

Ocean Drive-Cape May Marathon Trip Notes March 26-29, 2009

This was my 7th marathon of the year and we're still in March. I'm humbled. I'm cautious. I'm doing everything I can to ensure I can keep going from more rest to more stretching to more massage. You say I should pray too? Yep, we do that every Sunday when attend some kind of Meditation in Motion and pray to God that we finish.

Here's Marv and Diana at the finish line grateful to be there, happy to have been able to do it, and giving our Sunday thanks. See that finish line banner waving in the wind? It was reminding us to be grateful?



Pictures brought to you by Maryanne who wisely chooses half-marathons or ten milers which is a boon for hubby Marv who gets a camera-woman, a spectator, and a greeter at the finish line.

We'd met Marv at Mobile Marathon early last year and followed Marv through his quest for 50-states. When it became apparent that we couldn't join him on his 50th a trade-off was chosen and thus I chose to come to Cape May instead of to Knoxville with our Southern Belle Girlfriends (more on that story – did I ever doubly luck out!) Here are the two couples enjoying Cape May, in the Queen Victoria B&B and at dinner.



What went well at Ocean Drive Marathon?

- Lovely course that runs all along a few NJ coastal towns.
- Starting in Cape May, a historical landmark and treasure, giving a huge selection of lovely B&Bs.
- One of the host hotels in Cape May called Congress Hall was right at the starting line and looked okay.

- High quality and well designed tech t-shirt. We thought it said 11th Annual whereas it should have been 12th Annual but it turns out that the font was just odd and hard to read.
- The weather gave us one day reprieve. On either side would have been brutal.

What might have been better?

- The weather though we know that we lucked out compared to some other years. This is a notoriously bad weather and/or bad wind event as it runs along the coast line.
- One host hotel in North Wildwood was so nasty that our friends couldn't stay and were willing to lose all of three nights that were prepaid and non-refundable, plus the hotel's pasta dinner and breakfast: Beer cans filling the pool, loud parties, and quite slummy inside and out.
- There are no timing chips so if someone is looking for a PR they must push to the front of the starting line.

Where we stayed near to the start line was worthy of a trip in itself. Marv and Maryanne saw our room and moved out of Montego Bay in North Wildwood in a heartbeat. www.QueenVictoria.com We had the "Crown Jewel" two floor carriage house with private entrance and lovely little library/living area downstairs.



Just when I thought I was a hot-shot for finishing 7 marathons Look at this message from friend Yolanda, last year's Maniac of the Year for the most marathons. I love it!

Here's my March Marathons/Ultras update. I finished 8 marathons/ultras the month of March.

Mar 6 - Red Rock Marathon -Las Vegas, NV - 6:03:53

Mar 7 - Malibu Creek 50K - Malibu, CA - 8:23:38

Mar 13 - Catalina Island - Avalon, CA - 6:12:28

Mar 14 - Redwood Park - Oakland, CA - 6:38:47

Mar 20 - Pirates Cove 50K - Sausalito, CA - 7:34:31

Mar 21 - LA Marathon - Los Angeles, CA - 6:32:36

Mar 27 - Napa Valley Trail Marathon - Napa, CA - 5:32:58

Mar 28 - Oakland Running Festival Marathon - Oakland, Ca - 6:08:30

I have 9 marathons/ultras planned for the month of April.

With God's help I'm still excited, motivated, focus and determined to break the Guinness World Record "Most Marathons run in a Calendar Year by a Woman". 74 more marathons/ultras to go!!! Keep Believing in Yourself and your Dreams... Yolanda

Emails -- I'm going to let others speak to this marathon. Here's some email trails.

From Diana right after the event:

Hi guys,

Hope Dave had a good run and even more so that Rebecca did what she wanted time wise. It was quite the odd weather and though we were very lucky compared to other years, running into hail or sleeting was a surprise, though the sand storm was not. Wind has picked up even more this evening so we really lucked out. I was thrilled to see Dave and glad to meet Rebecca's mother.

