



Photo Courtesy: Associated Press



Goucher 11th In Olympic Marathon

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LONDON - Team USA's Shalane Flanagan and **Kara Goucher** of Portland, Ore. finished within 16 seconds of one another as they crossed the finish line in 10th and 11th place, respectively, in the Olympic women's marathon during a rainy Sunday morning.

The race was won in an Olympic record of 2:23:07 by Ethiopia's Tiki Gelana, who pulled ahead of runner-up Priscah Jeptoo of Kenya over the final half mile. Jeptoo finished in 2:23:12, with Tatyana Petrova Arkhipova of Russia taking third in 2:23:29.

Flanagan and Goucher positioned themselves at or near the front of the large lead pack from the start of the race, winding through the narrow, rain-soaked street of London.

Training partners in Portland, Ore., Goucher ran in a red cap, Flanagan in black, to fend off the rain. Running an even pace, they passed through 5km in 17:20 and 10km in 34:46 as more than 50 women ran together in a pack that stretched to 10 seconds from front to back. The leaders hit 15 km in 52:11, and at 17 km, 16 women remained within just 1 second of each other.

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By the 25km mark, a lead pack of six started to pull ahead, with Flanagan running in 7th four seconds behind the leaders, and Goucher in 12th another two seconds back. Over the next two kilometers, Flanagan tried to regain contact with the pack, but by the 28 km mark, only five remained in the lead: Arkhipova, Gelana, Jeptoo and Mary Keitany and Edna Kipagat of Kenya with Dibaba of Ethiopia running just off the pack in 6th.

The race began in earnest after the 30km mark as the women began trading positions. Reigning world champion Kiplagat struggled to maintain the pace and fell off of the pack, only to rally and fall back again. Meanwhile, Flanagan ran without the assistance of a pack as she tried to close the gap on Kiplagat.

After 35 km Flanagan moved ahead of a fading Dibaba and Kiplagat, who ultimately fell back to finish 23rd and 20th, respectively. But as some of the favorites became casualties, two new women slipped into the mix with Xiaolin Zhu of China and Tetyana Gamera-Shmyrko of Ukraine speeding past Flanagan.

In the final 2 km, as Flanagan began to tire, Valeria Straneo of Italy and Albina Mayorova of Russia moved past Flanagan, dropping her to tenth. Goucher began to close the gap on her training partner with the two ultimately finishing 16 seconds apart. Flanagan was 10th in 2:25:38 and Goucher 11th in 2:25:53.

Today's race marked Flanagan's third race at the 26.2 mile distance and her second-fastest time after her 2:25:38 U.S. Olympic Trials record this January. This was the sixth marathon of Goucher's career and only one second off of the time she ran at the Olympic Trials.

American Desiree Davila (Rochester Hills, Mich.) dropped out with a hip injury after completing the initial 2.2 mile loop.

Athlete Quotes

Kara Goucher: "I've got to be honest, when I saw her [Shalane] with two miles to go, it actually broke my spirit. Because I thought one of us had a shot. People mess up, and I've trained so hard. I didn't even know women trained the way that I've trained with Shalane. I didn't know it existed. And I really thought that with the right window of opportunity, one of us could deliver and unfortunately it didn't come to be.

"A championship race is just different. It was good for Shalane and I. We had no intention of leading and matching everyone else's cadence, but we decided to stay up front because it was clean. Both times I tried to go back to the second and third row, I got pushed and grunted at and stepped on, so I thought, 'What the heck, I'll go ahead and lead the Olympic marathon. I mean, I have no shot of winning this but I'll lead as long as they let me.'

"I never really gave up. Every time I tried to press in that last lap, my back just hurt so bad. It was really frustrating. [The cramps] started in adductors of right calf and then it went to my back. I haven't cramped since I ran the NYC Marathon. I honestly haven't felt that kind of pain since I pushed out a baby. I'm serious. Shalane cramped very badly as well - same place, so we're both a little confused and annoyed.

