- A first aid tent will be present in the finish area.

 Can I leave my race bag with warm-up clothes at the start/finish area?

- A courtesy tent in the Olympic Speedskating Oval will be available for bag drop-off. Do not leave valuables in your bag! The Lake Placid Marathon and Relay is not responsible for the security of any bags.


 Do finishers receive medals?

- Marathon, Half Marathon and all Marathon Relay Team member/finishers receive a high quality Lake Placid Marathon medal. Athletes love our medals!


 What are the place prizes, what are the categories, and how deep do they go?

- Categories in the marathon and half marathon are ten-year age groups, awards three deep in each category. Award winners receive an engraved wood plaque. There are six marathon relay categories (male open, male masters, female open, female masters, mixed open, mixed masters) with awards three deep in each category. Each team member receives an engraved plaque.

Merchandise


 What about race photography?

- Action Sports International will serve as the official race photographers. Visit their site for information (<http://www.asipho.com>).

 Are shuttle buses available for athletes and spectators?


- Free shuttle buses are provided from 6:30 a.m. until 2:30 p.m. Shuttle buses run from behind the Olympic Oval start/finish area (up on Cummins Rd. between the Olympic Arena and the Lake Placid High School) to the Lake Placid Horseshow Grounds. Buses will travel along Old Military Rd. to avoid the race course. Runners can park at the Horseshow Grounds to ride the bus into the race start in the morning. Relay runners can ride the buses back to the Olympic Speedskating Oval finish area once their relay leg is completed.

Timing

 What do I need to know about my ChampionChip timing chip?

- The chip must be attached to the laces on one shoe. A handout with diagram and attachment instructions will be included in the runner packet. Failure to attach the chip properly can negate a runner's time. Relay teams will be provided with a neoprene ankle band that is used to pass the chip from runner to runner. The neoprene band attaches with Velcro and must be worn on the ankle by each runner. Failure to place the band on the ankle of each runner will result in team disqualification. All runners must remove the chip from the shoe directly after the finish and deposit the chip in the collection bucket. Runners who do not return their chips will be charged \$25.

Travel

 Where should I park?

- Parking is limited in the immediate vicinity of the race start/finish. Parking is available on Cummins Rd. behind the Olympic Center at the Shipman Youth Center. Ample parking is also available at the Lake Placid Horseshow Grounds where runners can take the shuttle bus to the race start.

From www.marathonguide.com

Average Ratings: Course - ★★★★★ Organization - ★★★★★ Fans - ★★★★★

★★★★☆ **Good, small race** (about: 2008)

Course: 4 Organization: 3 Fans: 4

M. F. from Vermont (7/5/08) 1 previous marathon | 1 Lake Placid Marathon

I've only run one other marathon, London, so I knew this would be different - and it was, in all kinds of good ways. Aid station plentiful and well-stocked - sponges were great, oranges were welcome. I couldn't imagine suddenly having a craving for a cookie or pretzels, but, maybe that's just me. The out-and-back allowed for lots of support to and from other runners, those of us running the full marathon got to see each other several times and the encouragement was very welcome and heartfelt. Nice on a small course, with not a ton of spectators. I had expected the hills, from knowing the area and from other reviews I'd seen, but I live in Vermont, and, you know what... the hills weren't so bad. So, if you live somewhere even a bit hilly and train outside, you'll be just fine.

I hate to end on a negative note, but I have to say - there was absolutely no food left when I crossed the finish line. I'm not fast, but I did a 4:30, so I was by no means the last person to finish - and not only was there no food (which had been talked up big-time as we started), there was no apology or even acknowledgment from the people in the empty food tent until I asked, beseechingly, "Is there anything left?" and someone said, "We've gone across the road to pick up some pizza, so it should be here soon...." I left without food or a massage, since I needed something in my stomach. I hated ending that way, and I'd like to do the race again, since the time and location are good for me, but thought you should know.

