



Sample Race: Adams Marathon

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Document Description

A Course Performance Report (CPR) is your guide to your best performance on your chosen course. The CPR contains information about the course you are about to race and details your Course Performance based on your fitness profile.

The CPR consists of three main sections. The First section is a course description overview. It details the vital statistics of the course.

The second section contains the most information. It details your performance throughout the race. Course Performance uses your fitness profile, and the elevation profile of this marathon to determine your ideal race. For each mile, you will find the vitals (ascent, descent, and net elevation change), a plot of your pace over the mile, and a tidbit of information from the coach to help you prepare for that mile. Included in the mile vitals is a mile difficulty rating. Course Performance has determined a method for rating the difficulty of each mile of the marathon. This difficulty is a combination of elevation change, and distance covered to that point. (e.g a flat mile 25 may be a little more difficult than a mile1 with a hill in it). The ratings range from 1 to 10 with 10 being the hardest.

The third and final section is a summary of your split and lap times which you can use to keep on track during the race.

I hope that Course Performance has offered you the opportunity to achieve your best performance on this course. Thank you and enjoy!

1 Course

The Adams Marathon is a flat, scenic, lollipop-style course. The first three miles contain a gradual descent that assists you in acquiring your pace. Miles 4 through 6 contain the most significant climbs of the course. The next 14 miles contain smaller rolling hills. Miles 21 through 23 descend the same hills you climb in miles 4 through 6. The last mile is slightly up hill, but the end is so near, it never crosses your mind.

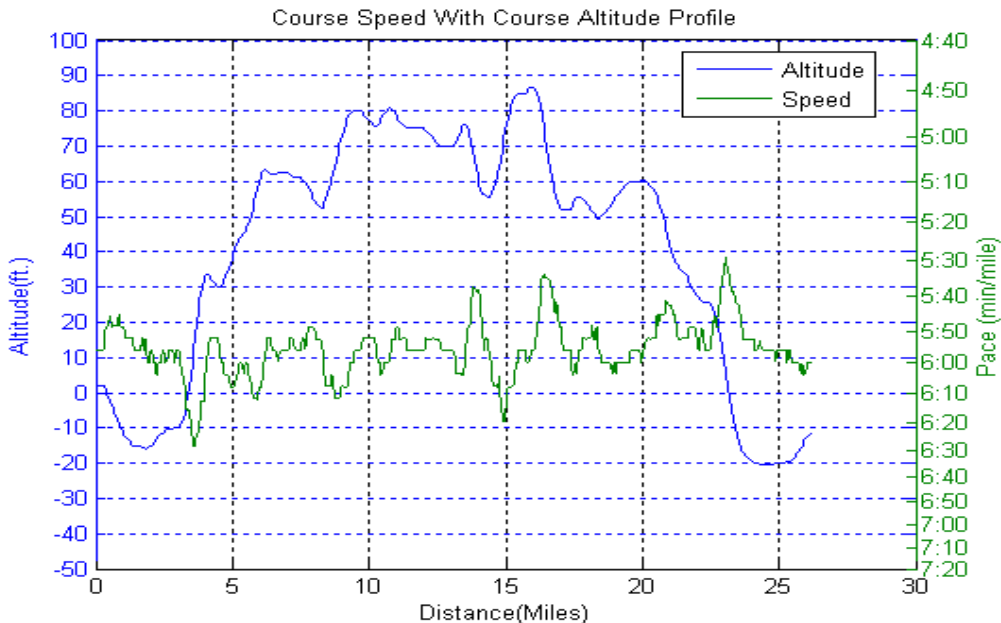
	Entire Course
Ascent (feet)	163
Descent (feet)	175
Net Altitude Change (feet)	-12

There are abundant water tables (1 per mile). Starting with the third water stop, both water and sports drink are available at each table. Sports drink is located at the end of the tables, and water is at the beginning. There is Gu available at mile 18. You may want to have some of your own for other points on the course.

There is also a fair amount of entertainment on the course. There are 2 organized areas for bands, and 3 to 5 more impromptu performers on the course (depending on the year and the weather).

The average temperature at the starting line (historically) is 58 degrees. Over the past 3 years, the average temperature, at the start, was 64 degrees.

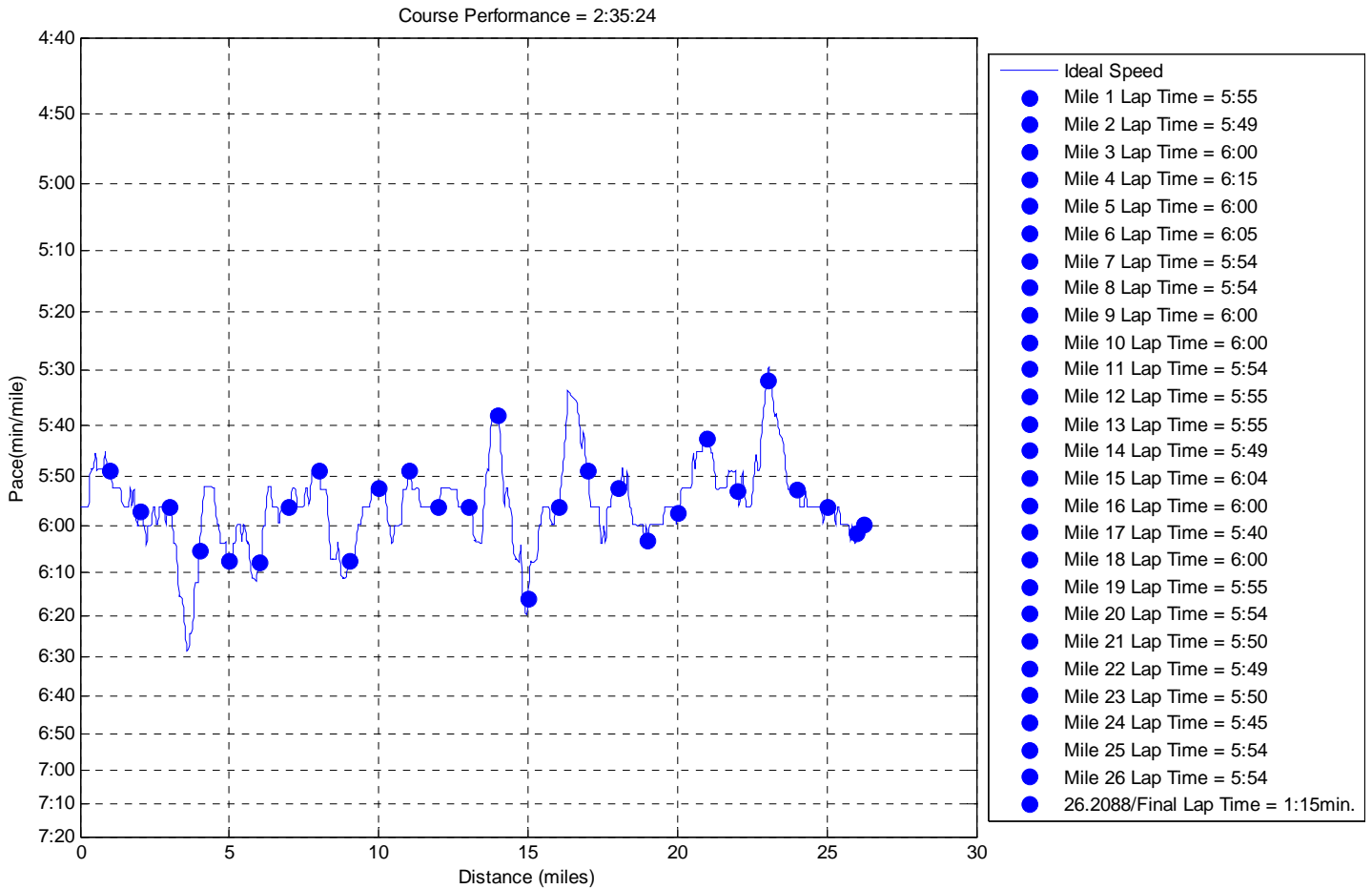
See the plot below for a summary of your Course Performance.



2 Performance

Based on your fitness profile, your maximum heart rate, and your maxV02 estimates, you can achieve a finishing time of approximately 2 hours, 35 minutes, and 24 seconds. Your pace will need to vary between 5:45 min/mile and 6:15 min/mile. Your average pace will be 5:56 min/mile over the entire course.

A summary of your Course Performance Split Times is shown below.

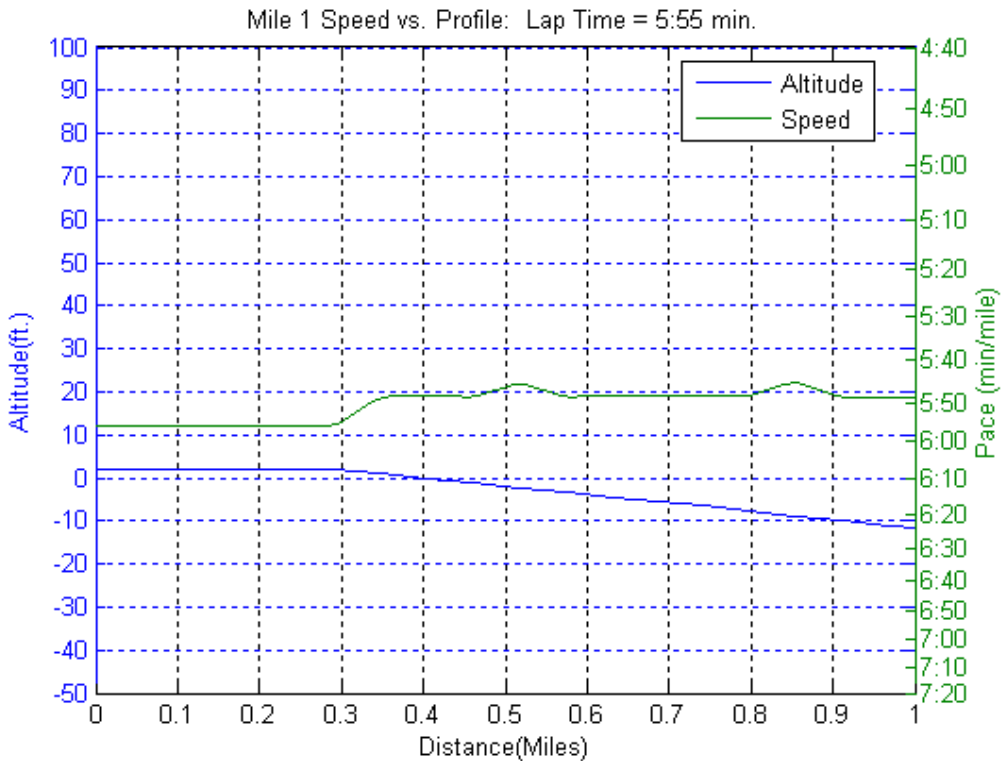


2.1 Mile 1

2.1.1 Mile Vitals

	Mile 1
Ascent (feet)	0
Descent (feet)	14
Net Altitude Change (feet)	-14
Difficulty Rating	1

