

New race brings new challenge

In case you missed it, the news out of the Fargo Marathon camp late last week shows that the event promises to be bigger and better in 2010.

With just five years under their belt, race organizers plan to add a 10K race during marathon weekend, slated May 20-22.

Registration for the 10K, announced in a newsletter from race organizers, begins Oct. 1 through the marathon's Web site.

Next year's marathon weekend promises a lot of changes, from the extra race, a new marathon route, new times and days for the youth runs and 5K, and an expo that starts on Thursday evening.

The 10K race will start at 7 a.m. May 22, an hour before the beginning of full and half marathon.

One of the big benefits for the community is that it shouldn't have any additional impacts on the nearby neighborhoods since the roads will already be closed.

The addition of the 10K also provides a terrific option for runners, particularly those who've conquered the 5K distance and don't want to run the 13.1-mile half marathon.

And it's not too intimidating a distance – 6.2 miles – for first-time racers.

The only other details provided in the newsletter is that the 10K course will follow at least some of the marathon course, guide runners over a bridge and finish in the Fargodome.

One of the things to watch is how the 10K will affect numbers in both the 5K and marathon relay races. The relay basically breaks up into four legs of roughly the same distance as the 10K but offers the camaraderie of a team.

It was the relay that first lured me to the sport, and having experienced the fun of the team approach, prompting me to start attending several local 10K races.



STEVE
WAGNER

Running

My original goal was to keep running the distance to see how fast I could run it.

After a few races I wanted to challenge myself at the half marathon. Then the challenge of a marathon, which I vowed to never run, intrigued me.

It was a progression, with the appeal of conquering longer and longer distances, many runners find themselves taking.

A good friend of mine – from our college days at North Dakota State University – is making the same progression.

He ran in the relay during this past Fargo Marathon and plans to toe the line with me Oct. 4 at the Twin Cities Marathon.

And another old friend from high school has been busy running – signing up for a few 5K races last year before completing his first half marathon in 2009.

There's a good chance he'll be at the race start for the 2010 version of the Fargo Marathon.

In many ways, our progression as runners has been very similar.

It started out by seeking the general health benefits of the sport.

Then the lure of joining other runners at races prompted each of us to sign up for short events.

And the enjoyment of training and the benefits of long runs give thought to bigger challenges.

It's just another reason I enjoy the sport: Self-improvement begins with the desire to challenge oneself.

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