

## Ken Hall discovers the agony of 4-hour-plus marathons

There is more than one reason to envy someone who can run fast enough to finish a marathon in under 3 hours. The other reason is less pain. Ken Hall, 41, of Colleyville discovered what the majority marathoners must endure when he paced his wife, Kristine, at the Maui Marathon on Sept. 15. She finished in a respectable 4:25, but for Ken it was a long outing. You see, he has run the distance in 2:44.

“She felt fine. She was a little sorer than she expected to be,” he said. “What was funny, though, once we finished, she was just all smiles and all that. I was fine when I was running, but when I stopped for them to cut my chip off, I walked, and stopped again and I almost blacked out. I had never run 4 hours and 25 minutes before.”

He said that made Kristine feel better (in a sadistic way?) because “I ran with her and I was the one passing out.”

The day before, Ken set a 5K PR at the Maui Tacos 5K with a 16:13 and came in fourth overall.