

Chemirmir posts his third fastest 10K in McKinney, even after taking a wrong turn

By Kiplimo Chemirmir

I ran my third fastest 10k in my career (at the Firefighter Run in McKinney on Sept. 12). I ran a 30:36 and felt like I had much strength left in store. The race was good and it started as scheduled -- 7:30 a.m.



Though it was raining, it never stopped the organizers from doing their work. The race started and I passed my first mile in 4:29. The lead bike took me to the 5K turning point and I was left alone. From there, the mile makers were visible but from mile 4 is when I thought maybe I'm lost. I hated to see it happen when I was chasing my PR. Luckily, I came to meet with 5K runners and passed them and found another mark for the 10K, which goes to a different direction. I kept following it till I hit a T in the road -- a 3-way if you can call it that! And there was no mark (or else I didn't see it) to tell you if you should go left or right. Since I was in high speed, I found myself turning right, which leads to the highway. Bad news. I was going the wrong way. I stayed there for 30 seconds and something told me "Limo we are lost," so I turned back another 30 seconds to the right route and met some 5K runners. Finally, I was home and won.

The best thing I did in this race is I didn't give up like the other time when I get lost and slowed down and came home running an easy pace. I kept on pushing and pushing, trying to recover (lost time). At some point, I felt like my chest would burst because of pushing, but I kept on holding on, and the reward I got was the third fastest time in my career.

It was not a day to give up, though my recent races have been haunted by terrible results since I came back from Europe! Plus, the frustration of missing my turns, which has been my biggest shadow, has made me switch my running style by running in the back. But whenever I do run in the back, I end up losing a race, and it gives me much pressure from my family. That's why I hate to come in second place.

You know in Kenya, second place is not a number, even if you win a silver medal in a major championship. They always want you to come in first! That's the pressure we have when we are out there in the field.

This was a very superb day for me. The weather was perfect and suitable for my body. I think the heat has played a role of slowing me because I was shocked after running 3:40 –1,500 and 13:38-5K in Europe and then coming here and running 16:12!

But I came to realize Saint Moritz/Switzerland weather is different from Texas, and it's easy to be number one, but it's hard to maintain it.

I have a new great coach from Australia. His name is Brook Tenant. He is a former long distance runner, and has played a major role in my training. Before I was doing 100 to 120 miles a week, but now he brought me down to sub 70 miles a week, which is quality

and it leaves me feeling strong after a race. But the problem we still have is – “Who is really me!” A track runner or a road racer?

But I always tell my friends and coach, the answer to that is in the race!

Now, I'm preparing for the Fort Worth Marathon (Nov. 8). My aim is to run a sub 2:40 and see if I can qualify for Boston next year. But before that, I have the Tour des Fleur's 20K (Sept. 19) and the Heels and Hills Half Marathon (Sept. 27), which I'm expecting to do well and possibly, God willing, push my limits and improve my time.