

How to finish the Boston Marathon

- AIP Culture Club
Hobby Series
- Alisson Sol
July/2021



Our “waves” ...

- 1) Why? (as in "*Why would anyone run marathons as a hobby?!"*")
- 2) Run 26.2 miles (42 Km)
- 3) Get to the Boston Marathon starting line

The former Marine is running her 177th marathon and first Boston Marathon



Lisa Davis at the Tunnel Vision Marathon in North Bend, WA, where she qualified for the 2019 Boston Marathon. Taken August 2018. Cyeria Jackson

Current Times: World records

**Men: Eliud Kipchoge (Kenya) 2:01:39
(Born: 1984, Record: 2018)**

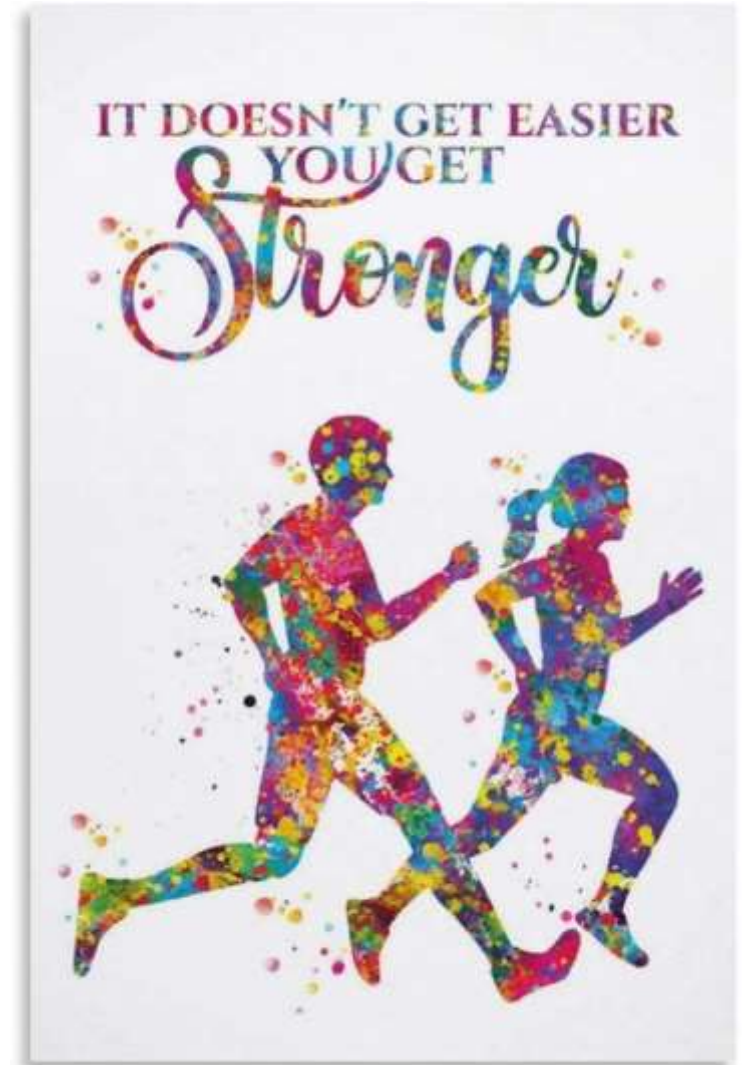


**Women: Brigid Kosgei (Kenya) 2:14:04
(Born: 1994, Record: 2019)**

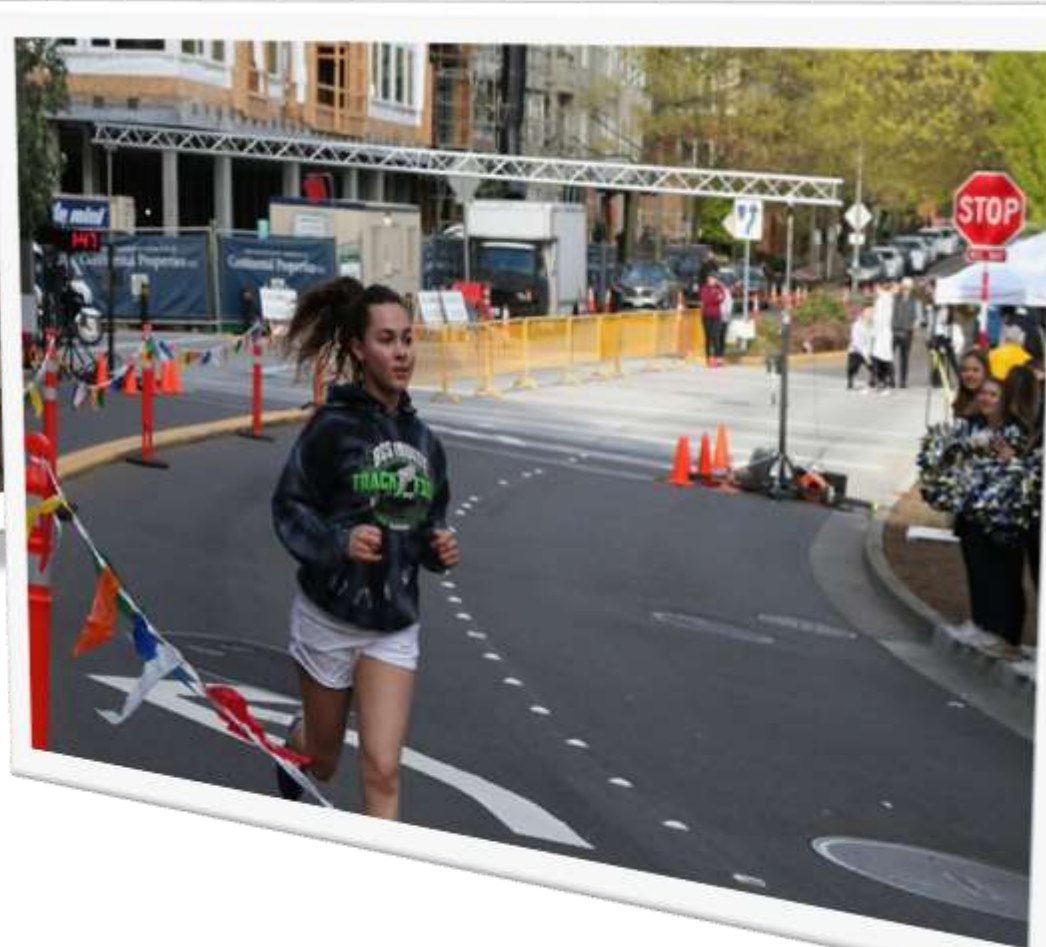


Why? (as in "*Why would anyone run marathons as a hobby?!*")

- “*Mente sana en cuerpo sano*”
- Inclusive activity: introverts and extroverts!
- Cheap and convenient to start
- Excuse for trips...



Another benefit... inspiring the family...



Run 26.2 miles (42,195 Km)

- Working backwards
 - After the marathon
 - During the marathon
 - Before the marathon



After the marathon

- Logistics: bags, reunion, back to hotel, back home, recovery, ...
- Don't depend on tech!
- Anticipate delays and “issues” ...
- The “stuff”?!



Rare 2014 BAA 118th Boston Marathon Finisher Medal-Meb Keflezighi, Bizunesh Deba

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During the marathon

- ~50,000 steps forward...
 - Cramps: walk backwards, pills...
- Mental race
- The others!