2.1.2 Pace Summary



2.1.3 Finishing Thoughts

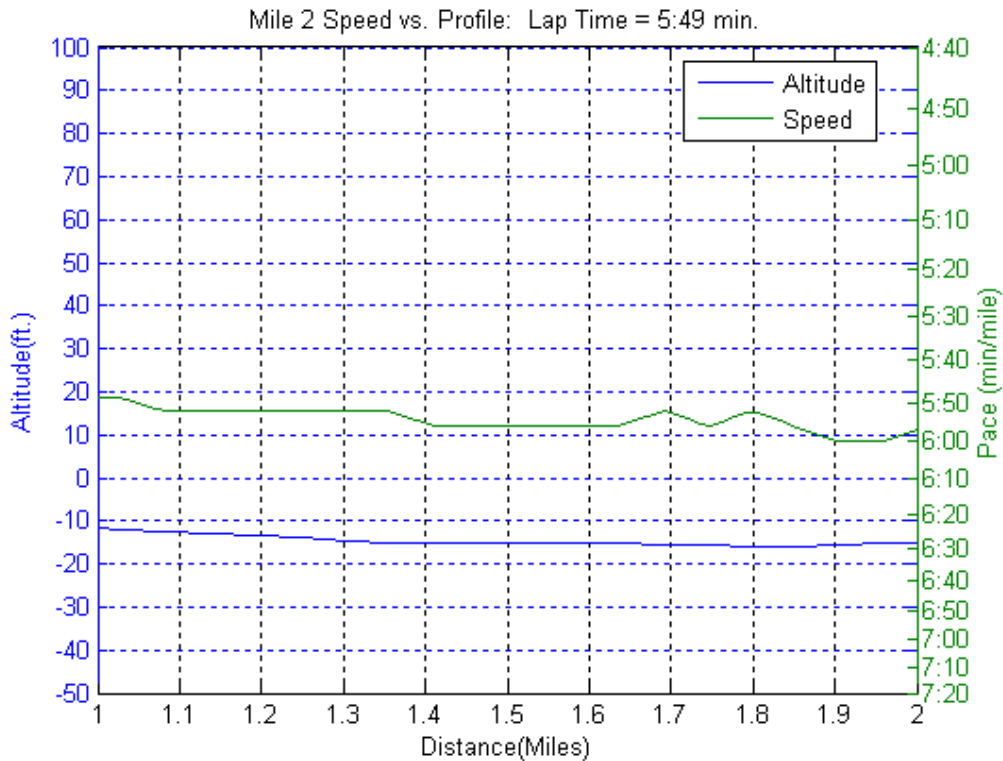
Mile 1 starts with a ¼ mile flat followed by a gradual downhill. The flat will allow you a great intro into the race. It will also offer you the chance to find a group to run with to help keep your pace. The descent at the end of the mile is a signal to put on your game face and get serious about this race.

2.2 Mile 2

2.2.1 Mile Vitals

	Mile 2
Ascent (feet)	1
Descent (feet)	3
Net Altitude Change (feet)	-2
Difficulty Rating	1

2.2.2 Pace Summary



2.2.3 Finishing Thoughts

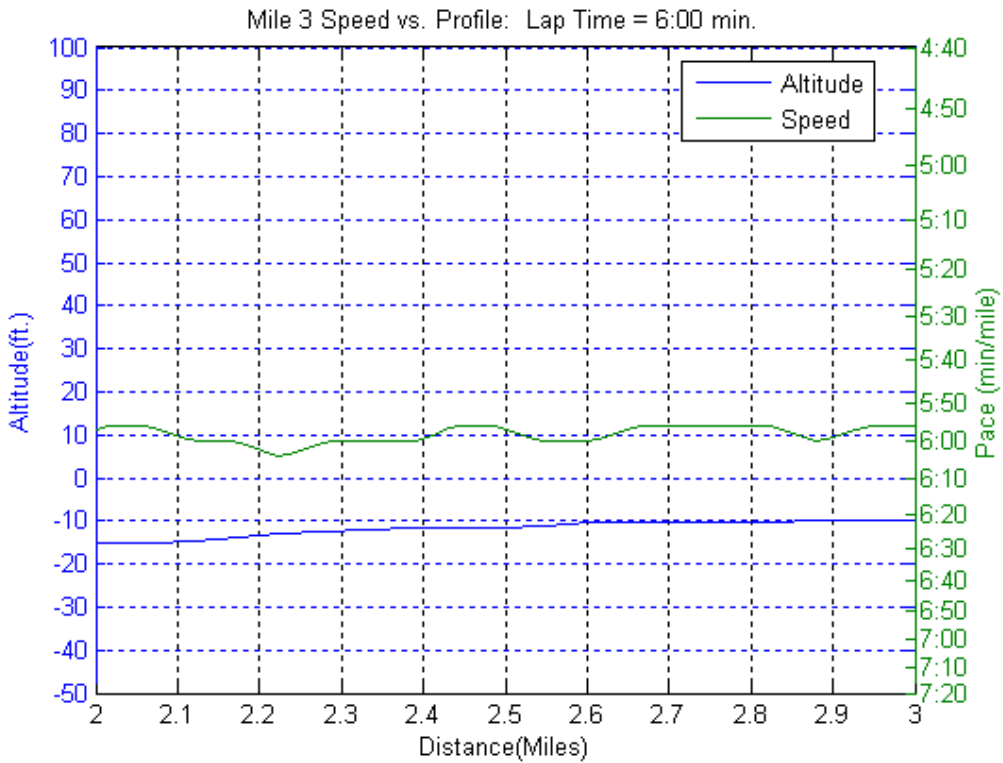
Mile 2 continues the initial decent, flattens out, and then starts up the first incline. You may still be looking to find your groove at this point, but do not rush in to the mile marker. Pushing too hard up an incline this early in a race can be detrimental to your later miles. However, with a net loss of elevation, your pace should remain above average.

2.3 Mile 3

2.3.1 Mile Vitals

	Mile 3
Ascent (feet)	6
Descent (feet)	0
Net Altitude Change (feet)	6
Difficulty Rating	2

2.3.2 Pace Summary



2.3.3 Finishing Thoughts

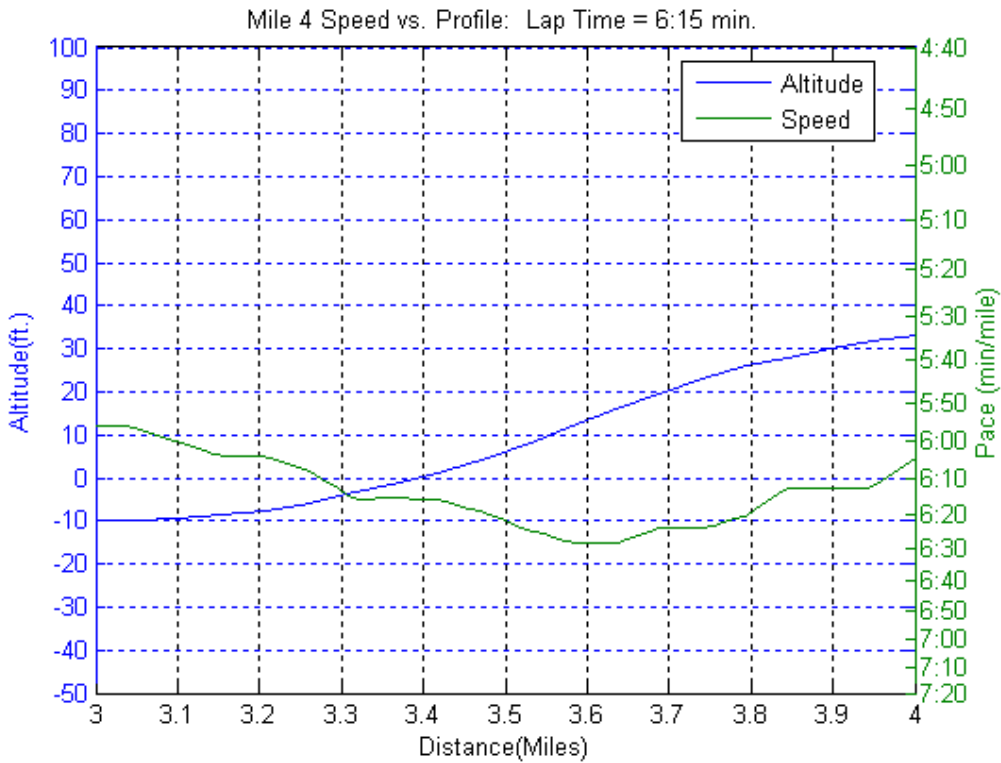
This should be a slow mile. It is early in the race, and you will feel really good, but conservation of energy in these first few miles is essential to your overall performance. Resist the temptation to fly up this hill.

2.4 Mile 4

2.4.1 Mile Vitals

	Mile 4
Ascent (feet)	40
Descent (feet)	0
Net Altitude Change (feet)	40
Difficulty Rating	6

2.4.2 Pace Summary



2.4.3 Finishing Thoughts

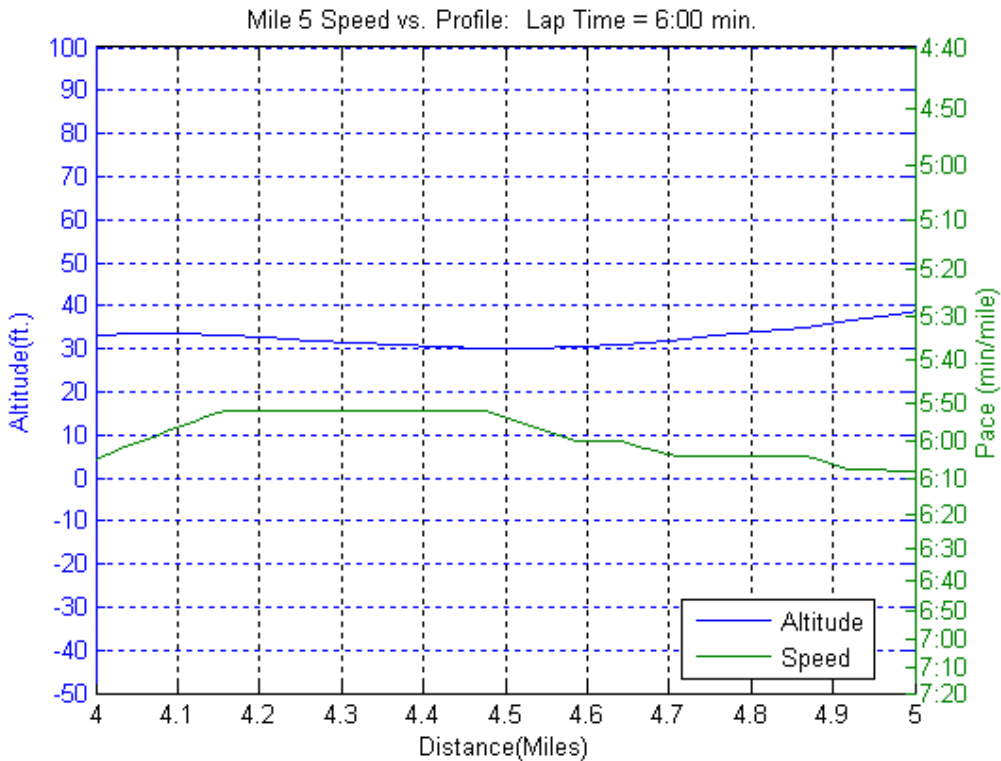
Mile 4 brings the first true climb. You will gain close to 40 feet in elevation in this mile. Notice that your pace should be slowest in the middle of this hill, not the top of the hill. As you start to see the top of this hill, it is time to pick up the pace in order to keep your power output constant.

