



Boston Marathon Interview – For Members of the Wicked Running Club

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

I started in my early 30's as recreational exercise in lieu of playing basketball 2-3 times a week.

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

I covered the Boston Marathon as a sports reporter for the Salem News years ago and know a lot of people, including Wicked members, who have run it. I'm running for ACCESS, a great charity that helps city kids find the financial resources for post-secondary education.

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

This is my first, although I've jumped in and run with my brother Mark and some friends for a few miles in the past for support.

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

Just trying to eat healthy for the first part of the week with some carb-loading over the weekend. Nothing out of the ordinary.

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

My own hybrid of the coolrunning.com intermediate program, advice from my friend Jim Grizzetti who ran Boston in 2:49 a few years ago and a program designed by Rick Muhr, an experienced marathon coach for the coalition of charity teams that ACCESS was part of.

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

The Derry, NH 16-miler and Stu's 30K were both challenging and good preps but my favorite run was the Wicked 5:30 AM Thursday donut run that started and ended at Ziggy's in Salem.

What is your way to approach running a Marathon? I.e., slow at first, negative splits? *I'm nervous about going too fast early but also nervous that the crowd might mean going to slow early. I ran the first 21 miles of the course the last Sunday of March in 2:40 and I felt pretty good through the hills. If I can repeat that, I should be all set.*

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

Planning on GU (mandarin orange) at miles 7, 14, and 20 and I'll have some small pieces of licorice covered in salt in a plastic bag to make sure I get some salt during the race. I plan to have a Harpoon IPA soon after the finish.

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

Yes on long runs, pretty much as a device to distract me from fretting about form, breathing and my watch. I had my 80's rock loaded iPod for the 21-miler on the course. The music helped through the hills but I may scrap it for the race because everyone says the crowd noise and energy is such a big part of the experience.

Anything else you would like to add??

A shout-out to the Wicked members for all the support and inspiration. People like my brother Mark and friends like Tim Clarke, Colin Maclay, Rachel Hunt, Chip Bott, Chris Anderson, Alison Phelan and others made running a marathon seem like an attainable goal. I had never run anything longer than a half and that was 15 years ago.