Montreal marathon: Sorry, I have to run

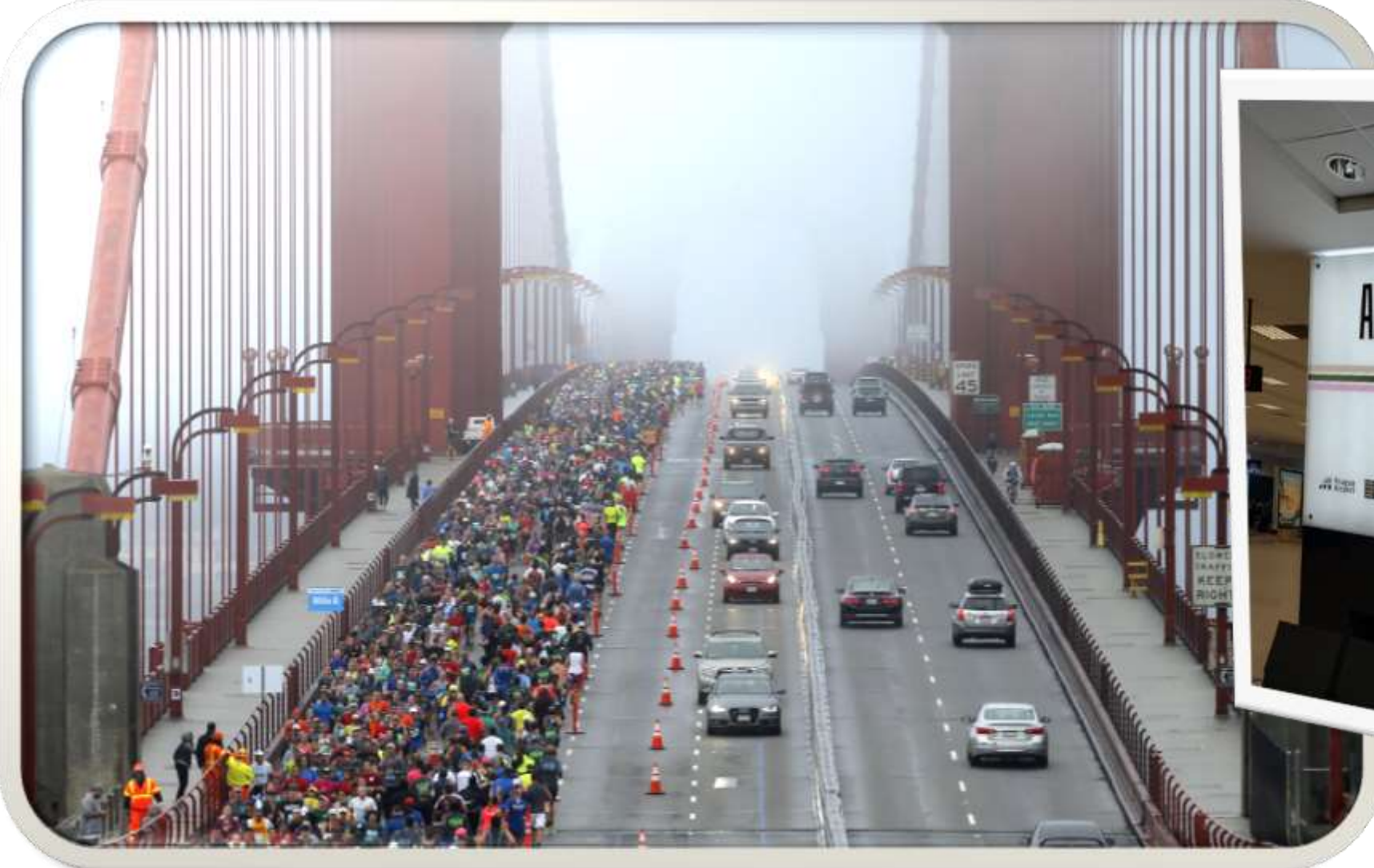
The runners board city buses and fill métro trains to overflowing, clad in bright running shoes and moisture-wicking T-shirts. Annoyingly fit, annoyingly happy, they're an odd tribe, bound by the realization that while running can be painful, life feels less good without it.

News Desk
Sep 29, 2014



Runners depart from the starting line on the Jacques-Cartier bridge for the 24th Montreal Marathon in Montreal on Sunday, September 28, 2014. PHOTO BY DARIO AYALA /The Gazette

All runners are beautiful! Not all are nice...



