

First 15K this weekend



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Jun 8, 2008

I have been running pretty steadily since March. Been in several 5Ks and 3 10Ks. My times have been coming down to.

Well now I am in 15K. Last weekend I ran 9.6 in 1:14 which is my farthest distance ever. I was pretty beat for 24 hours after. I have since had 2-4 mile runs this week.

Anyway I think I am ready and can do it without stopping. I am going to pick a easy pace to start with. Any other advice I need? How much water should I drink along the way in 15K race?



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Nov 11, 2007 1. **Re: First 15K this weekend** Oct 16, 2008 10:58 PM

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Congratulations on getting ready for the 15K and good luck at the race! It's a somewhat unusual race distance, but it's a good challenge if you've been doing 5K's and 10K's. I do mostly 5/10K's but have done three 15K's for that reason. I'm a little slower than you (1:23 for the 15K). Exactly how much water you need will depend on the race conditions (temperature etc.) and how well hydrated you are before the race. I did three water stops on each of the 15K's, typically around miles 4, 6 and 8. This was in cool, moderately humid race temperatures (Coronado, CA, on the coast) and a flat course. To calibrate, I normally don't stop for water on a 10K unless it's unusually hot.

Because the 15K is not a common race distance, you may find that the overall field is somewhat faster than your typical, say, 10K.



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Jun 8, 2008 2. **Re: First 15K this weekend** Oct 18, 2008 7:07 PM

well today was the day and I finished in 1:16:27


felt pretty good the whole time. looking toward a half marathon one day



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Nov 11, 2007 3. **Re: First 15K this weekend** Oct 18, 2008 9:17 PM

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 in response to: [neonshaw](#)

Congratulations on a strong race and a good finish!

You can also look at it this way...a half marathon is only 3.8 more miles than a 15K...you're already within striking distance!