



Boston Marathon Interview – For Members of the Wicked Running Club

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

Team Touchette has been running together since the summer of 2002, however, two of the team members started in the early 80's. We started running as part of a weight loss plan as Sarge was used to cooking for a family of 13.

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

Boston is the premier marathon with a long storied history and it is where Team Touchette made its marathon debut in 2007. With a few more marathons under our belt, it is a good time for the Team to come back and run this great course with more experience. And as always we will be running "just for fun".

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

One, this will be our second Boston and our ninth marathon since 2007.

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

Yes, we start off with breakfast trail mix—Goldfish, Rice Chex, Cheerios, stick pretzels and peanut M&Ms. Then, we throw in some cake and diet coke during the week. Finally, we finish it off with a pasta dinner (and possibly a drink or two) the night before the marathon.

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

At one time, we let Liz draw up the training program; however, it did not work out so Steve has taken over. He generally uses Coach Toomey as a resource, but has been known to take advice and ideas from various other sources without crediting them. In addition, Steve creates his famous race weekend itinerary which includes all activities leading up to and following the race.

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

We call it the Bill Morse Invitational 20 mile marathon training route. It involves a

lollypop loop from Salem to Peabody, then Lynnfield and back. It includes a bathroom stop at Hannaford's and finishes with a chocolate shake at McDonalds. The course can be found on Mapmyrun.com.

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

We call it the three part hybrid approach and it is trademarked. One thing we always take into account is your body's natural tendency to slow down during the run; you can't fight it so you might as well go with it.

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

Yes, we start the day with a peanut butter and jelly sandwich and bring various foods with us—small Hersey bars, liquorice bits, mints, ginger chews and Swedish fish. It is like running with a penny candy store in your pocket. We have learned that regular food works way better than any of the gels or bars.

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

Generally no. However, Sarge has been experimenting with one. We find it difficult to "exchange ideas" during the race if you have headphones on.

Anything else you would like to add??

We would like to thank Beth O'Grady for helping to make Team T's trip to the Boston Marathon possible and for her encouragement in 2007 to try a marathon. ☺