I was with Marv Winters of Tulsa for one of his 50-states (the reason for the trip) and I'd vowed to stay with him. I probably couldn't have finished much faster than our 6:03 (approx) so it was likely good to have an excuse to go slower. Since this was my 7th of the year and March isn't even over with, I can't complain either.

We stay until tomorrow (Monday) evening and then I leave to LA on Thursday very early. Hope you're both well and happy.

Diana

From Dave, spouse of runner friend Dana, and Ironman Extraordinaire, and Friend Exceptional: Dave was pacing his cousin Rebecca who we met in Albuquerque's Marathon in September 2009.

Hey Diana, Did you get an award?

I'm still waiting for the results to be posted online. Bekah had an awesome race. I think her time was 4:13:fifty-something or 4:14:0-something. She went out in 2:05 and came back in 2:08...almost ideal. Not bad for being on her feet, dancing, wearing high-heels at my sister's wedding the night before. She has a GPS now too so that came in handy at times. I think we had some pretty good impromptu tactics. We opted to run behind some group of navy guys between miles 11 and 16 for the sole purpose of blocking the wind on parts of the course, even though they were running about 10 or 15sec/mile slower than we were. If nothing else, it was a psychological advantage but it seemed to help at times. We dealt with the usual stuff when trying to push oneself: side stitches, heavy legs, not being able to digest food/drink, but I must say that Bekah is mentally tough and kept her mind in it the whole time. Our last mile was a superfast 8:23 so we might have left a couple of minutes "in the tank"...it's hard to say.

Our splits:

mile 9 - 9:28

mile 10,11 - 19:39 (9:50 avg)

mile 12 - 9:50

mile 13 - 9:19 (downhill & tailwind)

mile 14 - 9:58

mile 15 - 10:10 (headwind, up a bridge)

mile 16 - 9:44

mile 17,18,19 - 28:44 (9:55 avg)

mile 20 - 9:50

mile 21 - 9:44

mile 22 - 10:01

mile 23 - 9:52

mile 24 - 10:24 (bridge)

mile 25.2 - 11:48 (10:43 pace..I forget why this one was slow)

last mile - 8:23

I ended up running the last 18.2 miles at 9:43 pace. My calves got really tight after I stopped. I must have been dehydrated or something because once I drank a bunch of Gatorade, I felt good about 30 minutes later.

I thought about peeing on Oprah's property apparently (not on purpose because it was Oprah obviously, but because the front of the property was heavily wooded). You can ask me about it next time you see me.

From Diana: Hi Dave and Rebecca, it was great to see you! And I'm so very impressed at Rebecca's results and I'd think she must be thrilled. If she can do 4:13 something at this one, and it's only her second marathon, I suspect she's got a sub-4 in her easily. Those storms were brutal -- she didn't pick the easiest one for sure. Good to meet Rebecca's mother too. Congratulations to you!
Diana

PS Awards? I was thrilled to get in before the finish line totally closed! Awards were male/female together and over 50 or 60 so they weren't very generous with their grading. Gee, I didn't even get a medal since they ran out.

PPS (no pun intended) but about peeing on Oprah's property, our hotel thinks it's only a rumor that she has a place. Do you know otherwise?

PPPS Can you believe there are no results up yet?

Still from Dave, later:

You must have had different weather than we did, seriously. It only rained lightly for about 15 minutes for us. The wind was bad on the east-to-west sections, but I did not think the weather was too bad.

As Bekah and I were admiring this stately-looking house, we were running past some guy who said that it was Oprah's house and that she was trying to sell it. Elton John was interested but there was no place for his helicopter to land on the property (or something to that effect). I want to say that it was near mile 20 or so (Avalon)...oh wait, just Googled "oprah home avalon new jersey"

<http://www.squidoo.com/oprawinfrey>

http://www.americanthinker.com/blog/2008/09/so_whose_houses_count_anyway.html

More from Dave:

I honestly think that Bekah and I finished before the wind got really, really bad. It seemed like the last mile and a half were the only sunny sections. I think the wind may have picked up when the sky cleared, but we really didn't notice at that point.

