
Dee's Journal – *Peninsula Marathon – by Dee Bird*

Back from an amazing Peninsula Marathon. We started at 6 a.m. today , predawn, and set off through a lovely little town (which Sally knows well) called Fish Hoek, up a steady, unrelenting hill to Glencairn, and then when the half-marathoners turned along the coast to end their run in Simonstown, we headed off up the most brutal of mountain passes called Red Hill... a great long hairpin-turn laden climb of about three miles, and then another steady uphill along the Cape Peninsula Nature reserve where baboons ran alongside us wanting to snatch anything we might have! Then down hard along a twisty turny incredibly lovely coastal route back to Simonstown. My calves cramped up on the cambered roadside... I needed gatorade or something, but they give you nothing but coke. I drank at least a litre of coke! Fizzy coke. Go figure. And South Africans run extraordinary ultras on coke... I ran with a guy who had run 50 miles yesterday. Last year he ran 27 marathons and 33 ultras!! Get a life!!

Talking of which I had an epiphany on my way to my 4:16 finish. No Comrades Marathon is in my future. I do not want to run another 50 kms after doing a marathon. Nope! So Lauren and Ron need to find another SA guide! Too brutal. I don't want to do ultras. My body is good with a marathon (though I think they should be 25 miles, not 26!!