



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

I started running in high school...I was a hurdler for 2 years before catching the distance bug. My friend Gary begged me to go out for the team because he had a crush on one of the girls.....he quit after 2 weeks, but I stayed on. He never got the girl....

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

This marathon is special because Im running for Dawn Cobaks charity. A lot of people that know me, know that I usually stick to the shorter races but the timing was right for me to do Boston....it will be my last marathon.

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

This is my first.....it will be a pr either way

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

Its restaurant week in Salem...so my diet is up to Finz, The Tavern, and perhaps 62 on the Wharf. In all seriousness, no special diet the week before...just trying to be healthy

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

I haven't put in as much mileage as I would have liked...but I'm 100% healthy and have been very consistent. That's more important than any number you can put in the log.

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

Marblehead Neck and Lynn Woods.....magical running to me.

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

I'm going to run by feel with a little hold up at the beginning. I like to go fast.....

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

Jelly beans, gu, blocks, frozen pizza....what ever I can fit in my pockets

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

Yes....If running alone I always wear an ipod. Dire Straights and Lady Gaga are bringing me in.....U2 will get me started....a lot of cheesy 80's songs to keep me smiling.

Anything else you would like to add??

I'm feeling more emotional about the race than I thought I would....I cant wait to see my wicked friends out there...I know I will need them!