From Diana to Dave:

You are correct that we didn't have much more than 15-25 minutes of rain. We did get pelted and a news report said it was sleet or a bit of light hail. A squal? My jacket was wet through and I got seriously concerned but then it stopped and the strong wind was drying. You didn't have the wind gusts that were enough to practically pick you off your feet? On one bridge I grabbed the railing to hold on.

Now, don't tell me you didn't come in with one whole side of your face and hair covered with sand that blew hard off the beach at the end? Notably this weather was hugely better than Saturday or Monday weather, and hugely better than Ocean Drive is noted for.

Fun about the celebrities. Today, before coming home, Tom and I drove a lot of the course and especially through Avalon's neighborhoods. Went into the town for coffee. Some of the houses were gorgeous, some a hoot, and many must have been someone from the Sopranos who hit the lottery and just beyond imagination. Diana

From Dr. Robert Boyd, friend of NJ's running clubs, and 7 time participant in Ocean Drive Marathon, and running with a repaired heart and an appointment shortly to get more repair:

Hi Diana:

Thank you so much for all your kindness. I felt important at the water stations in the last 6 miles. They all seemed to know who I was and asked if I was OK.

Yes, I, too, figured out that the bridge was actually at the 23 mile mark. I made it there at 5:35, but they didn't stop me.

Don't be silly about leaving me. You did the right thing, and, honestly, I very much take care of myself. I walked most of the last 15 miles, finishing last in 6:21. I passed 2 men near the end of the race, but then they quit. I must look awful.

The race director, Ed De Palma, drove me back to the Montego Bay Motel because I missed the last bus. He was going there anyway.

Thank you for telling me about the medals. I also got zilch at the finish line, not even an aluminum wrap. I went to a local bar with a friend there and had a great Ruben sandwich. Just got home at 10pm.

Congratulations on your continued successes. 7 marathons this year - you are amazing (I'm bowing)

See you soon. Bob Boyd

Hello Dr. Boyd:

We later felt like real shits for leaving you on the course despite your insistence that you were fine. We persisted and insisted to numerous staff at the finish line that they had to go check on you and I felt like they were most receptive and were sending someone. That bridge we had to make it over by 5:30 seemed to be earlier than the 24 mile we expected -- maybe just a bit after 23 and we were done with it by 5:20 and calculated that you just made it.

What a wild variety of weather! Someone said it was hail or freezing rain that we encountered for a bit -- a freak storm. Then the next assault was the sand storm at the beach at the very last.

Hope you're doing okay and that you got to finish. We maybe came in (with a couple young newbees that we went back to get and/or stopped to pull up off the curb and tell them they could finish) at around 6:03 and there was zilch food/zilch anything. They ran out of medals early and announced that there'd be a message on the website eventually on how to get them. The shirt sure was nice though.

I'm staying at a lovely B&B through tomorrow before heading home. This was my 7th marathon of the year and hopefully the fact that I'm feeling well prevails tomorrow too. I know -- those numbers are nothing for you!

Good luck with your new heart mending procedure. You're sure our hero and wise to find the best in cardiologists.

Bestest to you, Diana

From Real 50-Stater Marv Winter, the reason for my being at Cape May: Adding frosting to the cake was Marv's wife Maryanne being along, so we had the two couples enjoying Cape May!

