

2009 Boston Marathon Report

This year we had three (3) ARC members competing in what Runners World calls the most prestigious 26.2 mile race in the world! I know they say not to be on your feet too much the day before a marathon but that was the only time we had to pick up our packets at the Expo & walk the Freedom Trail. We walked about 3 or 4 miles & it felt good after so much time sitting on the flight. The before race dinner was on an outer deck of City Hall. This year they had 4 former Boston winners serving food & Shawn was able to shake Bill Roger's hand! We sat next to a young couple from the Northeast but ate our dinner quickly so we could get back to the subway & out of the cold wind.



Fortunately, the weather on race day was cooler than last year but we could have done without the 20 mph headwinds! I am also thankful that the rain held off till evening. Like last year, it was foggy & cold when we arrived at the Athletes village in Hopkinton. At the baggage bus I had to make a wardrobe decision. The fog had burned off & it had become partly sunny. The night before, I had shown Lorraine the turquoise Portland Marathon long sleeve shirt I was planning to wear so she could pick me out of a crowd. I wanted to change to a short sleeve shirt but was committed. A singlet with arm warmers would have been the best of both worlds but Lorraine thinks they look feminine. With our different bib #s, we ended up in different corrals & were separated at the start. It was very crowded for the first mile so it prevented me from going quite as fast as I wanted. Although this year they did not have the Women's Olympic marathon trials, it appeared to me as though there were as many spectators as ever. The crowd was estimated at 500,000 people. I was more focused this year but could not resist high 5ing the little kids at the start & the big kids at Wellesely College. People in the crowd would yell encouragement to those with names on their shirts. For me they would yell, "Go Portland". Others wore costumes like the lady dressed as Wonder Woman. Another young woman dressed like Paul Revere was carrying a horse on a stick the entire race. A guy next to her was dressed as a British "Red Coat". The back of their coats read, "The Kenyon's are coming". I was feeling pretty good about being 5 minutes ahead of my goal pace at the 16 mile but it had been downhill to that point & the tough miles were still ahead. I guess I am a middle of the road guy because I like to run on the crown of the road. With aid stations on both sides of the road, I was favoring the ones on the left because they came after the ones on the right & were slightly less crowded. It was somewhere on the hills that I switched to the right side because I was spilling my drink on my Garman & the pace chart taped to it. My energy level was getting low going up heartbreak hill at mile 21 but the soreness did not start until the pounding going down. I caught up with Greg at about mile 23. He was experiencing pain in his left calf & right quad. For me it was the exact opposite. I wonder if he is left-handed? I knew that Lorraine & Amy were somewhere in the massive crowds near the finish. They were right next to the street at the last turn before the finish. Lorraine was able to pick me out of the crowd but also has a picture of another guy wearing a turquoise Portland shirt. She yelled & waved but it was loud & I was so focused I did not notice them. I got renewed energy when I turned that last corner & the finish line was in sight.

My finish time was 3:42 & I qualified to run again next year. Shawn set a new PR at 2:57 & is also qualified for next year. My Garman recorded the distance as 26.54 miles but with so many runners I could not cut the corners. It was windy at the finish & I was glad to get the space blanket. I was moving slowly through the finish chute looking for Greg but did not see him. I did see Bill Rogers at the finish. He was looking straight ahead with this blank stare but maybe he was thinking about what to say to the reporters when they found him. I was the first to get to our reunion area where the adjacent picture was taken. The wall behind me has a cutout that went almost to the ground & made a perfect little seat to rest. I reluctantly stood up for the picture. If our hotel had been downtown, I might have considered the after race party, but all I was interested in was a shower & some down time before dinner at the Cheesecake factory. When I got home, I checked my weight on the scale & I had lost 11 pounds! I am looking forward to next year.



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