



Boston Marathon Interview – For Members of the Wicked Running Club

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

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

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

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

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

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

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

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

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

Anything else you would like to add??