Hey Diana . . . We are home. Our plane was delayed out of Philadelphia because of problems in Dallas but we made it home just fine. I know you did because I've seen some e-mail traffic with your name on it already. I know I've told you a hundred times but want to say just once more what a great time we had. The only way I can see it being better is if Maricar had been there. I've heard via the grapevine that she just made up that story about going to Europe to avoid getting her ass kicked by a couple of Geritols. I suppose it certainly would've been humiliating but the kid just needs to grow up and learn to lose with grace, don't you think? You know, I think the thing I like best about this whole deal is that we LOVE her and there's not a damned thing she can do about it. Sort of gives us old-timers yet one more leg up on the little whipper-snapper, huh? (-:

Hey, thanks for doing that stuff with the RD. I imagine that we'll get the medals but, like you said, those things are so cheap that it's hard to see why they wouldn't order enough. I would've been happy with just someone giving me an "IOU" for one. We had to go strolling around in the cold and on spent legs with everyone saying they didn't know . . . not good.

Well kid . . . I appreciate you pulling me through the ordeal. You (and Tom) certainly turned lemons into lemonade for us. It's sure hard to understand why Maricar hates you so. But now she has us both which may take a little of the heat off of you. LOL

I love you both. Sorry Maricar - ref. next to last like in paragraph one.
Marv

From the Race Director:

Diana,

- 1) We expect a week to 10-day turn-around from our medal supplier to deliver... stay tuned
- 2) I thought the same thing however, look closely it is a 12. Bad font, I suppose. edp.

From Diana to Ed:

Will you be addressing the missing marathon medals? We were told there would be something on the web and that they'd be supplied.

We're curious -- is there any reason the t-shirts are printed as "11th Annual" instead of 12th?

From Ed:

Results for the 3 competitive events of the 12th annual running of the Ocean Drive Marathon are in at www.odmarathon.org. Also, in an attempt to clear some confusion concerning the OD 10-Miler: In 2009, we issued a commemorative medal to all 10-Miler finishers to celebrate the 10th annual running of the that event. As a policy, we award a finisher's medal to ODMarathon finishers only. And, finally, thank you to one and all who chose to make ODM12 your spring running tune-up. Please join us on Sunday, the 27th of March in 2011 for the 13th Annual Running of the Ocean Drive Marathon and companion events. Good Running, Ed DePalma, Race Director

From Charlotte, Southern Belle friend with Tara, who went to Knoxville Marathon where I'd been scheduled. She was reporting on Knoxville:

The first half was hilly but dry. The second half was windy and we had torrential downpours. We were extremely wet and cold. Hope you had better weather. We drove right through the storm mentioned. We had just picked up Tara's dog at her parents north of Winston Salem and we were in Greensboro at an Arby's drive through when it hit. We sat in the parking lot until it passed but it pretty much rained the entire 8.5 hour drive home. Charlotte J - from my iPhone.

Diana to Charlotte and Tara: Hope Knoxville went well and you got home safely to your homes without incident. I did my 7th of the year and seemingly doing fine.

I found the following story on the NPR iPhone App: Violent Storms Do Damage In North Carolina by The Associated Press. March 29, 2010

A handful of people were reported injured by violent storms that ripped the metal roof off at least one building, damaged dozens of homes and knocked down countless trees in central North Carolina Sunday night, officials said. National Weather Service meteorologist Gail Hartfield from the Raleigh office said there are initial reports of several injuries from the storms that blew through the Linwood area in southwestern Davidson County. She said 20 to 30 homes were damaged in High Point and a dispatcher in Thomasville said she had gotten a report of at least one home that caught on fire in that town. Hundreds of lightning strikes have been reported, as well as high winds, hail and heavy rain. Tornado watches and warnings were issued throughout the night for several counties between Charlotte and Greensboro. WCNC-TV reported that a resident of a mobile home park in the Belmont-Mount Holly area was taken to a hospital after suffering a heart attack. Hartfield said eyewitnesses have spotted several tornadoes, though none has been confirmed. She said the weather service would send out a team on Monday to investigate. Northern Georgia also was hit with heavy storms.

