



## Boston Marathon Interview – For Members of the Wicked Running Club

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

I ran when I was kid in my 20's and 30's but injured my back in 1988 and couldn't run at all. Then in 2006 with help from Donna Nielson and Lynn Woods Boot camp I started running again. I always loved getting out and running, it's very relaxing mentally. I don't worry about paying bills or leaky faucets when I run; I just worry about those next few steps.

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

It's fun to be part of a world class event

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

This is my first Boston Marathon. The only other Marathon I've run is Stonecat.

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

Salads, salmon filets, lots of spinach, beets and pasta.

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

I tried to train with Mike Toomey but I was sick most of Feb and March and haven't trained much.

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

My favorite run was on the Boston Course with Patsy Emberley. My only long run was in February with Kathey Moskal and Kate Crowley. We ran the Wicked Half course. Kathey is so fast I could barely keep her in sight.

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

Start at the back of the pack, run at the back of the pack, finish at the back of the pack. And I will be happy to just finish.

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

Fig newtons, twizzlers and a G series primer.

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

I'll have my Iphone with a Bluetooth headset. I'll be listening to music and taking phone calls.

**Anything else you would like to add??**