

Miles 25 and 26 were my fastest ...

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I wanted to thank you for your input on the nutrition/hydration for the marathon. I PRâ€™™d and got the 4 hour monkey off my back with a 3:59:57 finish. I started fueling early and often, and was very diligent about my hydration during the race ... and although mile 21 was my slowest (mile 1 being the second slowest), I managed to have enough gas in the tank for miles 25 and 26 to be my fastest.

So thanks.....good input!