Duke Energy reported that about 11,000 people were without power as of 9:30 p.m. Davidson County Sheriff David Grice said that the chairman of the Board of Commissioners declared a state of emergency there. Grice said that the sheriff's office needed that authority to evacuate people from unsafe mobile homes. The Charlotte Observer reported that much of the roof of the Parkdale Fiber Distribution Center in Belmont was blown off and ended up in trees, along with ribbons of yellow foam insulation. Trees were knocked down throughout the Belmont-Mount Holly area and elsewhere.

Itinerary

Fri Mar 26

Am Depart Middletown via car

B&B The Queen Victoria

102 Ocean Street, Cape May, NJ 08204 Tele: 609-884-8702

www.queenvictoria.com - stay@queenvictoria.com - See confirmation email in file

Room Description: The Crown Jewel - Premier luxury two-story suite. First floor library with gas-log fireplace, 42" HDTV with DVD, surround-sound system. Butler's pantry with mini-refrigerator, coffee-maker & microwave. Private bath with two-person shower. Second floor bedroom with king-size bed, two-person whirlpool tub, gas-log stove, Bose Wave radio alarm, telephone and television. Private entry, adjacent reserved parking.

Take champagne and foodstuff to celebrate with Marv and Maryanne Winters.

Host Hotel Montego Bay Resort – bus to start needed – home of Marv and Maryanne Winters
1800 Boardwalk, North Wildwood, NJ 08260

Tele: 609 523 1000 or 800 962 1349 <http://www.montegobayresortnj.com/>

Reservation not made due to 25% penalty for any cancel even if as early as tomorrow; and then 2 or was it 4 weeks out, 100% loss of money. Package is \$235 for 2 nights including breakfast and pasta dinner and 4pm check out– for 1 or 2 people; add \$74 for Sunday night for total of \$309.

Alternate: \$95 for Fri and Sat nights; add \$74 for Sunday; without breakfast or pasta dinner, for total of \$264.

Host Hotel Congress Hall Hotel, 251 Beach Avenue, Cape May NJ 08204 Tele: 609 884 8421
Conf #304934 for 3 nights – canceled – see confirmation in file – **need refund**
Near to start line

Sat Mar 27

10:00am Expo at Wildwoods Convention Center to 5pm – about 11 miles or 25 minutes from Cape May start line area

Directions to Expo: Garden State Parkway to Exit 4B onto NJ RT 47 South. Follow Rt 47 South over the bridge onto the Wildwoods island. Continue straight ahead to the beach, turn left onto Ocean Avenue, the Wildwoods Convention Center is 2 blocks north on the Boardwalk between Burk and Montgomery in Wildwood.

Pasta Dinner - Tickets will be available for the traditional "Carb Load Pasta Dinner" which is hosted by the good folks at Adam's Restaurant. Adam's Restaurant, located on the Boardwalk at 18th Avenue in North Wildwood, is housed in the Montego Bay Resort. Seating will be from 5:00 PM until 9:00 PM. Cost of the Pasta Dinner is \$18. Tickets Available at Expo.

Sun Mar 28

9:00am Ocean Drive Marathon – 12th annual –point to point
www.odmarathon.org - course open 5 ½ hours

Directions to the Marathon /10-Miler Start Area in Cape May: Once over Canal Bridge you will be on Lafayette Street, continue on Lafayette Street to Jackson Street (Collier's Liquor Store) turn left and take to Beach Drive, turn right, go one block to Perry Street. The Start Area is just south of Perry on Beach in Cape May

Registration pre 12/31 is \$70. There is a USATF-NJ discount .

'09 had 429 finishers timed to 8:20 with Nick Karem at 6:50; Larry Macon at 5:59 and David Williams at 5:52. Web says must be at 24-mile marker and bridge by 5:30.

The Ocean Drive Marathon is run on a beautiful 26.2-Mile point-to-point course thru the scenic barrier islands of Cape May County, NJ. Start at Cape May City; finish at Sea Isle City.