Shalane Flanagan: "There were some really tough spots. It was tough just to let people pass me, and I had no oomph to go with them. I tried to react, like in a track race, but it is really different for me in the marathon. You already have a lot of miles in your legs and it is so, so, so hard. I could feel myself cramping, but it is what it is. The fans were amazing; I couldn't even hear my own thoughts. The fans were just deafening. It was a lot of fun besides cramping and feeling awful.

"I just was hoping I could chomp away and get closer, and I did at times, and I fell off at times. I was yo-yo-ing all over the place.

"One minute I was wearing my hat, the next minute I felt hot in it. But you know it was like Portland weather, I'm not fazed by it. It's like home.

"Kara and I prepared our bodies and our minds the best we could, and we knew that on any given day we are both really good competitors and can run with the best. The ultimate goal was to get on the podium. This is my third marathon and I'm learning every time. I've got to make some mistakes to get to that level."

Desiree Davila: "Obviously I'm coming in a little beat up and injured, and this was the first day of really testing it out on solid ground, and you don't know what you are going to get. I made it to 2.2 [miles] which is the first loop. I could tell on the first turn that it wasn't going to be right today. You know, you can't fake the marathon, and that is where we get our confidence, from training and knowing what it means and training hard. All of that has been missing by running on an Alter-G for basically the last month.

"I've been training for this race for the past three months, and I ran into a problem a month out. I've been training through pain and having ups and downs and highs and lows. I do feel like you have to cross the line to be an Olympian and to have that title. And I feel like I've earned that, obviously throughout my entire career, but the last month especially. I've put everything I've had in to getting here and hopefully getting the health and the fitness.

"That was one of the hardest things getting to the start knowing that there was a really good chance I would DNF, and I've never done that before. I don't really know how to do that."

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SHOW MENU



Shalane Flanagan, Kara Goucher finish 10-11 in London Olympics marathon

By John Meyer *The Denver Post* *The Denver Post*

Posted:

DenverPost.com

LONDON — Early in the Olympic marathon on a rainy Sunday morning on the slick streets of central London, Kara Goucher found herself at the front of a brilliant field along with training partner Shalane Flanagan. It wasn't necessarily where she belonged or wanted to be. It just sort of happened.

"We had no intention of leading," Goucher said, trying to find some humor in what was a grim day. "Both times I tried to go back to the second or third row, I got pushed and grunted at and stepped on, so I thought, 'What the heck, I'll just lead the Olympic marathon, why not? I have no shot at winning this, but I'll lead for as long as they'll let me.'"

At least the view was good. The eight-mile loop course took runners past Big Ben and the Houses of Parliament, Buckingham Palace, the Tower of London and Trafalgar Square.

The pace was slow, and when it picked up, Flanagan and Goucher fell off. Tiki Gelana of Ethiopia broke out of a threesome at the front of the race on the 25th mile with a spurt and won in two hours, 23 minutes, seven seconds. Priscah Jeptoo of Kenya finished five seconds behind for the silver medal and Tatyana Petrova Arkhipova of Russia took the bronze.

Flanagan finished 10th, Goucher 11th.

"I've been very realistic about my chances here," said Goucher, a former Colorado Buff who lives in Portland, Ore. "This is the greatest women's field ever assembled, so I thought I've just got to get myself in (personal record) shape and then hope for an opportunity. I knew that was a very good probability that I would be fighting for fifth through 10th."

Flanagan is the American record holder in the 10,000 meters and took a bronze medal in that event at the 2008 Beijing Olympics. This was just her third marathon.

"Even though it's not the place I wanted," Flanagan said, "I know Kara and I ran as hard as we could. That's all you can ask of yourself. This is a very memorable day. This course was insane, it was deafening, the fans. Besides hurting a lot, the fans were amazing, and that's what made it special."

A thunderstorm moved through 45 minutes before the start, and intermittent showers - some of them downpours - rolled through the area during the first half of the race.