2.5 Mile 5

2.5.1 Mile Vitals

	Mile 5
Ascent (feet)	9
Descent (feet)	1
Net Altitude Change (feet)	8
Difficulty Rating	2

2.5.2 Pace Summary



2.5.3 Finishing Thoughts

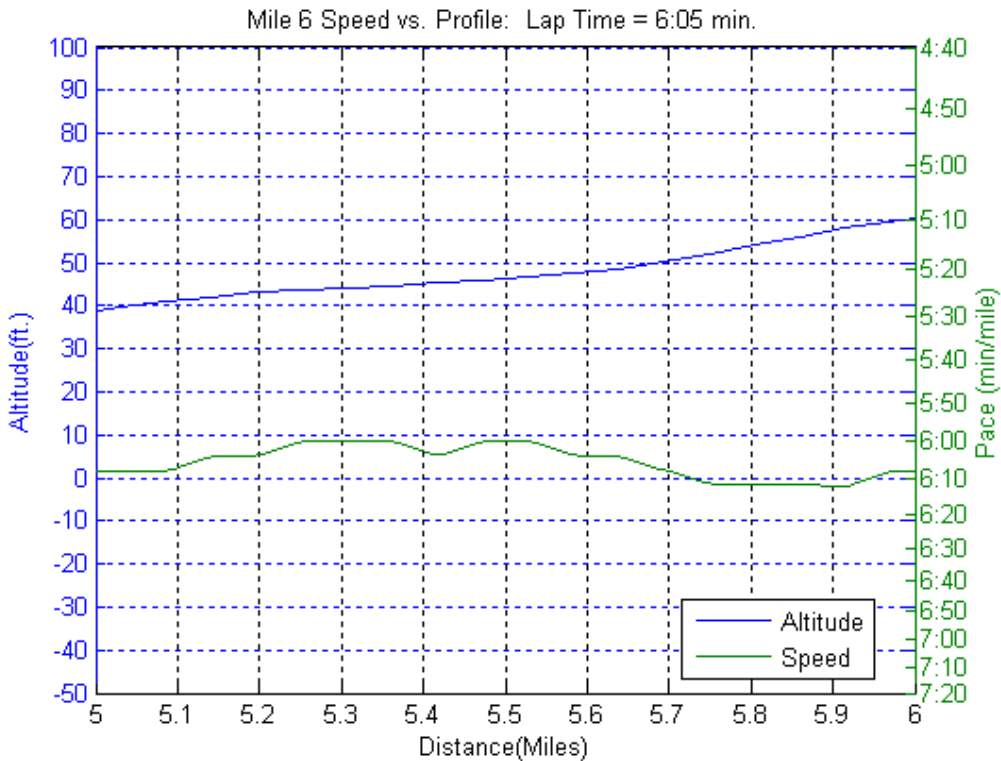
Mile 5 brings a short break from the climb. The race director of this marathon must be a marathon runner too. He or she has located the first round of entertainment for the runners at just the right place. The top of this first hill brings beating drums and driving guitars, refreshing every runner's mental state. You will have the opportunity to stretch your stride, and work some different muscles before the next climb starts. The second half of this mile brings your next significant climb.

2.6 Mile 6

2.6.1 Mile Vitals

	Mile 6
Ascent (feet)	22
Descent (feet)	0
Net Altitude Change (feet)	22
Difficulty Rating	5

2.6.2 Pace Summary



2.6.3 Finishing Thoughts

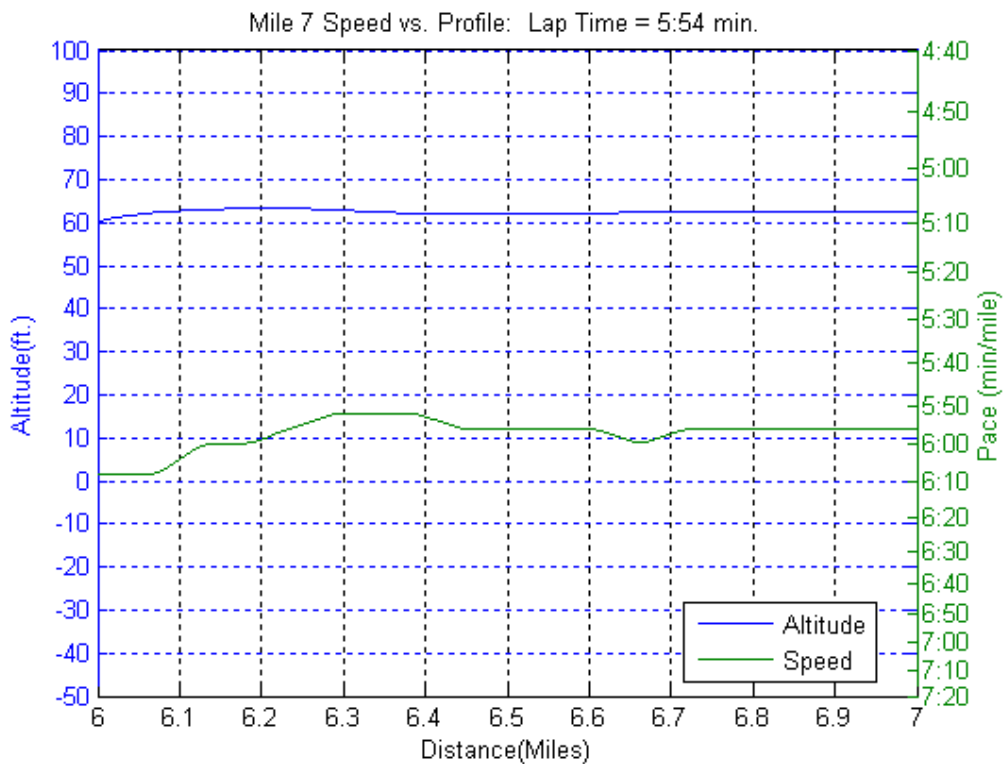
Mile six features a 20+ foot increase in elevation. While this is not tremendous, you could really hurt your overall performance by over exerting on this hill. It was nice to be distracted by the band briefly, but don't get lost in your thoughts. You need to concentrate on maintaining a constant effort.

2.7 Mile 7

2.7.1 Mile Vitals

	Mile 7
Ascent (feet)	2
Descent (feet)	-1
Net Altitude Change (feet)	1
Difficulty Rating	2

2.7.2 Pace Summary



2.7.3 Finishing Thoughts

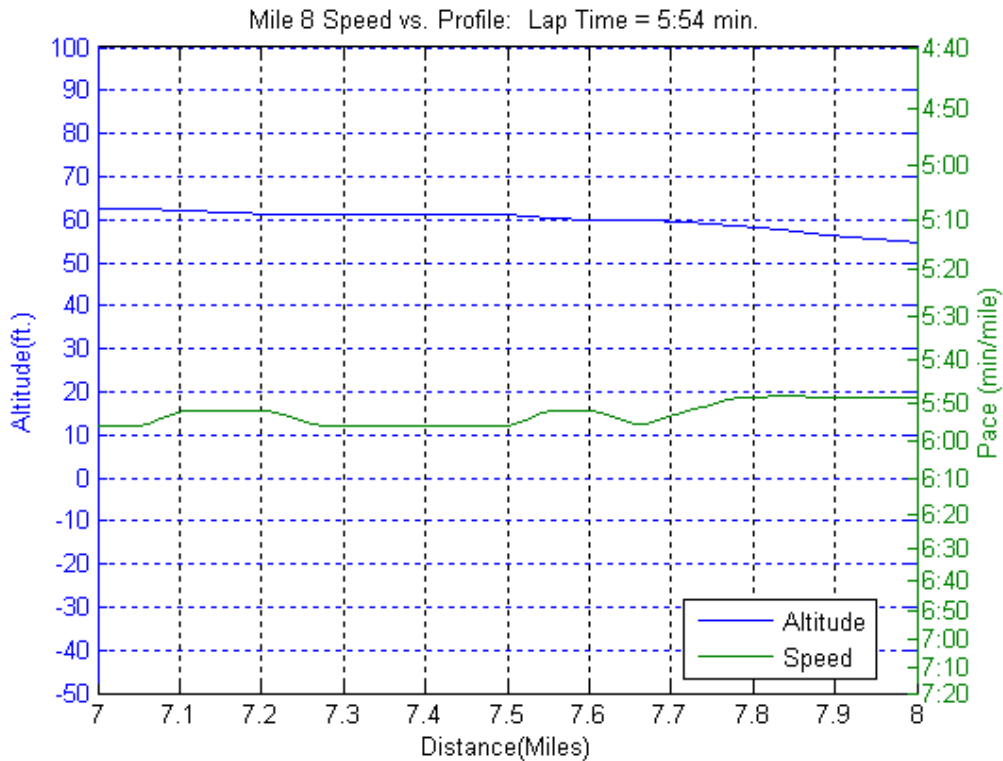
Finally you are done climbing for some time. Once you have peaked this hill, you can settle in, and find a comfortable pace. Once you have located that groove, take a look around... the older houses, and fall foliage will help you manage your thoughts.

2.8 Mile 8

2.8.1 Mile Vitals

	Mile 8
Ascent (feet)	0
Descent (feet)	-8
Net Altitude Change (feet)	-8
Difficulty Rating	1

2.8.2 Pace Summary



2.8.3 Finishing Thoughts

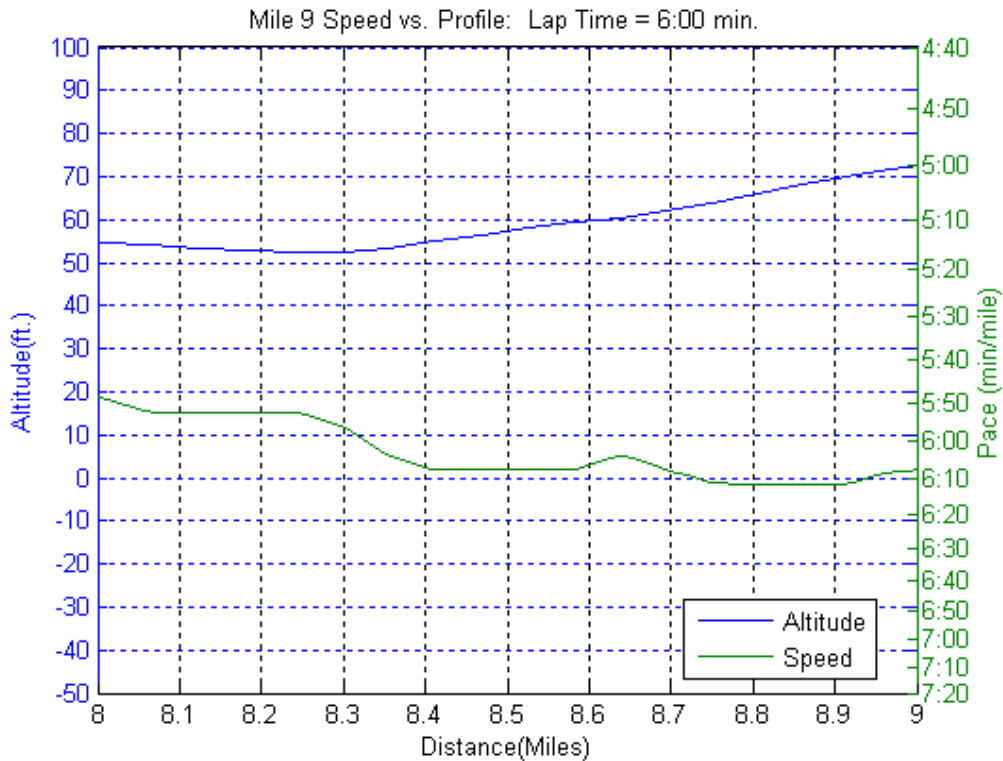
Mile 8 features smooth sailing. During the fall season, you can expect the wind at your back, and the shade from the trees keeping you cool. This should offer you some time to size up the pack you are running with. Since you have the Course Performance edge in your back pocket, you can lead the pack, or sit back and let the others make their own mistakes.