This USATF-NJ 500 point Grand Prix event offers a USATF certified (NJ06007LMB), Atlantic Coastal flat (5' AMSL) and fast, paved road and boardwalk, point-to-point, qualifying course that begins in Victorian Cape May City, continues, via the Ocean Drive, over 4 drawbridges (uniformly at 25' AMSL) through the fishing port of Lower Township onto the Wildwoods island (where you run the length of its famous Boardwalk) through Middle Township on into the island communities of Stone Harbor and Avalon, and finishes on the Promenade on the island town of Sea Isle City. Bus return to Cape May.

Directions to Marathon finish: From the North, take Garden State Parkway Southbound to Exit 17, turn right at bottom of ramp, continue over bridge onto island, you will be on JFK Boulevard, continue straight to the Finish Area. From South, take Garden State Parkway Northbound, to Exit 13 and follow signs for Sea Isle City, turn left onto Ocean Drive in Avalon, continue and cross the Townsends Inlet Bridge onto Landis Avenue in Sea Isle City, continue to JFK Blvd., turn right to the ODM Finish Area.

Mon Mar 29

Am Tour Cape May

Pm Depart home

Info from David Williams on Ocean Drive - Cape May - Did it this year ('09). We stayed at the Sandpiper, a condo hotel right on the beach about a block from the start. Almost no one else was staying there. The room had a kitchen, separate living room. Nice, new place. Buses back from the finish. Course runs north along the coast, with the only hills being the numerous bridges. Very nice course, well organized. The only issue is the wind. This year it was a cross-wind or tailwind most of the time. The few spots with a headwind were hard. But normally it is a headwind most of the way. I did the early start. I can probably dig up the Italian place we went for dinner the night before - very good. <http://www.sandpipercape.com/> (Turned out the Sandpiper was not opening this year until April.)

Number of comments: **127** [displaying comments **1** to **11**] More Comments: [< [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) .. [13](#) >]

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

★★★★★ **Perfect for the lone-runner...** (about: 2008)

Course: 5 Organization: 4 Fans: 2

C. M. from US (2/15/10)

4-5 previous marathons | 1 Ocean Drive Marathon

I will be running this for the second time. The course is absolutely beautiful, and if you want a change of scenery from running on everyone else's heels (in an over-crowded race), this is the race for you... so peaceful and so enjoyable. For a small, old-school marathon, this is a great experience. I'm hoping for another beautiful day and am looking forward to a great race.

★★★★★ **Great, fast, flat marathon** (about: 2009)

Course: 5 Organization: 4 Fans: 2

I. p. from jersey shore (9/22/09)

3 previous marathons | 1 Ocean Drive Marathon

Great scenery in a beautiful place to run.

★★★★★ **Beautiful scenery, mostly flat course, nice race!** (about: 2009)

Course: 5 Organization: 5 Fans: 4

A. B. from Glen Ridge, NJ (4/21/09)

11-50 previous marathons | 1 Ocean Drive Marathon

This is a low-key race, entirely gun-timed (but certified, a Boston qualifier), with a mostly flat south to north course that winds through the resort towns of the Jersey Shore. It is definitely a race for runners, so if you want lots of fanfare and cheering crowds, this is not the one (though the spectators there were quite enthusiastic). I appreciated the prompt start of the race, and the large number of volunteers on the race course, which was quite scenic with views of the ocean and harbors. While the course is mostly flat, it does run over several concrete drawbridges connecting the beach resort communities along the way. I thought the water stations were plentiful and well-staffed. The race expo in Wildwood was tiny but adequate, and runners received a long-sleeved race shirt of a nice quality tech material. The logo was a little scary though, and that seagull creature with the human legs might give me nightmares for a while.