"I got really cold and tingly and chills that last lap," Flanagan said. "You start to get cool, even though you're working really hard."

Then there was the course itself, with lots of twists and turns, even a U-turn on the Tower Bridge.

"This course really trashes your legs," Flanagan said. "All those turns, all that kind of stopping and going — it's harder to find a rhythm."

Goucher, who won a bronze medal in the 10,000 at the 2007 world championships, was disappointed but not discouraged.

"I'm confident I'm (going) in the right direction, but I have also learned it's a process and it takes time," Goucher said. "It does take time, it takes years of hardening. I felt like this was the first of a lot of really great marathons for me, and I believe that firmly. I believe I would have PRd today on a different course. I believe this would have been, on paper, the best marathon of my life. But I believe a year from now, I'm going to be a lot better."

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Duluth native Kara Goucher finishes 11th in Olympic women's marathon

Ethiopia's Tiki Gelana won the women's marathon in an Olympic record time of 2 hours, 23 minutes, 7 seconds this morning exactly three minutes back.

By: **Kevin Pates**, Duluth News Tribune

Ethiopia's Tiki Gelana won Sunday's Summer Olympics women's marathon in a race-record 2 hours, 23 minutes and 7 seconds, the largest in Olympic history. She was followed by Kenya's Priscah Jeptoo in 2:23:12 and Tatyana Petrova-Mamayeva of Russia. Mary Keitany of Kenya was fourth.

American Shalane Flanagan was 10th in 2:25:51 and American Kara Goucher, a former Duluthian, was 11th in 2:24:52. The American training partners from Portland, Ore.

It was the third Olympics for Flanagan, 31, and the second for Goucher, 34, who both previously were in training. Flanagan was third at 10,000 meters, while Goucher was ninth at 5,000 meters and 10th at 10,000 meters.

"I've got to be honest, when I saw her [Shalane] with two miles to go, it actually broke my spirit. Because I had trained so hard and I've trained so hard. I didn't even know women trained the way that I've trained with Shalane. I didn't know it was the right window of opportunity, one of us could deliver and unfortunately it didn't come to be," Goucher told USA Today.

"A championship race is just different. It was good for Shalane and I. We had no intention of leading and meant to stay up front because it was clean. Both times I tried to go back to the second and third row, I got pushed back. What the heck, I'll go ahead and lead the Olympic marathon. I mean, I have no shot of winning this but I'll try."

"I never really gave up. Every time I tried to press in that last lap, my back just hurt so bad. It was really frustrating. My calf and then it went to my back. I haven't cramped since I ran the NYC Marathon. I honestly haven't felt that tired. Shalane cramped very badly as well - same place, so we're both a little confused and annoyed."

The race started with rain and 64 degrees and finished in sun on a technically-difficult, many-turns course around the city. Goucher has a personal best of 2:24:52 and Flanagan 2:25:38.

"There were some really tough spots. It was tough just to let people pass me, and I had no oomph to go with. It was really different for me in the marathon. You already have a lot of miles in your legs and it is so, so, so hard. The fans were amazing; I couldn't even hear my own thoughts. The fans were just deafening. It was a lot of noise."

"I just was hoping I could chomp away and get closer, and I did at times, and I fell off at times. I was yo-yoing."

"One minute I was wearing my hat, the next minute I felt hot in it. But you know it was like Portland weather."

"Kara and I prepared our bodies and our minds the best we could, and we knew that on any given day we could be the best. The ultimate goal was to get on the podium. This is my third marathon and I'm learning every time. I'm learning every level."

The third American runner, Desiree Davila, dropped out at five kilometers with an injury. She told Runner's World.

"That was one of the hardest things, getting to the start knowing that there was a really good chance I would really know how to do that. I just kind of stopped and said 'what the hell do I do?' It was hard starting knowing the reward is knowing I'm now an Olympian because I crossed the start line."

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