

What now?

Fokus Bank Oslo Marathon is past for this year. It was a great event and the mood was high both at Akershus Fortress and around in the city.

After such sports excess, it is necessary with a good recovery period for both athletes and organizers. It is important to let your body and head recover so you want to run again and we can arrange a new major running event in the city. It may be difficult now when the main goal for this year has passed; lacking motivation and the training is not 100 % or on ice.

To create the desire and motivation, I recommend that you create new goals. You can certainly improve your time from last year even if you are happy with the effort. You may run a longer distance in 2011; this is especially for those who ran 3 km and 10 km.

If you can run a 10 km, you can accomplish a half-marathon if you train some more. Set up training goals that are realistic and time based, the number of sessions each week and the quality of training. F. ex. by 1 January you should be able to run around. 5 seconds per km faster when you exercise. Take it step by step, but I'm quite sure you can do it if you try. Faster kilometer pace next year means minutes on your race time.

Much the same applies to us in Sp.KL. Vidar who organizes Fokus Bank Oslo Marathon. We are very pleased with the race weekend and a new participant record, but like you, we also desire to be better. One of the things that need to be improved is the start and the starting area, but with the castle as a main area, there are limitations. We cannot just tear down the gate, either. We working to find a better solution, and I can say with certainty that it will be better in 2011. More space for start-number distribution is another area for improvement.

We are already working well for next year's event. The course is a major theme, and we look at other and better solutions. There are some challenges when Oslo is a city with a small center and small and narrow streets. I agree that running along the pier is not particularly exciting, but then also have to run an extra lap at Filipstad, it is a bad solution. But as the runners, we also get surprises before the run. We "lost" 1500m of the course shortly before the race and had to quickly find them somewhere else. We must deal with many authorities; it is not just to add the course where we want. We have other and better plans for next year.

The recovery period is over for everyone. Now you have to look ahead, setting new goals and get even better.

Good luck!

Yours Grete Waitz