2.9 Mile 9

2.9.1 Mile Vitals

	Mile 9
Ascent (feet)	21
Descent (feet)	-1
Net Altitude Change (feet)	20
Difficulty Rating	7

2.9.2 Pace Summary



2.9.3 Finishing Thoughts

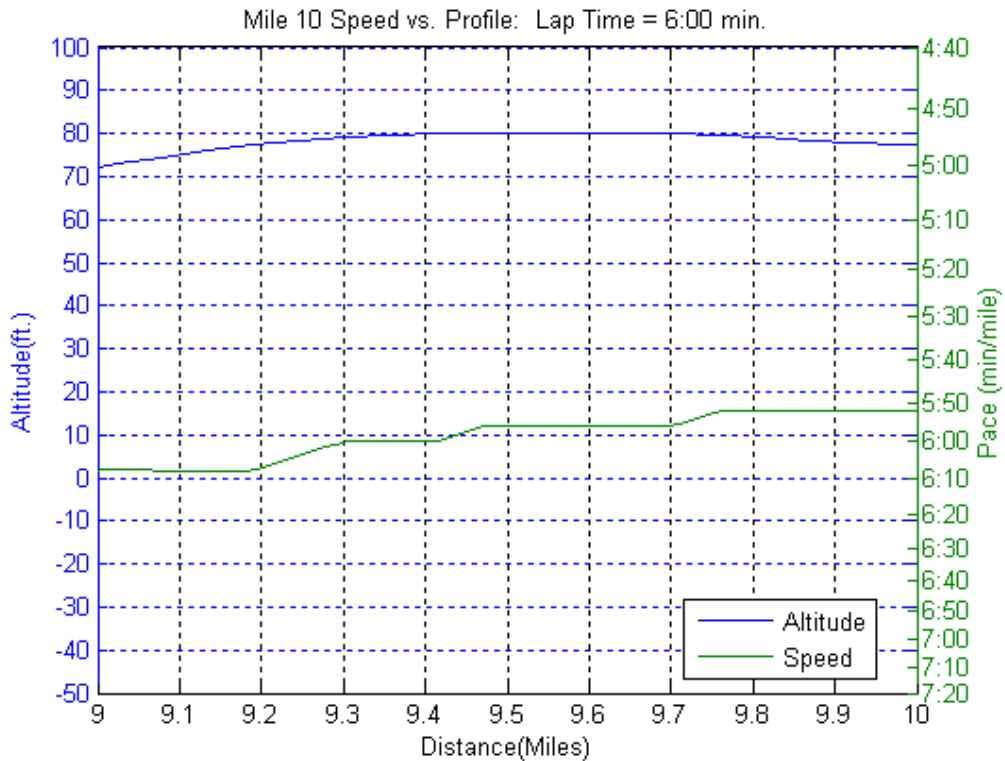
Mile 9 brings you into the rolling hills section of the race. You will finish this mile amidst a significant incline, and your pace should be backed off to suit. Others may be getting antsy and look to separate themselves from the group. Don't get caught up in the excitement, it is still far too early.

2.10 Mile 10

2.10.1 Mile Vitals

	Mile 10
Ascent (feet)	5
Descent (feet)	-3
Net Altitude Change (feet)	2
Difficulty Rating	3

2.10.2 Pace Summary



2.10.3 Finishing Thoughts

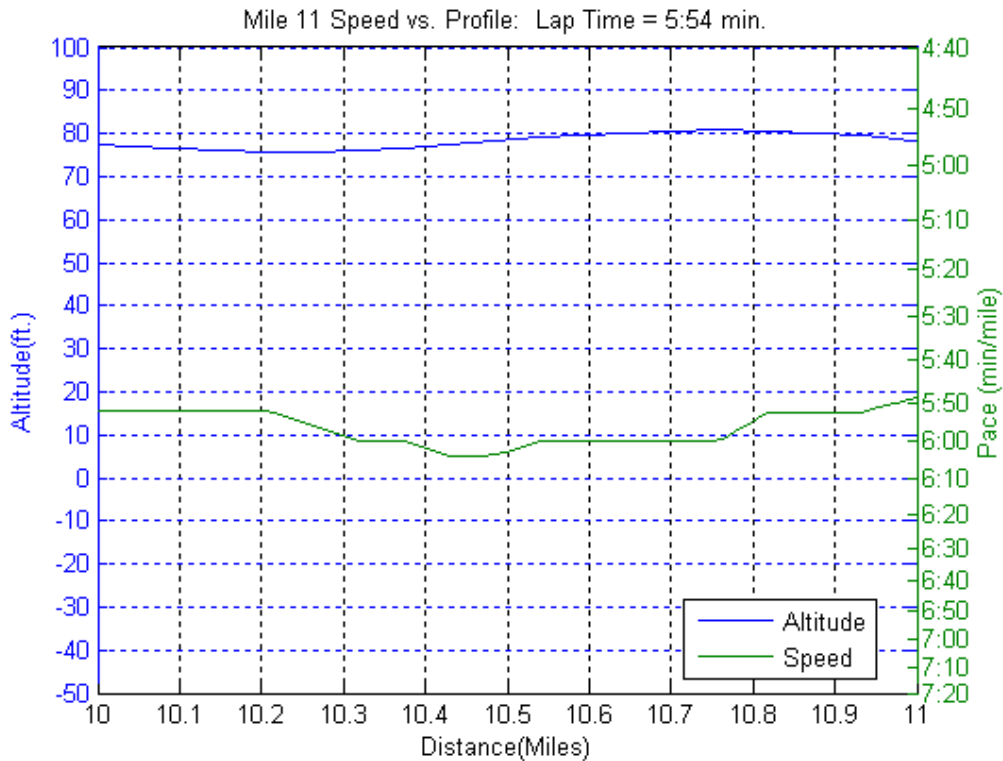
You will steadily increase your pace through mile 10. All those who pushed too hard previously will be watching you reel them in, and pass them by.

2.11 Mile 11

2.11.1 Mile Vitals

	Mile 11
Ascent (feet)	3
Descent (feet)	-2
Net Altitude Change (feet)	1
Difficulty Rating	2

2.11.2 Pace Summary



2.11.3 Finishing Thoughts

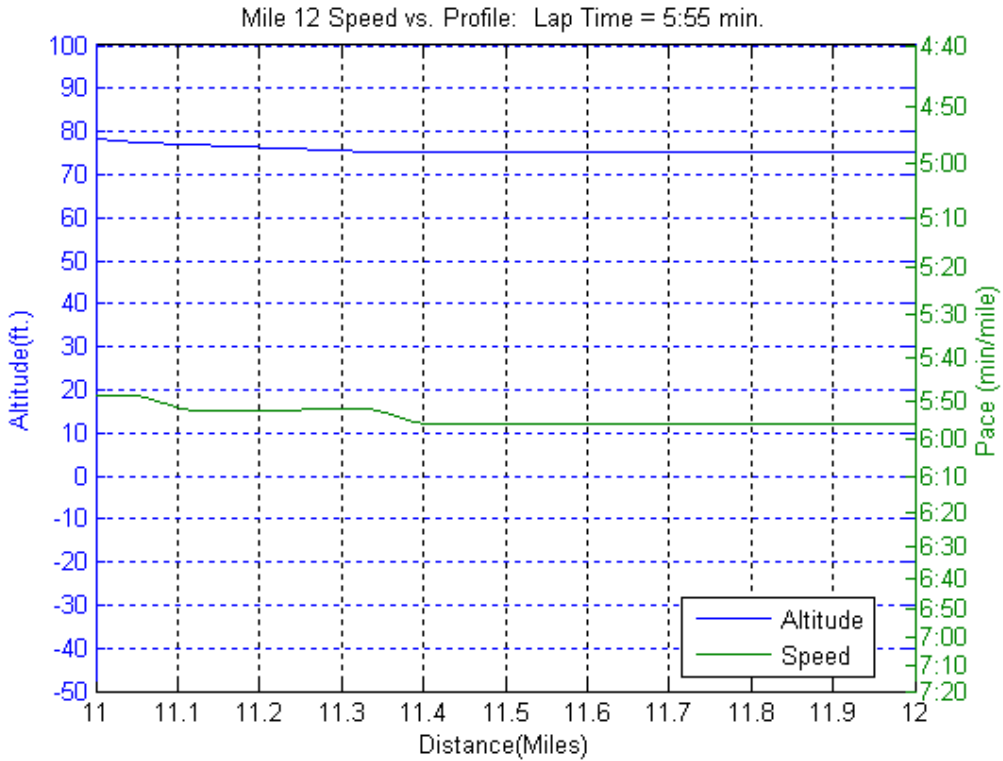
Although mile 11 is very straight, and you will be able to see the rise and fall of the road, your pace should not vary significantly during this mile. Because you can see the descent at the beginning of this mile, you may have the urge to push down the hill. Bill Rogers won many a race with this concept. Do you have what he had?