Before the Marathon

- Just before
- The days before
- Preparation and sign-up

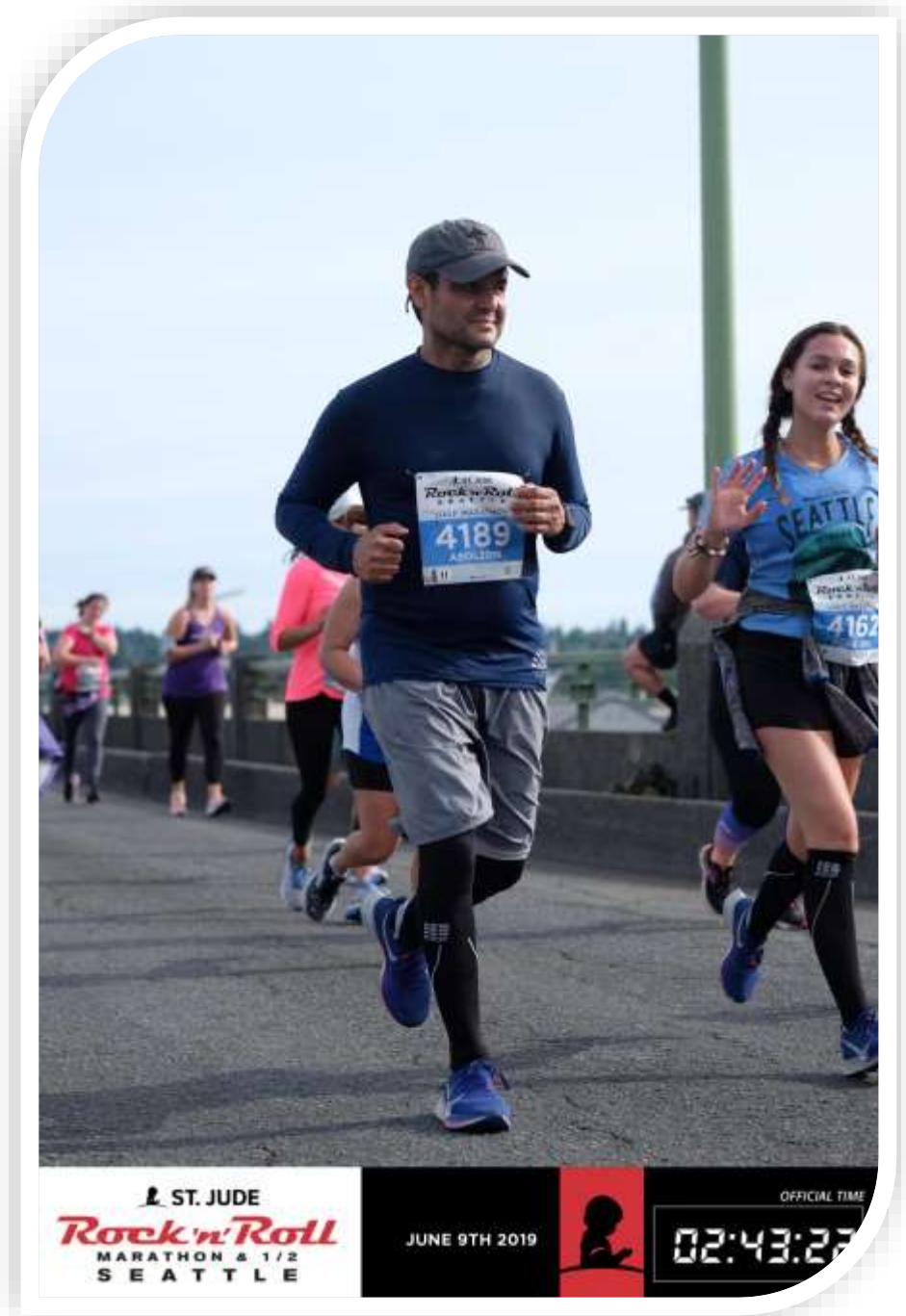


Just
before...



Days before

- The day
 - Getting ready
 - Head and glasses
 - Layers, bib
 - Material: *“the sun is out there”*
 - “Fat” will shake...
 - Shoes
 - Accessories...
 - Logistics check: bags, family reunion, ...
- Marathon eve...
 - Each person is different...



Check the weather!




Finding races

https://www.runningintheusa.com/race/calendar/july-2021

USA All Races Classic Races Multisport Events Variety Runs Clubs Submit More Login

Races Find by State Find by Name Virtual Counts Calendar Saved Claimed



July 2021 Races in the USA - Calendar
Calendar view listing counts of race events for each day of the month.