★★★★★ **Well-organized, great volunteers, beautiful course** (about: 2008)

Course: 5 Organization: 5 Fans: 3

Francine Robinson from Grand Rapids, Michigan (6/25/08) 1-50 previous marathons | 1 Lake Placid Marathon

I highly recommend this race (my 45th marathon). The course was breathtaking, with views of the high peaks of the Adirondacks, the Olympic ski jump, and the lake. There were many aid stations with eager and friendly volunteers, offering water, Gatorade (sometimes ice), and snacks such as oranges, bananas, pretzels, and cookies; also cool, wet sponges available at some aid stations to help runners cool down as the temperatures climbed into the high 70s. The finish line volunteers were great too, especially the race director, Brad Konkler, who personally placed the finisher's medal around my neck. I showed him the sign I wore on my race shirt, dedicating this Father's Day race to my Dad who passed away in January, and also as support for my ex-husband who was recently diagnosed with cancer. Moments later I began to cry from a flood of emotions and from the fatigue of running a marathon only one day after my fiance and I had spent almost nine hours climbing Mt. Marcy. Brad saw me crying and came over to offer me comfort and support. I will always cherish that moment. Lastly, kudos to ASI Photo for many photos with beautiful scenery in the background.

★★★★★ **bring cash** (about: 2008)

Course: 4 Organization: 5 Fans: 5

B. K. from New York (6/21/08) 1 previous marathon | 1 Lake Placid Marathon

I truly enjoyed running this race. The hills at the end were very challenging, but running a marathon is supposed to be a challenge. I felt that the race was well organized. I loved finishing on the Olympic oval. Lake Placid is a great town to host a marathon, but quite expensive. I paid \$24 for a plate of pasta the night before the race!

★★★★★ **Great Marathon** (about: 2008)

Course: 5 Organization: 5 Fans: 4

J. M. from New York, NY (6/19/08) **First Marathon**

This was my first marathon and I hope that my others are this good. Very well organized - check-in was a breeze. The course was very scenic; I did not mind the out-and-back, for whatever I did not take in on the "out," I got to see during the "back." It was a challenging course, but I guess running a marathon is supposed to be a challenge. I can't say enough about the volunteers - they were great!! Very helpful. I had some problems on the course and they were there to help me out right away. Not a lot of spectators outside of the village, but the ones that were there were great and full encouraging words. The stations were very well stocked. And the finish at the Olympic oval with the announcer calling your name is a memory that I will always cherish. I picked this as my first because of the location,

feedback on the volunteers and organizers, and the cool finish in the oval. I was not disappointed. My only complaint is that some of the mile markers I missed - the 1st, 3rd, and 12th - and they also had some of the markers backwards, so that you had to turn around to check that it was the mile that you were on. Oh, and the free massage after the run was icing on the cake!

★★★★★ **Challenging but awesome race** (about: 2008)

Course: 5 Organization: 4 Fans: 5

Jeff Ellis from Bear, DE (6/17/08) **6-10** previous marathons | **1** Lake Placid Marathon

I ran this race because my family has been going to LP for over 20 years. In the last 5 or 6 years, we've been up in LP when the Ironman USA triathlon is in town. The marathon uses a similar course to the ironman marathon portion. Both races finish on the speed skating oval used in the Olympics. I knew the race would be a challenge, and due to an injury, my training was somewhat lacking, so my goal was simply to finish. With that said, here is my review....

Pros:

- high energy start, with dance music, and I loved the Kate Smith "God Bless America" (Kate's buried in LP and that version has ties to my Philly Flyers).
- scenic, rolling course (train hills!!).
- easy packet pickup.
- runs past the ski jumps and the 1980 Olympic torch (in the horse show grounds).
- abundant support tables.
- great volunteers (some even walked toward you with water/Gatorade just to get it to you quicker).
- bananas, oranges, cookies, etc. at the support tables (nice touch, I thought).
- fans were great... great atmosphere.
- great, scenic trek along River Road (could see White Face Mountain, among others) and mostly rolling hills along it.
- great finish in the Olympic speed-skating oval (they announce your name as you enter the oval and tell where you're from).
- my family was able to run around the oval with me, and my dad was allowed to run across the finish line with me (nice touch, considering it was Father's Day).

Neutral:

- weather (warmer than ideal for running - it reached the high 70's by race end and was very sunny, but that's not the race's fault).
- major hill at the end prior to reaching the access road leading to the oval. That's just rough after 26 miles... train hills.

Cons (most are small):

- warm water/Gatorade at aid stations (iced drinks appeared in the last few miles when it was really too late)
- no dates on medals (picky, I know; great medal other than that).
- no finisher gear. They had 2005, '06, and '07 finisher gear for 5 bucks!?! Where was '08?
- tough having half marathoners/marathon relayers racing past you (relayers have numbers on their backs so you can identify them, but still tough mentally)
- No expo at all - simply packet pickup.