2.12 Mile 12

2.12.1 Mile Vitals

	Mile 12
Ascent (feet)	0
Descent (feet)	-4
Net Altitude Change (feet)	-4
Difficulty Rating	1

2.12.2 Pace Summary



2.12.3 Finishing Thoughts

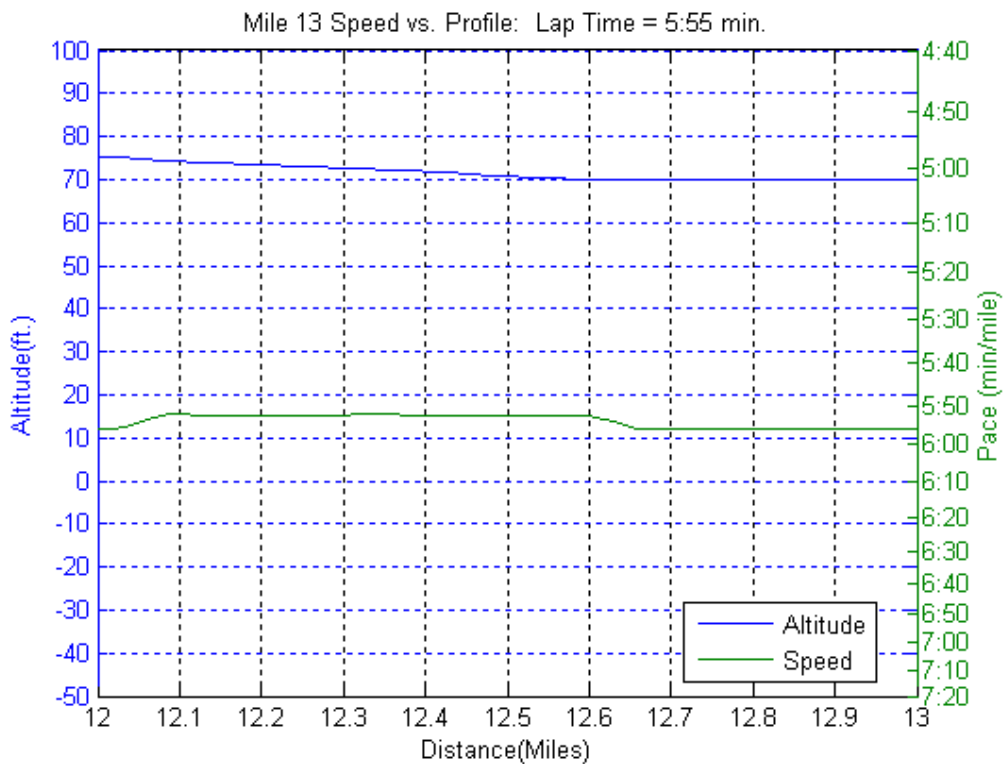
A nice flat mile will get you back to your comfortable pace. This mile brings you past the course's next round of entertainment. Drums and fife keep your steps in time, and the spirits high.

2.13 Mile 13

2.13.1 Mile Vitals

	Mile 13
Ascent (feet)	1
Descent (feet)	-4
Net Altitude Change (feet)	-4
Difficulty Rating	2

2.13.2 Pace Summary



2.13.3 Finishing Thoughts

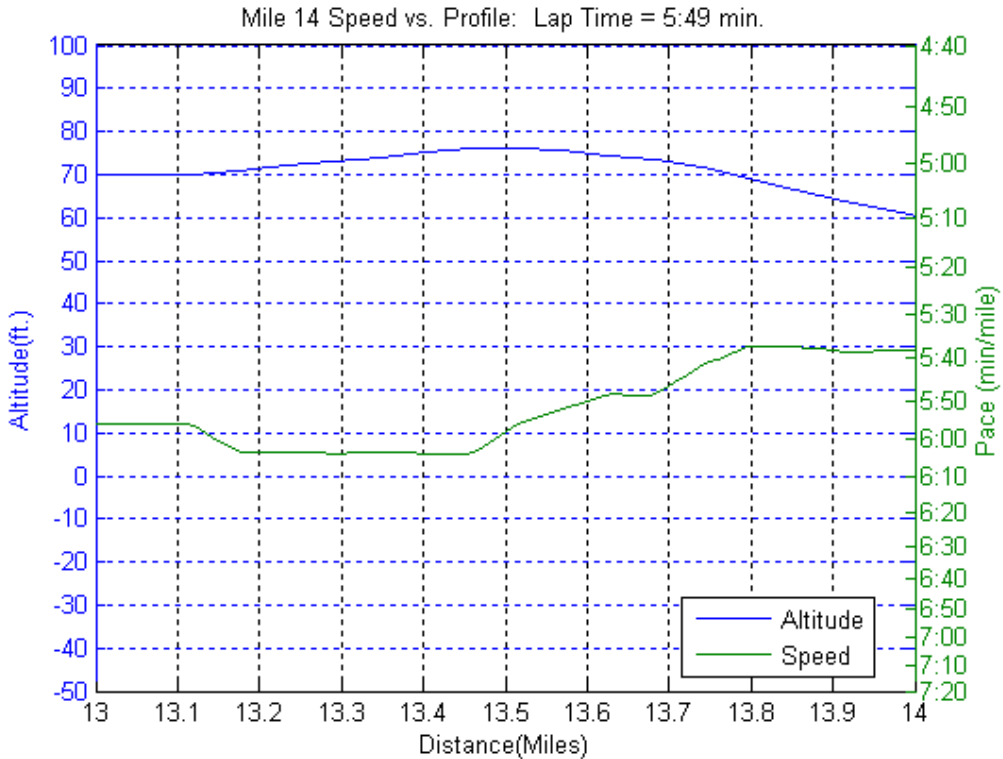
Mile 13 just about brings you to the half-way point. Push down the hill. Hold your pace on the flat. Many will tell you the ideal marathon will be run with negative split times. This will be true for the Adams Marathon, but not for every marathon. When you reach the half mark, know that this race is about to get interesting.

2.14 Mile 14

2.14.1 Mile Vitals

	Mile 14
Ascent (feet)	3
Descent (feet)	-14
Net Altitude Change (feet)	-14
Difficulty Rating	3

2.14.2 Pace Summary



2.14.3 Finishing Thoughts

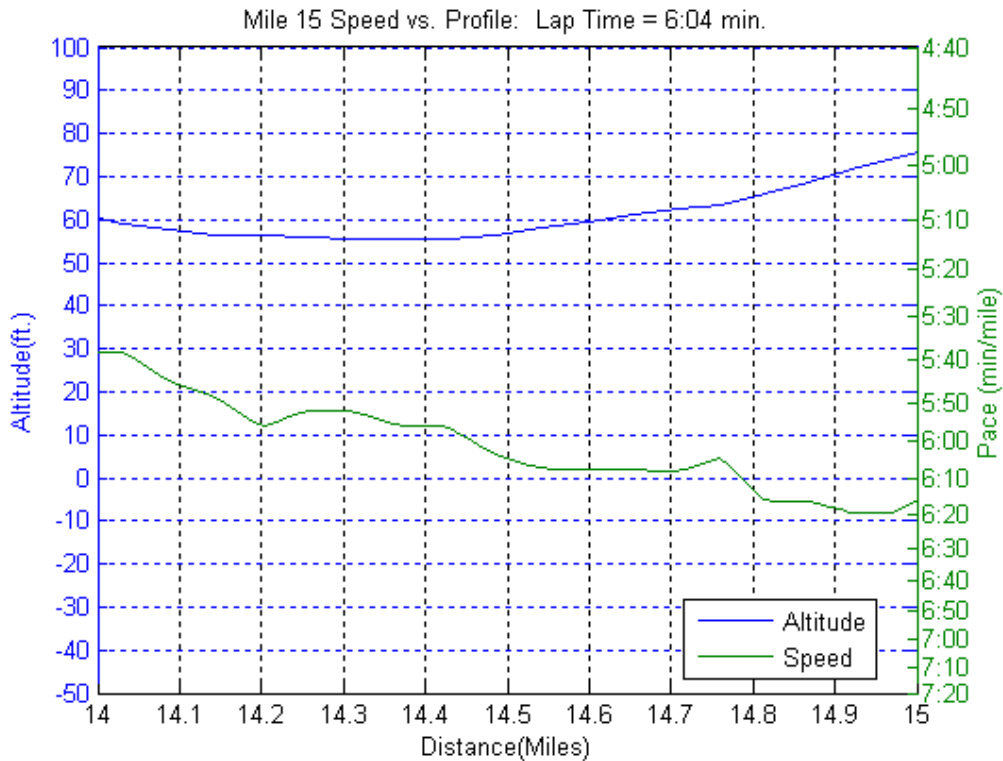
Mile 14 brings you through the half-way point and into a brief ascent. Once you have come to the top of this hill, pick up your pace a little and see who wants to stay with you. Having kept your constant effort at the beginning of this race will really start to pay off.

2.15 Mile 15

2.15.1 Mile Vitals

	Mile 15
Ascent (feet)	20
Descent (feet)	-4
Net Altitude Change (feet)	16
Difficulty Rating	10

2.15.2 Pace Summary



2.15.3 Finishing Thoughts

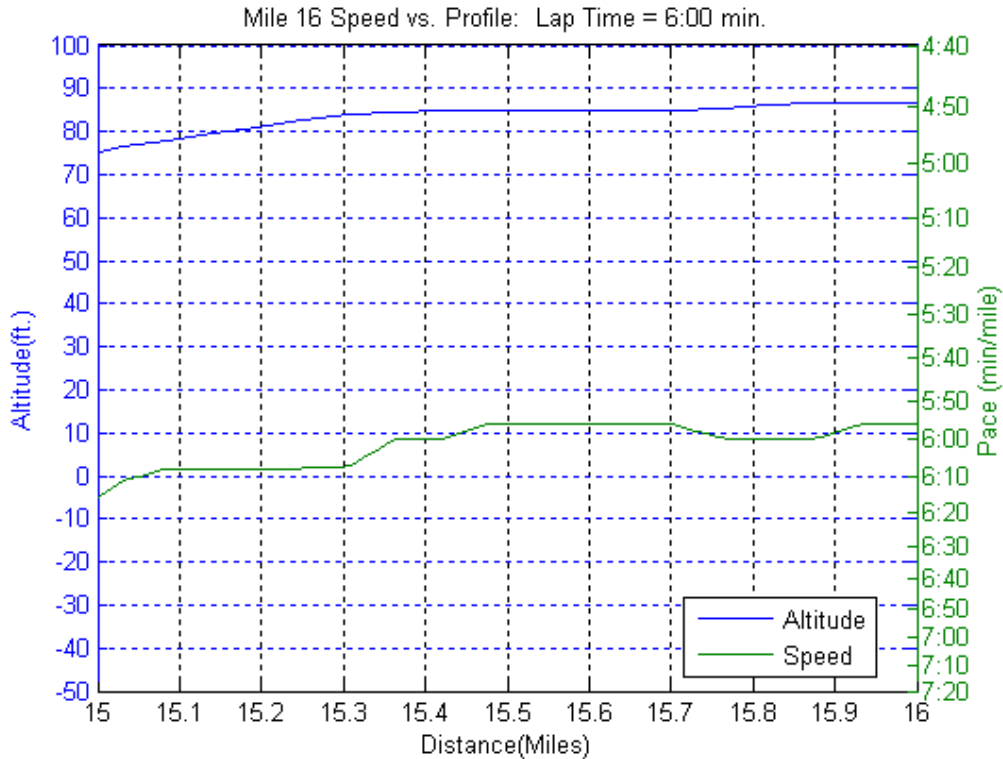
Mile 15 brings you to the reservoir entrance. Once you enter the reservoir, the scenery is spectacular. As you climb up the paved trail take a quick peek down at the water, if it is a calm day, you will swear you are looking at a giant mirror. Keep your eyes open for a bald eagle soaring over the reservoir. You won't be the first marathoner to see it... It would be easy to lose track of the race if you are not careful. Keep your effort constant up this hill.

