

## **“I’m Going to Boston; I’m Going to Boston”**

I ran hard. I ran smart. I ran well. And I chose well, as luckily I didn’t run Chicago like so many friends, and instead ran Mohawk-Hudson River - a known commodity. And I don’t have to run another damn marathon this year. My unofficial time is 3:44 +/- a second.

I’ve run 12 faster marathons in my career, but I never ran one better. At age 58, this was my best age-graded marathon ever – by a long shot. Preliminary results indicate that I achieved a 67.1% PLP vs a previous best in 46 marathons of 64.8% and an AG time of 3:06 vs a previous best of 3:15. I ran negative splits for the first time in my life, with a 1:52:14 first half and a 1:51:46 second.

What an amazing feeling to pass so many people in the last 13 miles. No one - no one - passed me. I was a man possessed. I’ve never run a marathon before where I didn’t run some miles in 9:00+, 10:00+, or worse. My worst mile was 8:45, and that was after I had it in the bag.

My 2007 marathon times so far had been 4:11:59, 3:56:31, and 4:08:51. My goals going into the race were pretty clear.

- 1) As I turn 60 in Feb 2009, my primary and realistic goal was to run a sub-4:00 and earn a Boston Qualifier for 2009. If a miracle happened and everything went perfectly, then the stretch goal (unlikely) was a sub-3:46 or a 2008 BQ.
- 2) Run well enough that I didn’t have to consider running another marathon this year.
- 3) Start running 8:30’s, and see how long I could hold it. As the splits show, I kept it up much longer than I ever thought possible!

I wasn’t going to bore the reader with mile splits, but frankly, they tell such an interesting story and I’m so damn proud of them, so here they are from my watch:

<u>Mile</u>	<u>Split</u>	<u>Cumulative</u>	<u>Remarks</u>
1	8:18.86	8:18.86	Ok fast, but not concerned; Discarded trash bag
2	8:41.76	17:00.62	Compensated
3	8:29.07	25:29.69	Perfect
4	8:17.64	33:47.33	Slight downhill; discarded throw-away shirt
5	8:24.21	42:11.54	Short downhill
6	8:32.77	50:44.31	Perfect
7	8:27.79	59:12.10	Perfect
8	8:35.21	1:07:47	Perfect
9	8:31.72	1:16:19	Perfect
10	8:33.51	1:24:52	Perfect
11	?	?	Bio break; Gu; missed mile 11 marker
12	17:42.27/2	1:42:34	Averaged 8:40 for miles 11 & 12
13	8:42.35	1:51:17	Hills
14	8:31.44	1:59:48	Perfect
15	8:18.09	2:08:06	Where did that come from?
16	8:24:08	2:16:30	I’m in the fight of my life. Can I hold the pace to the end?
17	8:16.62	2:24:47	Short downhill, but it’s not a fluke; I’m passing people
18	8:31.05	2:33:18	Perfect
19	8:32.68	2:41:51	Perfect
20	8:34.48	2:50:25	Perfect
21	8:29.81	2:58:55	Perfect

22	8:32.94	3:07:28	Perfect
23	8:23.73	3:15:52	Perfect and I'm hammering the course & the competition
24	8:31.89	3:24:23	Perfect
25	8:45.30	3:33:09	Starting to tire, but it's a lock
26	8:44.79	3:41:54	Celebrated early and got nauseous*
26.2	2:06.10	3:44:00	"I'm going to Boston; I'm going to Boston"

I saw some good friends on the course at about 25.8 miles, and I started celebrating because of what this meant to me. And if you know anything about me, you can start to appreciate what a BQ means to this battered old warrior. When I said it out loud, the enormity of the situation got to me, and I started to get nauseous and had dry heaves. I thought I was going to lose it and even miss the BQ, I was struggling so badly. I tried desperately to hold it in, and finally got it together with 0.1 miles to go. That was all I needed to entertain the great spectators and friends who were crowding the finish area. Now with the ultimate goal within my grasp at last, I yelled out over and over again: "I'm going to Boston; I'm going to Boston" That's Boston 2008 and Boston 2009.

To what do I attribute running a dream marathon after so many clunkers?

- Good solid training. I followed Bob Glover's Advanced program in his Competitive Runner's Handbook (1983 edition). This is the same program I followed back in the late 1980's and early 1990's when I started marathoning.
- Carbo depletion phase of the carbo loading program. BTW; if you read the Swedish study carefully, one of the important things is to load up on fats in the early part of the week, not just proteins.
- didn't over-race, and pulled out of the Reach the Beach Relay so as not to jeopardize my chances at MHR.
- Chocolate covered coffee beans approximately 1 hour before the race - as per my good friend Doug.
- The law of averages. I was due, and I had a good feeling about this one despite a number of annoying aches and pains for the past week.
- A fair course and good weather. We lucked out compared to many others who ran marathons on Oct. 7th.
- I ran it one mile at a time and never quit. Just as my friend Steve had urged me to do.
- I earned it.

I'm not a religious person, but 3 people have told me that they prayed for me this morning. I'm going to freakin' Boston. There is a God.

I have so many people to thank for having just one of those days. You know who you are, but I'll try and make a point of acknowledging this personally.

I'll update this when results are published, and I find out my official time and placement. In the meantime, excuse me, as I have Boston hotels to call.

**Stats:**

Time – 3:44:02  
Pace – 8:32.7  
AG Time – 3:06:18  
PLP – 67.1%  
Overall – 204/492  
Division – 13/31