I thought this was a perfect marathon, though I can definitely see how wind could play a factor on this course. I know ODM has a reputation for having 26.2 miles of vicious headwinds, and this year's forecast added the likelihood of rain and a thunderstorm to the mix. But the predicted rain and wind never materialized, and this year's weather was perfect for running. I recommend dressing in layers that you could shed along the way, because, though it was cold at the start, it warmed up quickly and by the second half of the race it was warm and sunny.

I think ODM is one of my favorite marathons so far, but I can definitely see how a north-to-south headwind could be a drag on that course.

★★★★☆ overall, just o.k. (about: 2009)

Course: 4 Organization: 3 Fans: 2

M. C. from Bergen County, NJ (4/8/09)

11-50 previous marathons | 1 Ocean Drive Marathon

Okay, let me start by saying thank you for the almost perfect marathon weather this year, and not the usual wind in your face. The weather was iffy all the way down to the start of the race, but it turned out to be desirable marathon weather. The race course was typical Jersey Shore running, with glimpses of the ocean most of the time. My gripes are that for \$100 registration fee, I expect certain things... like Gatorade before mile 10? What the heck? Good thing I carry my own. When I did grab some late in the race, it was awful, watered-down, powdered orange (chalky). Yuck! Also, no chip timing? I've run in much smaller races with lower fees that had chip timing. The pluses were: nice medal, nice tech shirt, and good post-race amenities. I would only run this again if I could get in at the pre-registration rate, which I think was \$70. This race was worth \$70 max!

★★★★★ Very good race. (about: 2009)

Course: 5 Organization: 5 Fans: 4

K. M. from Fort Lee, NJ (4/3/09)

6-10 previous marathons | 1 Ocean Drive Marathon

I'm glad that I had the chance to run the OD Marathon. The race route was great, and if you're looking for a fast time, then this is the race to sign up for. This race was worth the effort of training through a long winter.

★★★★★ GREAT, GREAT, GREAT (about: 2009)

Course: 5 Organization: 5 Fans: 3

D. B. from Stamford, CT (4/2/09)

11-50 previous marathons | 1 Ocean Drive Marathon

If you like small marathons, then this is for you. It had a beautiful, flat course, and wind was not a factor (though it has been bad in previous years). Best small marathon I've run.

★★★★★ Great support for runners; great day at the beach! (about: 2009)

Course: 5 Organization: 5 Fans: 3

David Troyer from Philadelphia, PA (4/2/09)

4-5 previous marathons | 1 Ocean Drive Marathon

Great day for a marathon - with the wind at our backs, and weather that was not too cold and not too hot. Big kudos go to the race aides who enthusiastically provided fruit and gels, in addition to Gatorade and water. Also, there were more police and fire rescue workers than I've ever seen for a race this size. Overall, a great experience!

★★★★★ A perfect day (about: 2009)

Course: 5 Organization: 5 Fans: 4

Joelski Gre from Secane Pa (4/1/09)

4-5 previous marathons | 1 Ocean Drive Marathon

I just ran the ODM, and from top to bottom, this was a great race. The course is scenic and flat, and not too crowded. The shuttle buses were no hassle, and for most of the race, the wind was at our backs.

★★★★☆ **Beautiful, but poor communication and organization** (about: 2009)

Course: 5 Organization: 2 Fans: 1

L. T. from Irving, TX (4/1/09)

6-10 previous marathons | 1 Ocean Drive Marathon

Out of the 7 marathons I've completed so far, this was the most beautiful, but also the most disorganized. First of all, the start time for the race was posted nowhere on the website, although it could be deduced by the fact that it was a 5 1/2-hour course with an ending time of 2:30 p.m. I went into this race with a pulled muscle and thus was running a little slower than usual, so I sure would have liked to have known about the early start option, but there was nothing about it on their website or in the information packet. Apparently that was communicated via word of mouth to those who were lucky enough to talk to the right person. Regardless, I did meet their time requirements (at least per their website), but when I got to the finish line, they had already run out of medals. The girl who gave me my foil said that they would have to mail my medal to me, but with all of the disorganization, I didn't feel trusting of that.

