A Marathon Cake with LOLcat Frosting

UDLS – MARCH 20, 2008

JEN FERNQUIST
Inflatable doggie

*puff puff*

takes forever to inflate.
Quick Overview

- What is it exactly...
- Is there training involved
- How do I know?
- People be craaazy
- LOLcatz
WHAAAT!? 

- 26.2 miles (42.195km)
- Original Olympic event from 1896
- 800+ marathons each year
  - Mostly recreational athletes (could be you!)
i bleev u have mai staplr
mai staplr. i bleev u have it.
Training

- Min 6 months (if running regularly)
- Running
  - 3-5 runs per week
  - 1 long, 1-2 pace/hill training, 1-2 easy
- Nutrition
  - Eat a lot, but mostly good stuff
- Gear
  - Good shoes, breathable clothes
- Stretching
  - Jen sez: do eet!
LOLcat

i know

is birfmark
Training

4 hr. marathon training program

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<th>SUN</th>
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<th>TUES</th>
<th>WED</th>
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<td><strong>FINALE!</strong></td>
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I am here!

**Week 12**

- Sun: 12 miles, off
- Mon: 4 miles, tempo run, 10 min/pace
- Tues: 7 hills, 10% effort, 7 miles, easy run, 10 min/pace
- Wed: 6 miles, steady run, 10 min/pace
- Thurs: 6 miles, steady run, 10 min/pace
- Fri: 4 miles, easy run
- Sat: 4 miles, easy run
Firefocks has Crashed
and needs cuddles
How do I posses this amazing knowledge?

- Ran Royal Victoria Marathon 2005, 2008 (October)
- Running Vancouver on May 3rd
- Numerous half marathons, 10k’s, etc.
What’s it like?

- Fracking long
- Fracking hard
- ... (that’s what she said)
- Keep steady pace
- Walk/run
- Drink water, eat gels

- Stages:
  - 10km
  - 20km
  - 28km
  - 30km
  - 31, 32, 34, 36...
  - 42km!

“the wall”
LOLcat

THIS IS MAH JOB
Why bother?

- Fitness
- Huge accomplishment
- Medal!
Boo-boos

Yummy Blister aka “the waterbed”
LOLcat

No moar Puff

Majek Dragon!
Crazy Ultra Marathons

- **Canadian Death Race**
  - 125km (78.125mi), Grand Cache AB

- **Grand Union Canal Race**
  - 232mi (145mi), Birmingham to London

- **Badwater Ultramarathon**
  - 215km (135mi), California’s Death Valley

- **Namibian 24h Ultra Marathon**
  - 126km (78.75mi), Namib desert
Hovercat...
...is hovering.

GOD SPEED
MOON CAT
The end

Go watch your fracking show!