

# 2011 Howl at the Moon

August 13, 2011

This was the third Howl at the Moon for me and the first for Julie. Patty sort of questioned Julie's wisdom one day, "Did they really talk you into doing it too?" Yes, Julie not only signed up, but exceeded expectation by walking more than a marathon.

It was a great day with many people from the Indianapolis area in attendance. All week long the forecast called for thunderstorms, but when race day came, we started with a cool 60 degrees going up to mid 80's with no rain.

While the name of the race might make you think it is run after dark, it really starts at 7 am and runs until 3 pm. The objective is to cover as many miles as possible by going around a 3.29 mile loop with half mile repeats at the end of the day to supplement mileage. There were a variety of surfaces including asphalt, gravel, dirt and lumpy grass. There were two aid stations stocked the boiled potatoes, grapes, candy, pretzels, bananas, PB&J sandwiches, coke, Gatorade, water, GU and other items. The last hour they added pizza, mahi-mahi, and margaritas .

At the end of each lap, racers check in with their scorer who records the lap. The route is relatively flat with only one hill. It is about the size of a typical overpass and most people walk it. As the day goes on, other parts of the route become hillier and the big hill becomes steeper.

It is a very friendly group and you can usually find someone to talk to if you want, or you can run by yourself if you prefer. I ran a couple of laps with Melissa from Indianapolis, one with a chiropractor, and eavesdropped on many other conversations. I heard about a 92 year old doctor who only charges \$5 for an office visit and a beautiful trail marathon on Grand Island. I also enjoyed some laps in solitude.

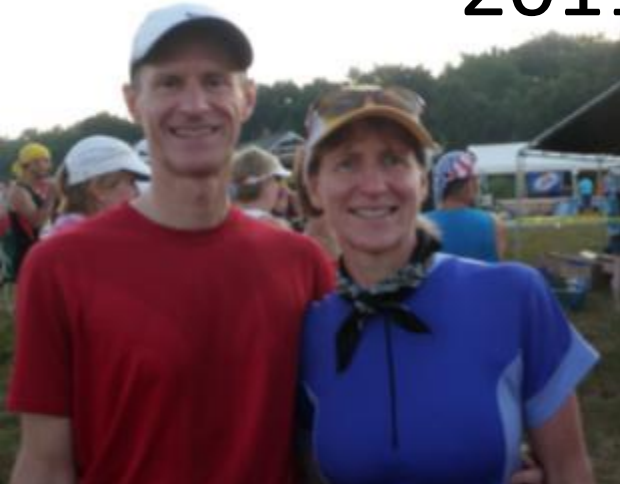
The race is a good value – lots of miles per dollar, a nice lunch afterwards (if you aren't a vegetarian), a sprinkler spraying refreshing cold water, and lots of awards.

While I was dehydrated, tired, and had a small blister on my foot, I recovered quickly and was able to drive home and "stay between the lines." The "morning after" I actually felt better than after most marathons I've done.

The rest of our story is mainly told with pictures that Julie took throughout the day.

# 2011 Howl at the Moon 8 hour Ultra

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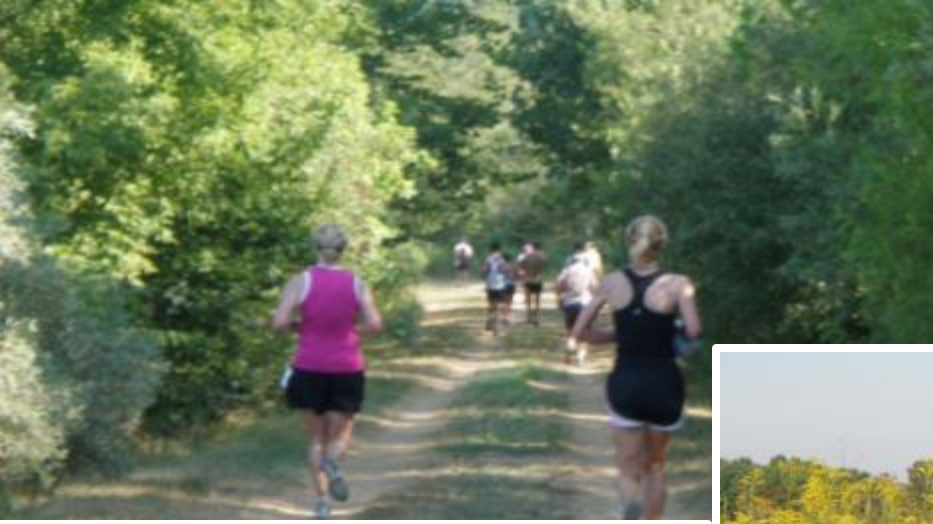
These are the typical before photos with all of the happy smiling faces.



Unlike most races with a known distance, this one gives you 8 hours to see how far you can go. It has a slower start than most races.



# Typical Scenery



# More Scenery



# More Scenery



# Important Landmarks



The "Walking" hill



You needed to make eye contact with your scorer to get credit for a lap.

The food tent was always a welcome site.

The ominous countdown clock was next to everyone's half mile repeat (out & back) path.



# Relaxing Afterwards



A special thanks goes to Todd, Chris, and John for setting up a shaded area with chairs for us. It was nice to swap stories, exam dirty feet and snack on treats after the race.



# Awards



Howl Virgin - completed first marathon and ultra!



These are just some of the award winners in our group.



The weather was much drier (& sunnier) than forecasted.

Time	Condition	Felt like	Dew Point	Humid.	Visib.	Press.	Wind
<b>Sunrise at 6:00 AM</b>							
6:03 AM	 Sunny 55°F	55°F	55°F	100%	7.0 miles	29.90 ↑ inches	CALM
7:03 AM	 Sunny 61°F	61°F	59°F	94%	7.0 miles	29.90 → inches	CALM
8:03 AM	 Sunny 68°F	68°F	63°F	83%	10.0 miles	29.89 ↓ inches	CALM
9:05 AM	 Sunny 73°F	73°F	63°F	69%	10.0 miles	29.90 ↑ inches	From SW 6mph
10:04 AM	 Sunny 77°F	77°F	64°F	65%	10.0 miles	29.90 → inches	From WSW 6mph
11:04 AM	 Sunny 79°F	79°F	64°F	61%	10.0 miles	29.90 → inches	From W 8mph
12:04 PM	 Sunny 81°F	82°F	64°F	58%	7.0 miles	29.89 ↓ inches	From WSW 5mph
1:04 PM	 Partly Cloudy 82°F	85°F	66°F	58%	7.0 miles	29.88 ↓ inches	From SW 5mph
2:03 PM	 Partly Cloudy 84°F	86°F	64°F	51%	7.0 miles	29.86 ↓ inches	From SW 8mph
3:03 PM	 Partly Cloudy 86°F	87°F	64°F	48%	7.0 miles	29.84 ↓ inches	From WSW 9mph
4:03 PM	 Sunny 86°F	87°F	64°F	48%	7.0 miles	29.82 ↓ inches	From WSW 7mph