

# 50Km Summer Night Run-Festival Survival Ultra Marathon

When: 17:00 p.m., 14th Aug 2004  
Where: BunDang-gu, SeongNam city, Korea  
Course: Mostly along the TanCheon (a stream)

Result: 4:44:15, 3rd overall in about 100 runners  
Overall Pace: 5:41 per Km (9:09 per mile)  
First Half: 5:00 per Km (8:03 per mile)  
Second Half: 6:23 per Km (10:16 per mile)

I ran the 50Km (31 miles) race last Saturday evening. I just wanted to keep a good condition without a big pain or tiredness when I finish it, so I planned to run it for 5 hours which is 6 min pace per Km (9 min 39 per mile). They provided only some water and rice cake at turning point (25Km). All runners should carry their own water, food, (safety) lights and a cellular phone. I carried 50 Oz. (1.5 liter) ice water in my Camelbak, five sodium tablet, two vitamin C tablets, tissue, safety light, cellular phone, cash (10,000 Won), four Gus, Vaseline and a car key.

Everybody looked running slowly with an easy pace when we started. I also started slowly and talked to myself "No rush, No push, Sweat little and save energy". A few runners were running ahead with a leading group and I was in the second group at around 10th place overall. I looked other's shape, running gears and sweating. I just wanted to know who has a better condition for the race through what I could see. I could easily say I could beat a few of them but not the first and second runner. It was just my thought of others running beside me for a moment as most runners do in a race. It could be a good for fun but bad for a competition.

They set Km signs every 5Km, so I could not check my time more often than 5Km. It was just 25 min when I passed the 5Km sign. I was still easy to run but I was definitely sweating most among the runners. I took one vitamin C (250 mg) tablet with water at that point. A runner ticked up his speed and he was running out far away. We (the second group) had a little change in a placement after the 5Km point as usual. I felt better at around 9Km (in about 40 min) and could run faster with an easy pace. I took a sodium tablet when I was passing 10Km point in about 50 min. We separated before the 10Km point, so I didn't have any runners beside me. I should run more than 40Km alone. I was careful not to push myself too

much and kept running with a good pace. My pace was very steady to the turning point with 5 min per Km. I got to the point in 2hours 5min and was 4th overall by then. I took two Gus between 10Km and 20Km. I was surprised and happy when I got to the turning point. Because, I never expected any ice but they provided some there. I filled up plenty of ice with water in my camelbag and had three a little rice cakes. I hoped they had Gatorade and banana too but they didn't have any of them unfortunately.

I started running back again after 3-4 min break at the turning point. I felt I got slower and had a side stitch a little bit because I had food at the turning point. I didn't worry about it much and just wanted to run without stopping. It was about 19:10 p.m. and getting darker, so I turned my safety light hanging on my camelbag. I didn't worry about the darkness because there were some light poles, bright buildings along the course. I started to count down from the half point like 20Km, 15Km, 10Km, and 5Km. I was getting slower and slower from 35Km and I just wished to keep running. I talked to myself "I can finish the race, if I can pass 40Km without a break". I felt losing energy but couldn't take the remaining Gu because I felt uncomfortable with my stomach. I already knew that I might happen to me during the race so I didn't worry about it. I tried to control the trouble with a sodium tablet and water.

God helped me. I found a little fresh fruit juice tent at around 43Km. They sell kiwi juice, tomato juice and banana juice. I felt like to have kiwi juice with sour taste but made a decision to have banana juice to have more energy. They sell it in a plastic cup with a straw but I asked in a bottle. It was cold with ice and the fresh food made my stomach much more comfortable. The sickness was gone after drinking the juice but my legs and back were was getting tired more and more.

I started calculating my expected remaining time and distance as I normally do while racing. I could run for 35 min for the last 5Km, if I could keep the condition without losing speed. I hit 45Km point in 4:12 and I had more confidence to run under 4:50. As you might be able to guess, the last 5Km was as hard as running a marathon.

I couldn't see any racer around me for a while but I found a runner before me when I was getting to the finish line (about 500m to the end). I was not sure if I could beat him because there was a big gap between him and me. I just tried to maintain my best pace. However, I could run faster and faster as getting closer to the finish line because I had some energy. When I got close to him I realized the man was the runner who was running at the first position before. I ran faster and faster and finally beat him. I was happy that I had some energy to dash to the finish line at the end.

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