It was my slowest time, but overall, out of the 7 marathons I've done, I enjoyed it the most. LP just needs to fine tune a little bit and it would be about as perfect as could be. LP puts on a good show. The course is fine, if trained properly for. It's a real challenge. Don't expect to set a PR here, but it's a definite must-do race!! Remember it's only got 300 marathoners, so you are by yourself a lot, which can be tough. With all that said, I will be back again next year, with a few more hills under my belt beforehand. See you in 2009!!

★★★★★ **Great organization with great volunteer support** (about: 2008)

Course: 4 Organization: 5 Fans: 4

Steve Pepe from Bedford, Mass (6/16/08) **50+** previous marathons | **1** Lake Placid Marathon

A very well organized marathon. The course was very scenic, running past the two ski jumps. You got to see the leaders a couple of times with the out-and-back sections of the race. The volunteers at the water and Gatorade tables were great, getting you whatever you needed to keep on running. At the end, you finished on the oval where Eric Heiden won his 5 gold medals. The timing company was great too, taking times well past the 6-hour time. If you are able to stay an extra day, there is a lot of Olympic history to see in this famous town.

★★★★☆ **Need better markers and better-behaved aid station** (about: 2008)

Course: 4 Organization: 4 Fans: 3

j. d. from NY (6/16/08) 2 previous marathons

This is a nice, challenging race in a small-town setting. The biggest problem I had was with the mile markers. Since the marathon was 1 of 3 races, the mile markers were not kept up for those who were running the marathon. After 17, I did not see another mile marker. I relied on my Garmin 205, which, when I crossed the finish line, read "mile 23." What happened to the last 3.2 miles? What I do remember is that the station volunteers need to be less "in your face." I know they are there to help, but there is a way of doing it. I remember that at mile 18, the aid station helpers came out to meet me and managed to take me away from concentrating on the run. Instead, I was surrounded with kids with water and Gatorade and I simply took it as the "switchback point." I just fueled up and turned around thinking that they surrounded me because it was the turnaround point. Due to the lack of mile markers after 17, I did not realize that I was turning around 3 miles short of the actual turnaround point. I admit that I did not study the course, so I should have realized that I had 2 more miles to run till the switch back. When I got to the Olympic oval, I actually stopped and did not cross the finish due to my Garmin read out of 21 miles. I thought I missed a turn so I ran back down the hill and tried to retrace my wrong turn. I couldn't, so I ran back up and crossed the finish thinking that I would just be disqualified. I wasn't, and my time was a PB, so I know my Garmin was not malfunctioning and that something happened at mile 18 that distracted me. Lastly, the medal people should place the medals around your neck and not just hand it to you. If this is the norm, just place the medals on a table and marathoners will pick them up as they cross.

★★★★☆ **Killer hills and beautiful country** (about: 2007)

Course: 4 Organization: 4 Fans: 4

A. G. from New Jersey (4/28/08) 4-5 previous marathons | 1 Lake Placid Marathon

Maybe all the hills made Lake Placid a less-than-ideal first marathon, but for all its difficulty, what a great run! I agree that there were some issues with the horse-track portion of the course, and the second out-and-back for the full marathon distance was a little cruel, knowing the 2nd went farther than the 1st. But a great race and a great town! My advice: incorporate a mix of long and steep hills into your runs early - and often - to prepare so you can walk for the rest of the week after the race is done....

★★★★☆ **What a great experience** (about: 2007)

Course: 4 Organization: 5 Fans: 3

Katie Hammond from Bridgewater, MA (11/4/07) 2 previous marathons | 1 Lake Placid Marathon

This was my first marathon. I have a 6-year-old, a 4-year-old, a 3-year-old, a 1-year-old, and a 5-month-old - and the director announced this to everyone as I came around the oval. He even told my 3 girls to come out on the track with me to finish. I had goosebumps! What a perfect 1st marathon! I just finished one last week and no goosebumps! We love Lake Placid!

★★★★☆ **A fun race!** (about: 2007)

Course: 4 Organization: 3 Fans: 3

R. P. from Meadville, PA (10/6/07) 4-5 previous marathons | 1 Lake Placid Marathon

You can't not love Lake Placid Village. The race was a good time, and if you're surprised by the hills, then you didn't do your homework. Running in the pines is such a nice change from city streets.

Hills are fine, but do we have to finish on a cutback service entry to Lake Placid HS (AKA the Olympic Loop)? Can't we approach on the main street, and thereby gain the elevation at a time other than our sprint? Some of us like to go to high gear with a 1/2 mile to go - and have a sprint to the finish.

That is my preference, but it is concededly nice to have different layouts. Everyone wants flat and fast, but a tough course can be fun, too.