



Boston Marathon Interview – For Members of the Wicked Running Club

How long have you been running, when/why did you start?

I've only been running about 5 years, starting in mid 2006. I started out at the gym in my building at work, on the treadmill, mostly just to stay in shape. A coworker who trained occasionally on the treadmill invited me to join her for runs on the Charles... eventually I joined her and I've been hooked ever since.

Is there something about the Boston Marathon that makes it special to you? Why run this Marathon?

Beyond just having the chance to run in "The" Boston marathon, I feel very strongly about the charity I'm running for, MGH's Fighting Kid's Cancer... One Step at a Time. I lost both of my parents to cancer and want to do whatever I can to help find a cure.

How many Boston marathons have you done? Or will this be your first?

This is the second time I'm running the Boston marathon. I ran it three years ago, in 2008, and this is the second marathon I've run total.

Do you have any special diet the week prior to the marathon?

Only if you consider enjoying eating whatever I want a special diet... One that will end on April 19.

Do you follow any specific running program to prepare for a Marathon?

I've been training with the Hal Higdon online program, on the Intermediate Level Two. It's a tough program, but after I ran the first 21 miles of the marathon route last week, I learned that it's also very effective.

What's your favorite training run while training for a Marathon?

I loved running the actual marathon route... it helped me learn what I need to work on in the last days before the race and really energized me.

What is your way to approach running a Marathon? I.e., slow at first, negative splits?

Slow at first, but not speeding up too much... mostly want to stay steady.

Do you bring your own nutrition for the Marathon? Electrolytes, Gels, Bars?

I've been training with Gels, and plan on bringing some with me.

Do you run with an MP3 player? Have any tunes that get you over the wall or the rough points in the Marathon?

I train with music when I'm alone, but usually go without during a race. I don't want to miss any of the experience. As for what songs have helped, "The Ready Men" by Big Black has been what's gotten me up some of the tougher hills during training.

Anything else you would like to add??

Good luck to all the other Wicked runners in the Boston marathon!