

There is no such thing as a fast, flat race course. I know this because I've been studying race courses for many years now. I know it's true. Regardless of what the organizers say, things like: "pancake flat" or "flat as a board". Yeah ~ right! I've heard it all

Case in point is the Russell, KY, "Run by the River". They've been having this race for 33 years. I've attended it since the mid-80s, and I've always run the 10K vs. the 5K. You have a choice in Russell. It's a great race, but it's not flat. Well, it was sort of flat when I first started going there. I was in my mid-40s, and that course was flat. But now I've noticed that after all these years, the course is really hilly and challenging. Granted, it's the same course, but from mile one to mile three it's all uphill.

Now I'm OK with hills. Some of my best friends even like hills. Some even suggest that "hills are your friends" ... yeah, right! I like hills, or at least I'm OK with hills, when I'm in my car. And that's a good thing.

Ultimately ... or as they say in business, the bottom line, or "looking forward" or "at the end of the day" ... The older I get the more hilly a course becomes. Take it from someone who has been studying race courses for years. If you want flat, go to the beach.

It's different today. Runners are equipped with ipods and multiple tattoos. All we had in the past was our Sauconys, Reeboks, and Casios. Today the music is very different. We listened to Rocky before the race, and then the race itself became the music... But that's a generational issue for another time.

And may the wind be always at your back.

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