

2009 IAAF World Championship marathon results: Kara Goucher finishes in a disappointing 10th place



Kara Goucher has become the poster child of American women's distance running-- and for good reason! The 30 year old ex-Colorado Buffalo holds a national title in the 5000meters and placed 10th in the 10km at the 2009 Beijing Olympics. She has soared into marathoning stardom after a brilliant debut in New York last fall and an impressive performance in Boston this spring. Unfortunately, this past weekend Goucher placed a disappointing tenth in the IAAF World Championship marathon as she succumbed to a sour stomach and hot, hot heat. Bai Xue of China grabbed the gold with a time of 2 hours, 25 minutes and 15 seconds, while Kara crossed the line in 2 hours, 27 minutes and 48 seconds.

Goucher entered the race confident, in shape and gunning for first. She left sadly claiming that "[She] just wasn't good enough." Her strong start was soon hindered by extreme cramping around the 13k mark, a clear sign of dehydration. The heat combined with the fatigue made it difficult for Goucher to keep her fluids down and consistently threw up any liquid she drank. Rumor has it that Goucher made a rookie mistake and was drinking watered down Powerade-- a drink that has too many carbohydrates for some people to process on a hot day. Here's a tip: for long, exhaustive efforts try drinking flat cola, which is much more easily digested on a hot day.

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Goucher crossed the line almost delirious and had trouble talking to reporters post-race. She now plans to take a short break from competitive running to start a family, but is aiming for marathon gold in the 2012 London Olympics.



Boston Running Examiner

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Goucher graced Boston with an impressive performance in the marathon in April, finishing in a thrilling third place. If you want to do an effective workout for your 5k or 10k performance on the Boston Marathon terrain, head over to [Heartbreak Hill](#) by Boston College. This workout does double duty as it trains your turnover speed and your hill endurance. After a 15-20 minute warm-up, run up to the [Chestnut Hill Reservoir](#) for 3x1000meters at 5k pace. The path is soft gravel and 1.5miles around, so you can calculate a 1k distance by time-- or even by your skilled eye. Take 90 seconds jog rest in between each interval and then run up Commonwealth Avenue to the bottom of Heartbreak. Run 6-8 hard hills with a jog-back-down recovery after each; then run back to the Reservoir and do another set of 3x1000meters. After you cool down, you'll feel both accomplished and fit! It's a great workout on the great Boston Marathon course! Happy training!

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