

Fourteen Year Old Sean Morgan Finishes 35th Out Of 185 Men In The Ocean City Factory Outlets Half Marathon

Sean started running in 2003 by running in the Harrisburg mile and finished 3rd in the 10 and under age group with a 6:57 and ran in his first 5K at Elco High School and finished 2nd in 22:53.

He has continued to run in the Harrisburg mile and some 5K's and 10K's since. He won 1st place in 6th and 7th grade in the 2 mile run at Good Hope Middle school. In the fall of 2005, he joined the Cumberland Valley Cross Country team and really enjoyed the season, especially the coed part. By 8th Grade, school soccer won out over cross country though. His last 10K race was the very hilly Newport Turkey Trot where he ran a 44:50. Sean started running more regularly with HARRC in 2006 when it didn't conflict with soccer and lacrosse.

Sean won the HARRC age group championship in 2006. After helping HARRC at the Harrisburg Marathon in 2006 and seeing several 15 year olds run, he had the itch to do one himself, but he was convinced to settle on a half marathon and see how he does with that. He started training in January for the 2007 Ocean City MD Half Marathon. It wasn't easy getting miles in with indoor soccer and an indoor lacrosse clinic on every Sunday morning, but he still did pretty well with the training.

Race day came around and the weather was typical for this spring, 30 degrees, 15-20 mph wind and snowing. He ran a good race and finished very strong with the last 5 miles being under 8:00 min and mile 13 clicked off in 6:40. He finished in 1:43:27. Sean was 49th overall out of 419 total runners, 35th out of 185 men and 7th in the 19 and under age group. He plans on running in the Harrisburg Half Marathon this year and his goal is to run in the Boston Marathon at 18 and beat his dad's Boston time of 3:16.