★★★★★ **Awesome experience; lucky with the weather** (about: 2009)

Course: 5 Organization: 5 Fans: 5

Matt Ciociola from Blackwood, NJ (4/1/09)

2 previous marathons | 1 Ocean Drive Marathon

This was my 2nd marathon (after NYC in '06) and I had a great experience. We got very lucky with the wind (got some cross winds over the bridges at times) and with the weather. It was cloudy, with light rain in Cape May and pockets of sun around 11:15. Not too many spectators on the course but the ones that were there were great! Depending on where you are place-wise, miles 16-26 can feel VERY lonely, but if you did the training it will carry you through. Also, the race director is a very nice guy.

From David Williams for David Thompson:

Diana now has challenged me to remember step-by-step one of 18 marathons I did last year! OK, here goes.

I did the early start so the first half mile or so was on the sidewalk along the water in Cape May, but I don't recall it being a boardwalk. Then you were on streets out of Cape May and onto more of a 2 lane highway with a couple of bridges. That set the standard for the day. All day the course is flat except for a bunch of bridges. Not too high but still noticeable. Usually the middle of the bridge was grating – just watch your step and you are fine. Then you are on streets in towns, then a little highway and a bridge, then streets. In Wildwood we got on the boardwalk and the 10 Miler people finished. It certainly wasn't 4 miles – I'm thinking half a mile. But then again, there was street re-paving going on in that town so I think the course was a little different than normal. They may have also been doing boardwalk replacement at the time. Maybe it is 4 miles and we only had a little. It is impossible to tell from the map because you can't tell the difference between running on the street next to the water or on the boardwalk.

Right after the 10 Miler finish line, you go back down on streets. Just before the finish you turn onto a beachfront path but that was paved, not boards.

I'm not from New Jersey so boardwalks are not something I am used to, but I didn't find this a particular challenge. I just had to make sure I was picking my feet up enough since you get a little tripping hazard from some boards. I wouldn't let the boardwalk parts change my shoe selection. At least 22 miles are on roads and streets. The bigger issue is the WIND. We were lucky last year that the winds changed overnight from a headwind to a crosswind, with a little bit of a tailwind at times. The few spots we ran into the wind was a challenge. I would have been hurting if it had been a headwind most of the way. And the "normal" is for a headwind.

Have fun. Now that I think about it, I can replay most of this race in my head.

From: Diana Burton [mailto:dianab@juno.com]

Sent: Monday, March 15, 2010 11:51 AM

To: dthompson78@yahoo.com

Cc: Williams, David O SDIUS-DME/3A1; David Williams; Maricar Korff

Subject: Re: Ocean Drive Marathon - lots of boardwalk sections?

I'll ask this of a friend who remembers step by step of all his marathons and he ran it last year. I had the impression it was most street running. I am scheduled for this one coming up and after this weekend's dc national.

David Williams is on Europe now but I suspect he'll check into email each few days. He's also an engineer and guess his brain is trained to remember these things which always amazed me.

When I'm home I'll look if his prior noted to me reveal the answer and get back to you.

I am glad you went on Sunday. I wimped out.

On Mar 15, 2010, at 12:04 PM, dthompson78@yahoo.com wrote:

Diana,

Dana and I ran yesterday at "Bosco's Memorial Run". The weather was pretty awful at times but I'm glad I got the run in. I managed 16.5 miles which I'm surprised I was able to complete given my conditioning and the weather.

Not sure if you ran Ocean Drive yet or not, but I have a question for you:

Do you know if there are significant amounts of boardwalk sections on the Ocean Drive course. The website says "The entire length of Wildwood," which looks like a 4-mile stretch on the map (possibly). Then it looks like the last 2 miles could possibly be boards.

My cousin wanted to know whether to run in her old shoes or not. She's been running in new ones for only a week now