

## 2013 Lincoln Marathon



### Herron wins Lincoln Marathon, her second in two weeks



KRISTIN STREFF/Lincoln Journal Star

Camille Herron of Warr Acres, Okla., crosses the finish line at the 50-yard line, finishing first among the women competing in the Lincoln Marathon on Sunday at Memorial Stadium.

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For much of Sunday's Lincoln Marathon, Camille Herron was on pace to run 26.2 miles in 2 hours, 40 minutes.

That would've been a women's course record.

Eventually, though, something — not someone — caught up with Herron.

Her marathon *last* weekend.

Not as fresh as she might normally be, Herron settled for a winning time of 2:44.06 — the second-best women's time ever in the Lincoln Marathon.

"Today was definitely a huge, physical challenge for me," said Herron, who won the Illinois Marathon a week earlier with a time of 2:45.48.

"I actually felt better (Sunday) in terms of how my body felt and my legs felt. They felt better. But I started to poop out a

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little bit sooner than if I was a little bit fresher. The hardest thing for me was trying to gut it out with tired legs."

Still, this race was much better than what Herron endured last weekend.

"I actually didn't feel very good last week. I actually ended up with diarrhea," she said. "It was pretty miserable, but I just gutted it out."

Herron, from Warr Acres, Okla., has won marathons in Oklahoma, California, Texas, Alabama, North Dakota, Illinois and now Nebraska. Her goal is to win a marathon in every state.

This was her first time running in Lincoln, and she led throughout, although her nearest competitor closed within 50 meters as they entered Memorial Stadium for the finish line.

"I'm way tired, and I just had to tell myself, 'You've got to win this, you've got to win this,'" Herron said, "because I led from start to finish, and there'd be nothing worse than to get beat in the last 50 meters of a marathon."

The 31-year-old Herron didn't run competitively in college because of an injury she suffered her freshman year. But she's since won 10 marathons, with a personal-best time of 2:37.

"If I run a peak marathon where I'm trained and in shape and running for a good time, I can run under 2:40," she said. "I'm trying to challenge myself in a different way right now. I actually have had plantar fasciitis since last August, so I can't do a whole lot of speed, but I can do a lot of endurance work, so I just figured I would change my goals."

Had she been more rested, Herron believes she could've broken the Lincoln course record of 2:42.45, set by Roxy Erickson in 1996.

"It was a little windy and a lot of turns, and I pretty much just paced it by myself," she said. "I definitely slowed down. I started to feel pretty tired in the middle. I just kind of had a bit of a bad spell there in the middle, and then I kind of got my second wind that last 10K."

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