2.16 Mile 16

2.16.1 Mile Vitals

	Mile 16
Ascent (feet)	10
Descent (feet)	-1
Net Altitude Change (feet)	9
Difficulty Rating	6

2.16.2 Pace Summary



2.16.3 Finishing Thoughts

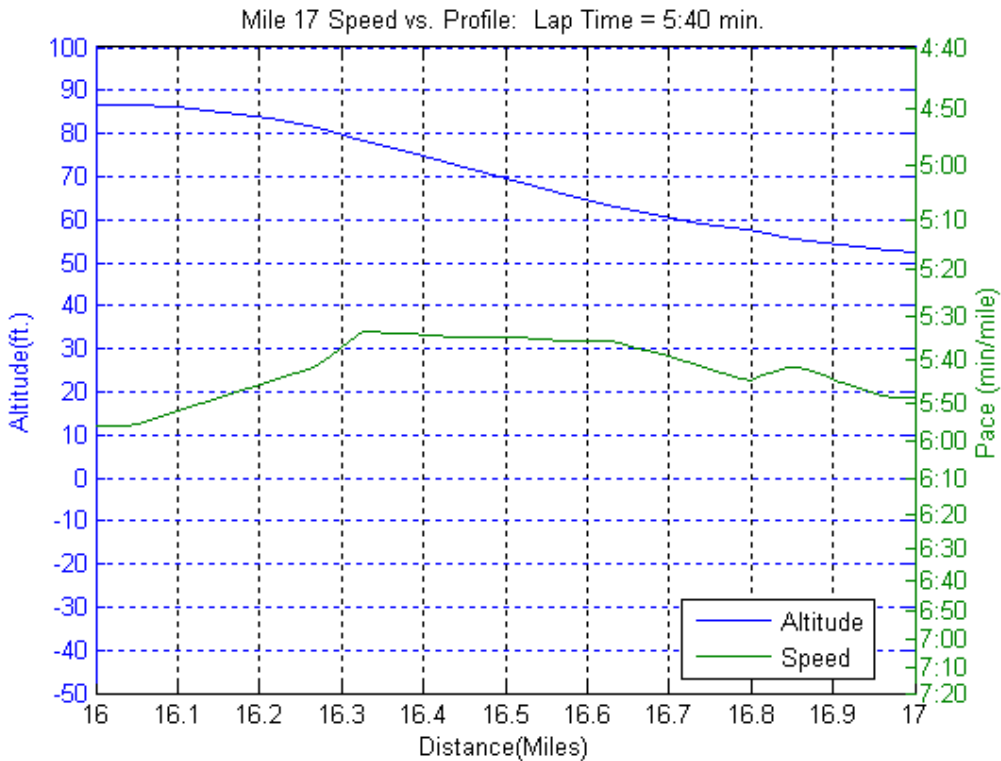
Mile 16 takes you into the woods. You will say good-bye to the pristine water for now, and take solace in the wonderful shade provided by the tree cover. Even on the cool autumn mornings, at mile 16, shade and tree cover will be very rewarding.

2.17 Mile 17

2.17.1 Mile Vitals

	Mile 17
Ascent (feet)	0
Descent (feet)	-32
Net Altitude Change (feet)	-32
Difficulty Rating	2

2.17.2 Pace Summary



2.17.3 Finishing Thoughts

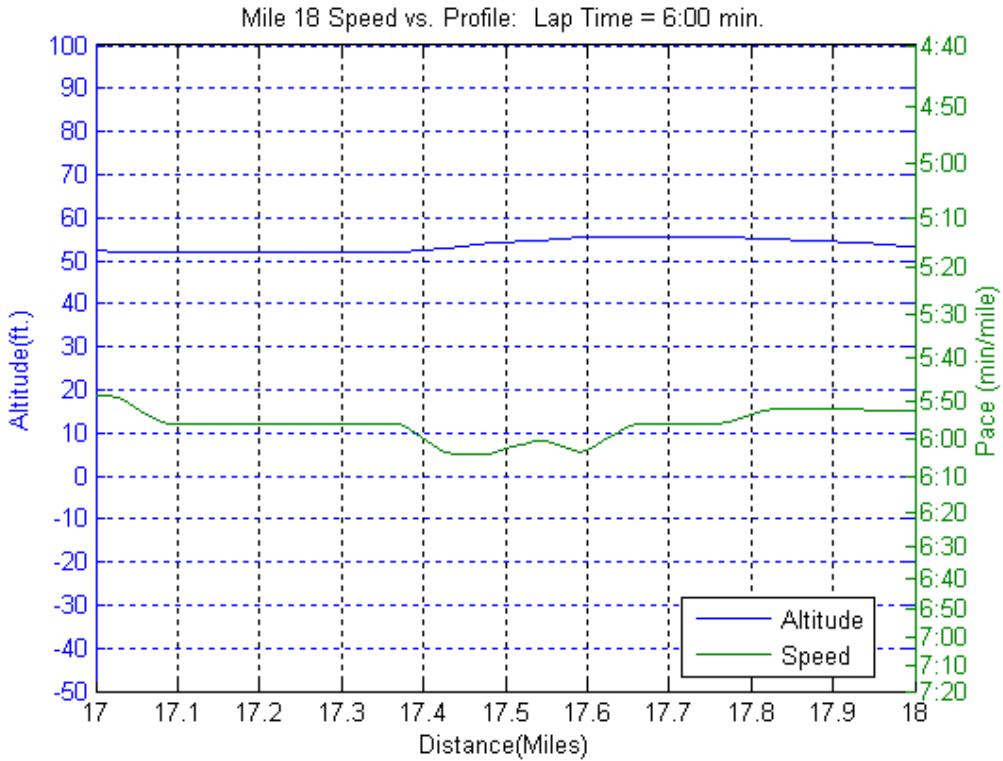
Mile 17 brings a refreshing descent back to the road. As you push down this hill, know there are fewer than 10 miles left. As you come to the bottom of this hill, you will be back on the road, and under the sun, but you will also be greeted by a crowd of supporters. Take it all in, and slap a couple of hands as you run by. That encouragement will come in handy as the finish line draws near.

2.18 Mile 18

2.18.1 Mile Vitals

	Mile 18
Ascent (feet)	2
Descent (feet)	-2
Net Altitude Change (feet)	0
Difficulty Rating	2

2.18.2 Pace Summary



2.18.3 Finishing Thoughts

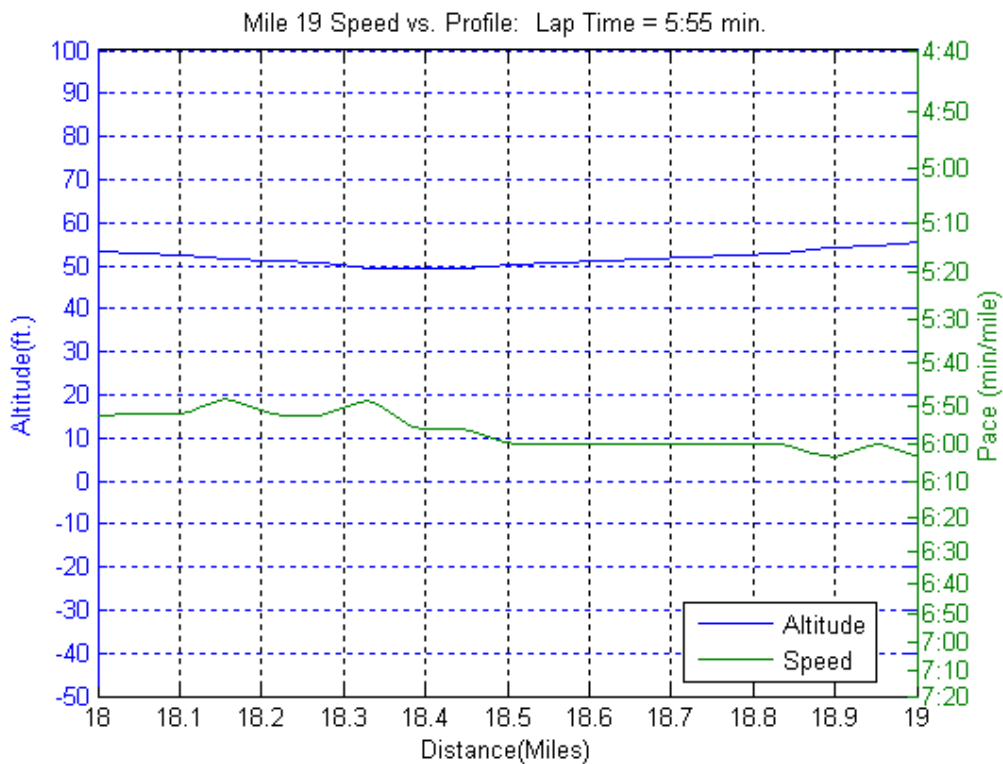
Mile 18 brings you to a long flat bend. Although you can't see around the corner, know that this mile is about as flat as can be. Take some deep breaths, and get ready to start the last leg of the race.

2.19 Mile 19

2.19.1 Mile Vitals

	Mile 19
Ascent (feet)	6
Descent (feet)	-2
Net Altitude Change (feet)	4
Difficulty Rating	5

2.19.2 Pace Summary



2.19.3 Finishing Thoughts

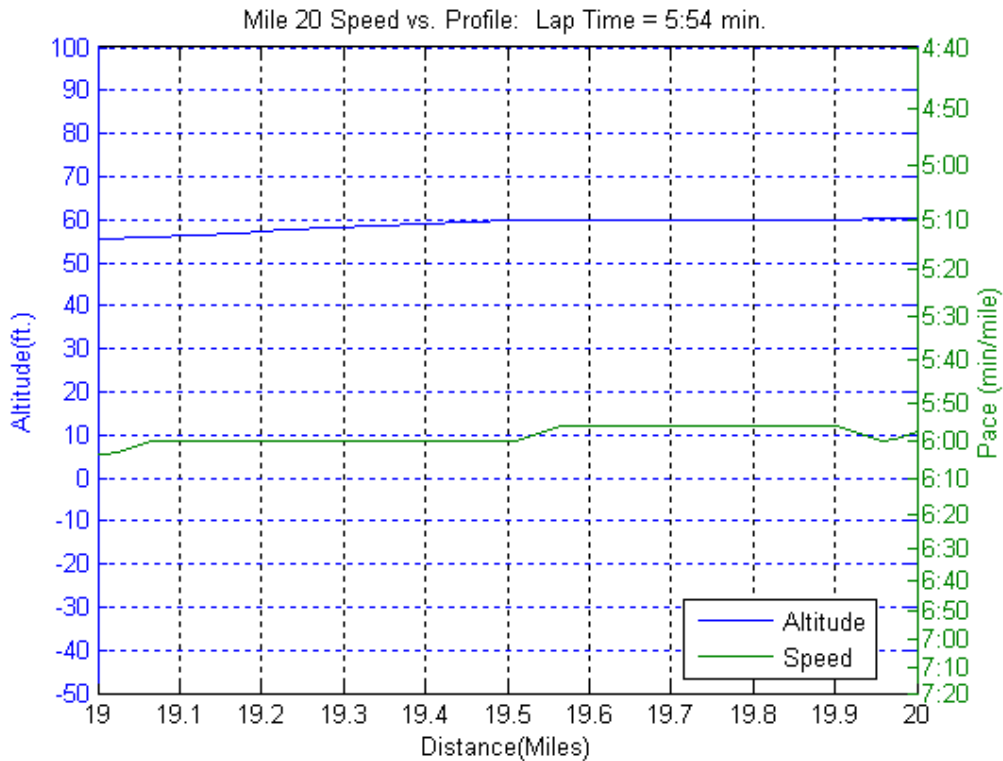
Mile 19 brings you out of the long bend, and now you recognize where you are. You have seen these parts before. It is time to show your mental strength. You have some minor inclines before your final decent. Your legs may be getting tired, but have faith, you have what it takes.

