



Boston Marathon Interview – For Members of the Wicked Running Club

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

I Ran casually for about 7 years prior to 2000 when I got married and then had my two children. Then I stopped running for 7 years while I took care of my son and his autism needs. I started running again in November 2009.

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

It's Boston! I grew up here, and have gone into the city to watch it every year since I was a baby!

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

This is my first Boston!

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

Yes, eat anything I want and pasta every night 😊

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

I do what Mike Toomey tells me to do. I trust him and his training plans completely.

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

I like the long runs where I plan ahead to meet fellow Wicked runners to run a portion of it with me, it makes it all sooo much easier.

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

I'll definitely start out slow, and then if I have juice left at mile 20, I'll pick it up and finish strong. But to me, this marathon is for fun, not for time, so don't expect too much from me. I want to enjoy it!

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

Yes, I'll bring unflavored Gu, it's the only one I can stomach. I'm also bringing a peanut butter banana sammich for brunch on the bus while I wait for my start.

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 bring my music, but also love to listen to the crowd!

Anything else you would like to add??

I'm SOOO PSYCHED!!!! I had major surgery in December and didn't know if I'd be able to run, so to me I'm just glad I've been able to train and am ready for this!! Minus the foot infection I was just seen for this morning, I plan on having the best time next Monday!!!