Jan Feb Mar Apr May Jun **Jul** Aug Sep Oct Nov Dec 2020 2021

Classic Multisport Variety Event Category

USA Northeast Southeast Midwest Southwest West

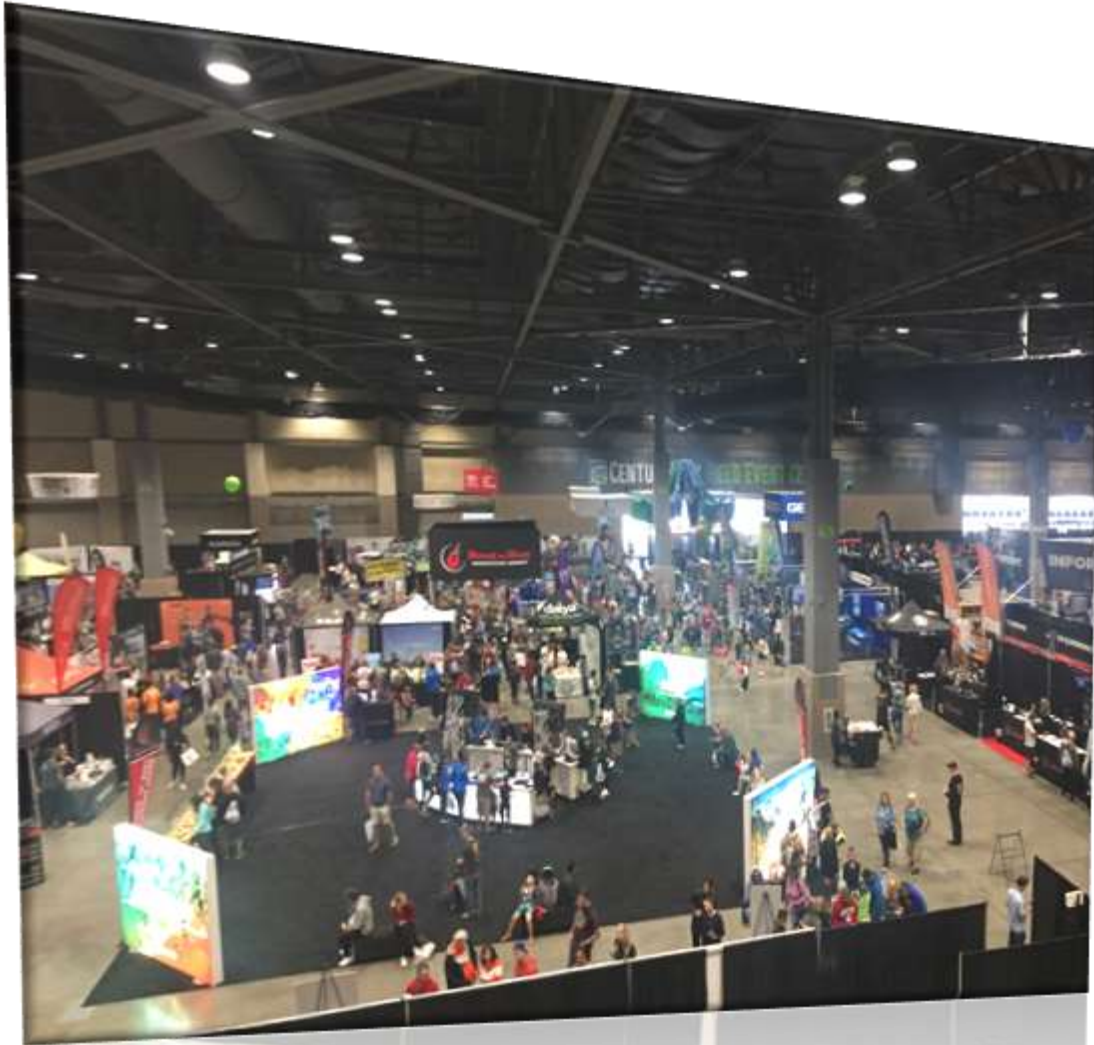
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Classic 14 MultiSport 1 Variety 1	2 Classic 18 Variety 2	3 Classic 157 MultiSport 11 Variety 8
4 Classic 316 MultiSport 3 Variety 3	5 Classic 35 Variety 1	6 Classic 13 MultiSport 1 Variety 1	7 Classic 24 MultiSport 3 Variety 1	8 Classic 18 MultiSport 3 Variety 1	9 Classic 24 MultiSport 3 Variety 2	10 Classic 102 MultiSport 41 Variety 14
11 Classic 89 MultiSport 43 Variety 5	12 Classic 18 MultiSport 1	13 Classic 17 MultiSport 2 Variety 1	14 Classic 20 Variety 2	15 Classic 32 MultiSport 2 Variety 1	16 Classic 16 MultiSport 4 Variety 4	17 Classic 282 MultiSport 45 Variety 14
18 Classic 83 MultiSport 34 Variety 1	19 Classic 8 MultiSport 1	20 Classic 17 MultiSport 1	21 Classic 32 MultiSport 2 Variety 1	22 Classic 31 MultiSport 2 Variety 1	23 Classic 28 MultiSport 2 Variety 1	24 Classic 257 MultiSport 28 Variety 17
25 Classic 57 MultiSport 36 Variety 3	26 Classic 7 MultiSport 1	27 Classic 19 MultiSport 2	28 Classic 21 MultiSport 1 Variety 2	29 Classic 15 MultiSport 3 Variety 2	30 Classic 19 MultiSport 2 Variety 1	31 Classic 229 MultiSport 38 Variety 12