2.20 Mile 20

2.20.1 Mile Vitals

	Mile 20
Ascent (feet)	4
Descent (feet)	0
Net Altitude Change (feet)	4
Difficulty Rating	4

2.20.2 Pace Summary



2.20.3 Finishing Thoughts

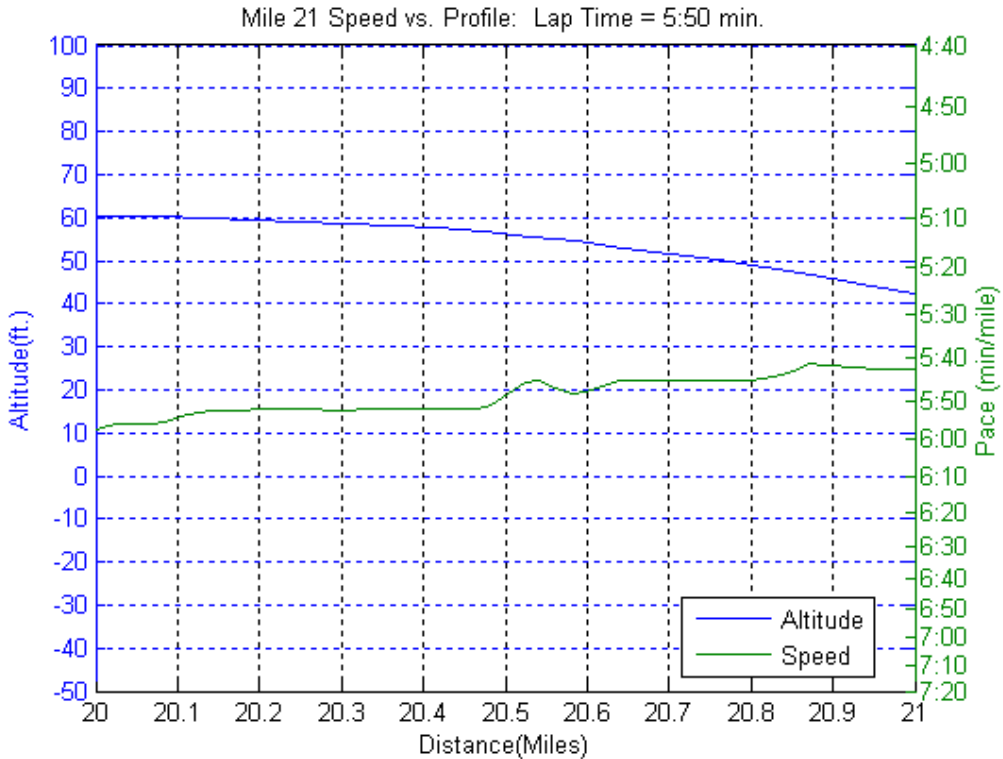
Mile 20 is no one's favorite place to see the pavement rise above eye level, but this will be the last time in this race. As you complete this mile you are a short 10k from the finish. You will begin to wonder where all of the people have come from. They weren't there your first time by, but give them a break it was early and they are here to help push you through the finish.

2.21 Mile 21

2.21.1 Mile Vitals

	Mile 21
Ascent (feet)	0
Descent (feet)	-19
Net Altitude Change (feet)	-19
Difficulty Rating	2

2.21.2 Pace Summary



2.21.3 Finishing Thoughts

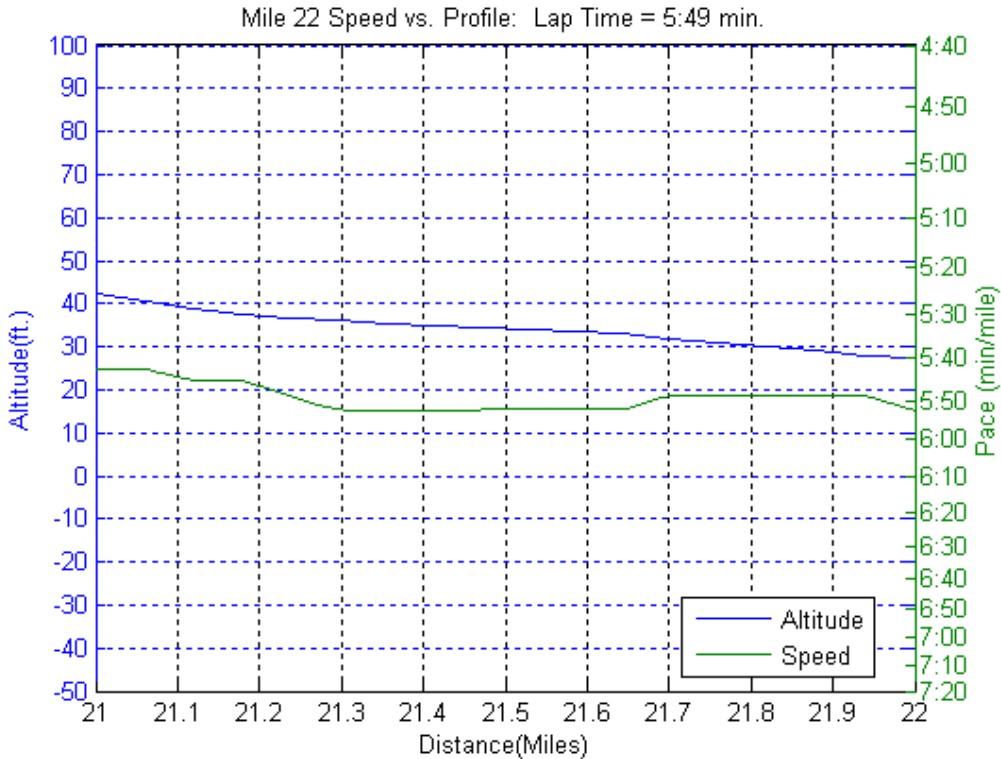
Mile 21 brings you to the beginning of the end. You will be descending into the finish from here out. You will also catch the same band that you saw at the beginning of the race. These guys have been doing this for years, and they usually have a great list of inspirational songs to play for the runners.

2.22 Mile 22

2.22.1 Mile Vitals

	Mile 22
Ascent (feet)	0
Descent (feet)	-14
Net Altitude Change (feet)	-14
Difficulty Rating	2

2.22.2 Pace Summary



2.22.3 Finishing Thoughts

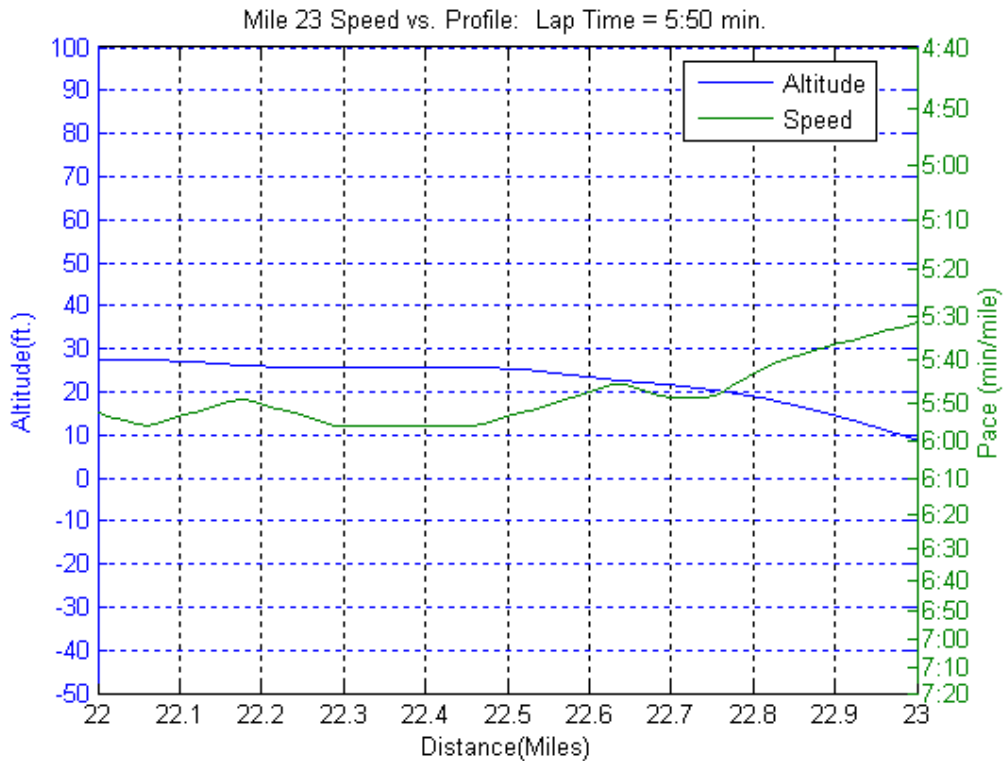
Mile 22 includes more down-hill running. Holding true to your limits in the first few miles will really start to pay dividends here. You may be surprised by the number of runners falling off on a down-hill this close to the finish. Fortunately, you are not one of them.

2.23 Mile 23

2.23.1 Mile Vitals

	Mile 23
Ascent (feet)	0
Descent (feet)	-23
Net Altitude Change (feet)	-23
Difficulty Rating	2

2.23.2 Pace Summary



2.23.3 Finishing Thoughts

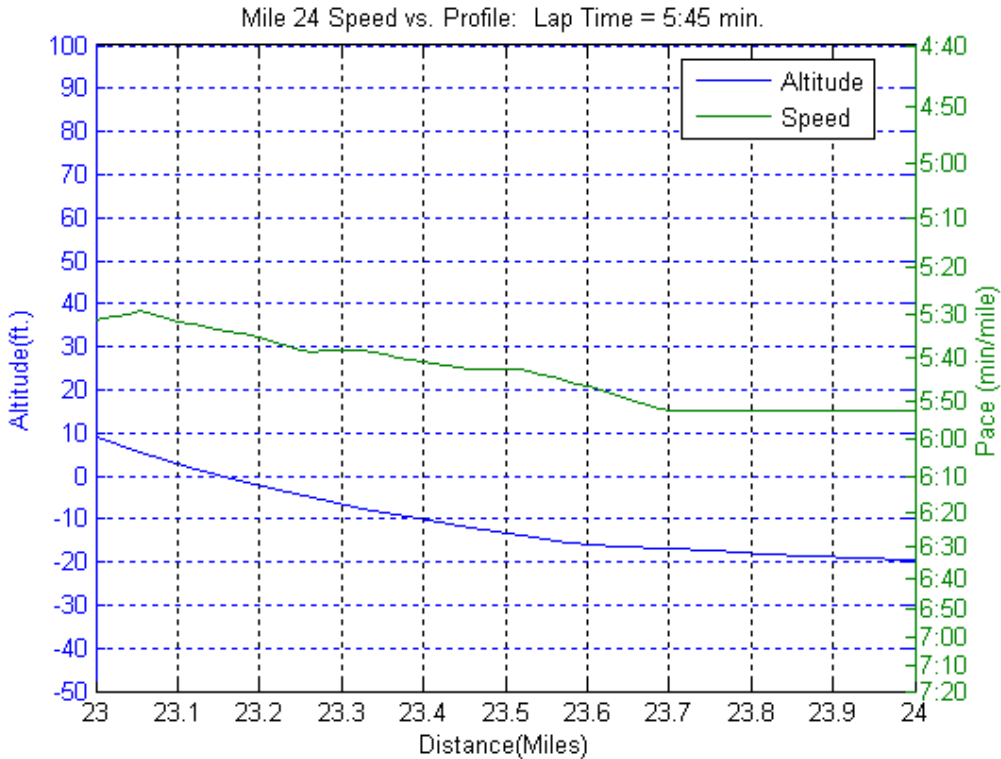
Mile 23 brings a good ½ mile of flat. Your legs may be begging for this after 2 miles of running down hill. There are additional down-hills to cope with, but rest your quads on the flat as best as you can.

2.24 Mile 24

2.24.1 Mile Vitals

	Mile 24
Ascent (feet)	0
Descent (feet)	-24
Net Altitude Change (feet)	-24
Difficulty Rating	2

2.24.2 Pace Summary



2.24.3 Finishing Thoughts

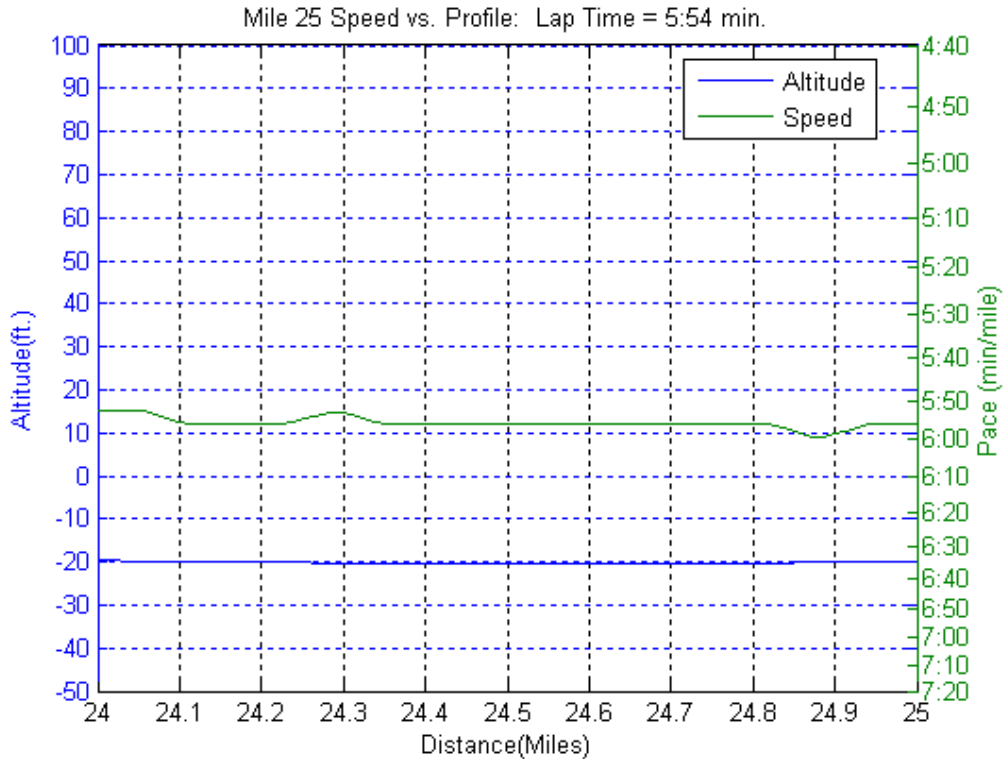
Mile 24 brings the final decent. This is an excellent opportunity to separate yourself from those who have been keeping you company. It was nice to have them along for the ride to keep you focused, keep you moving, and keep your mind occupied, but you are here to post your best, so tell them you will see them at the finish, and good luck, this is your race to finish.

2.25 Mile 25

2.25.1 Mile Vitals

	Mile 25
Ascent (feet)	1
Descent (feet)	-1
Net Altitude Change (feet)	0
Difficulty Rating	2

2.25.2 Pace Summary



2.25.3 Finishing Thoughts

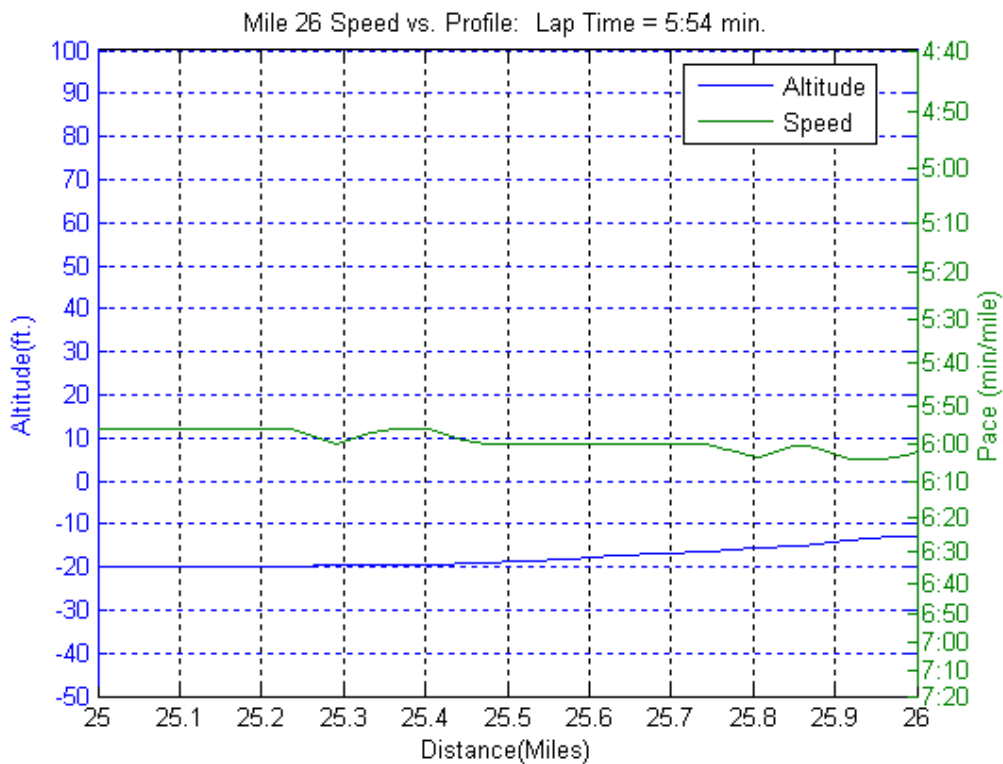
Mile 25... How much do you have left in your tank? Have you stayed hydrated, and kept your energy level up. If you feel great, and the weather has cooperated, you may want to think about a little extra push from this point on. Don't leave it all out there on this mile, you still have a little more than 1 mile left.

2.26 Mile 26

2.26.1 Mile Vitals

	Mile 26
Ascent (feet)	7
Descent (feet)	0
Net Altitude Change (feet)	7
Difficulty Rating	7

2.26.2 Pace Summary



2.26.3 Finishing Thoughts

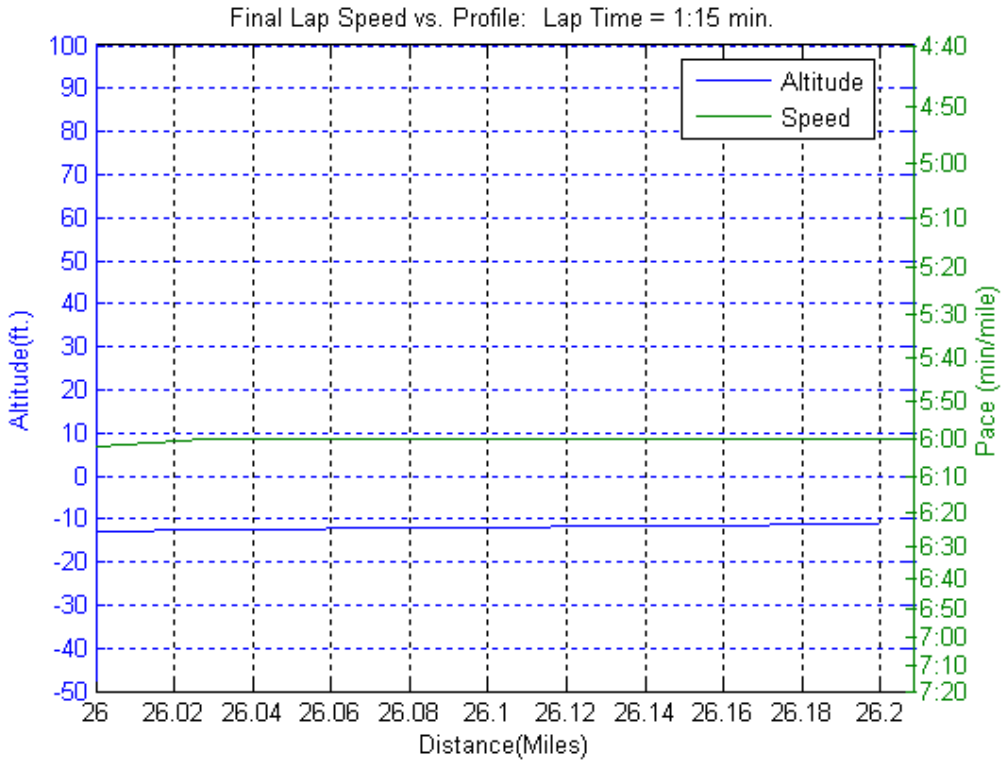
Mile 26. This is your final, full mile. You can smell the finish at this point. There is a very slight incline into the finish, so don't plan on maintaining pace through the finish, you will probably need to back off for the last ½ mile. The cheers are getting louder and louder. If you have brought your personal fans, keep an eye out, you may see them before they see you. Enjoy these last moments.

2.27 FINISH

2.27.1 Mile Vitals

	Finish
Ascent (feet)	1
Descent (feet)	0
Net Altitude Change (feet)	1
Difficulty Rating	3

2.27.2 Pace Summary



2.27.3 Finishing Thoughts

YOU DID IT. Take in the cheers as you approach the finish. Feel the pride. You have accomplished what many only dream. 26.2... what a day. Put that medal around your neck, and go have a bagel, and a banana. I hope your experience lived up to the excitement, and Course Performance helped maintain the excitement throughout!

3 Summary

Below shows a table of the goal lap and split times for your course performance marathon.

Mile	Split Time (h:mm:ss)	Lap Time (mm:ss)
1	0:05:55	5:55
2	0:11:45	5:49
3	0:17:45	6:00
4	0:24:00	6:15
5	0:30:00	6:00
6	0:36:05	6:05
7	0:42:00	5:54
8	0:47:54	5:54
9	0:53:54	6:00
10	0:59:54	6:00
11	1:05:49	5:54
12	1:11:45	5:55
13	1:17:40	5:55
14	1:23:30	5:49
15	1:29:34	6:04
16	1:35:34	6:00
17	1:41:15	5:40
18	1:47:15	6:00
19	1:53:10	5:55
20	1:59:04	5:54
21	2:04:55	5:50
22	2:10:45	5:49
23	2:16:35	5:50
24	2:22:20	5:45
25	2:28:15	5:54
26	2:34:09	5:54
26.2	2:35:24	1:15