Race organizers...

- Boston Athletic Association
- New York Road Runners
- Rock n' Roll Running Series
- Local race and racing club
 - Ex: Seattle Marathon, Portland Marathon, ...
- Your first race: go big!
- Additional note
 - **Create a “runner email”... (you will be spammed!)**

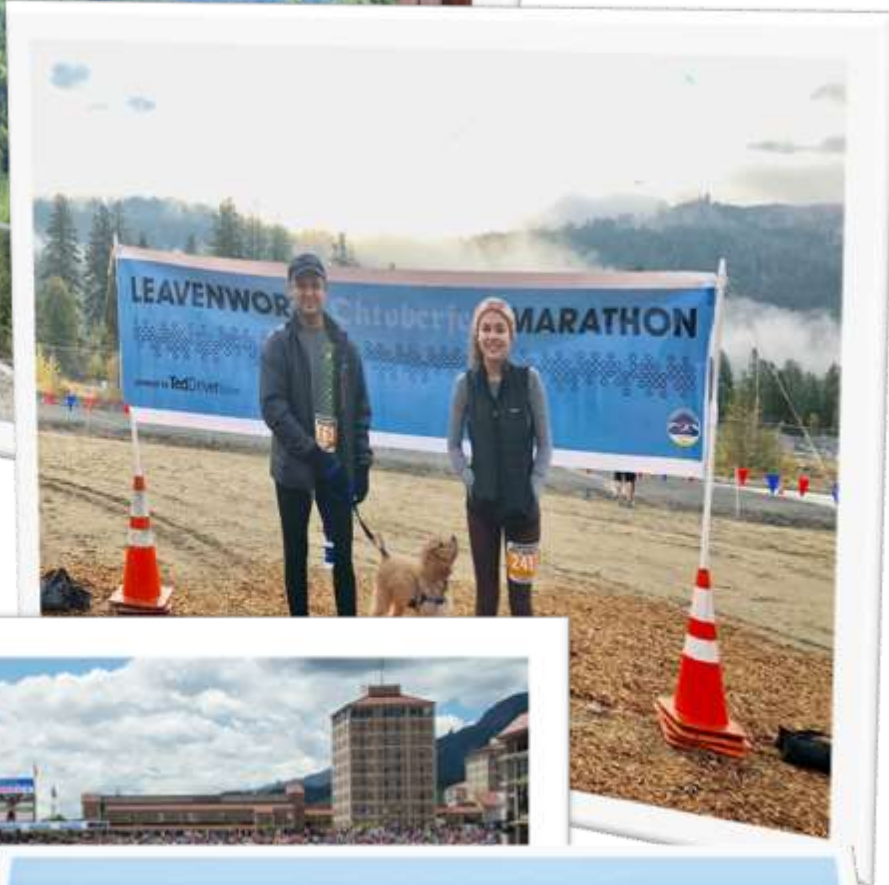


Bib pick-up



Peculiar races

- Pacific Northwest
 - Cascade Series
 - Lake Sammamish (very flat)
 - Mercer Island (around the island)
 - Rain run (Redmond)
 - Leavenworth (Oktoberfest)
 - Portland (mostly flat course)
 - Seattle (hills ahead...)
- Others in USA
 - Boulder Bolder
 - Big Sur



Fun Races

- Beat the blerch
- Halloween
- 12K of Christmas
- runDisney



Fun “races”... Base2Space



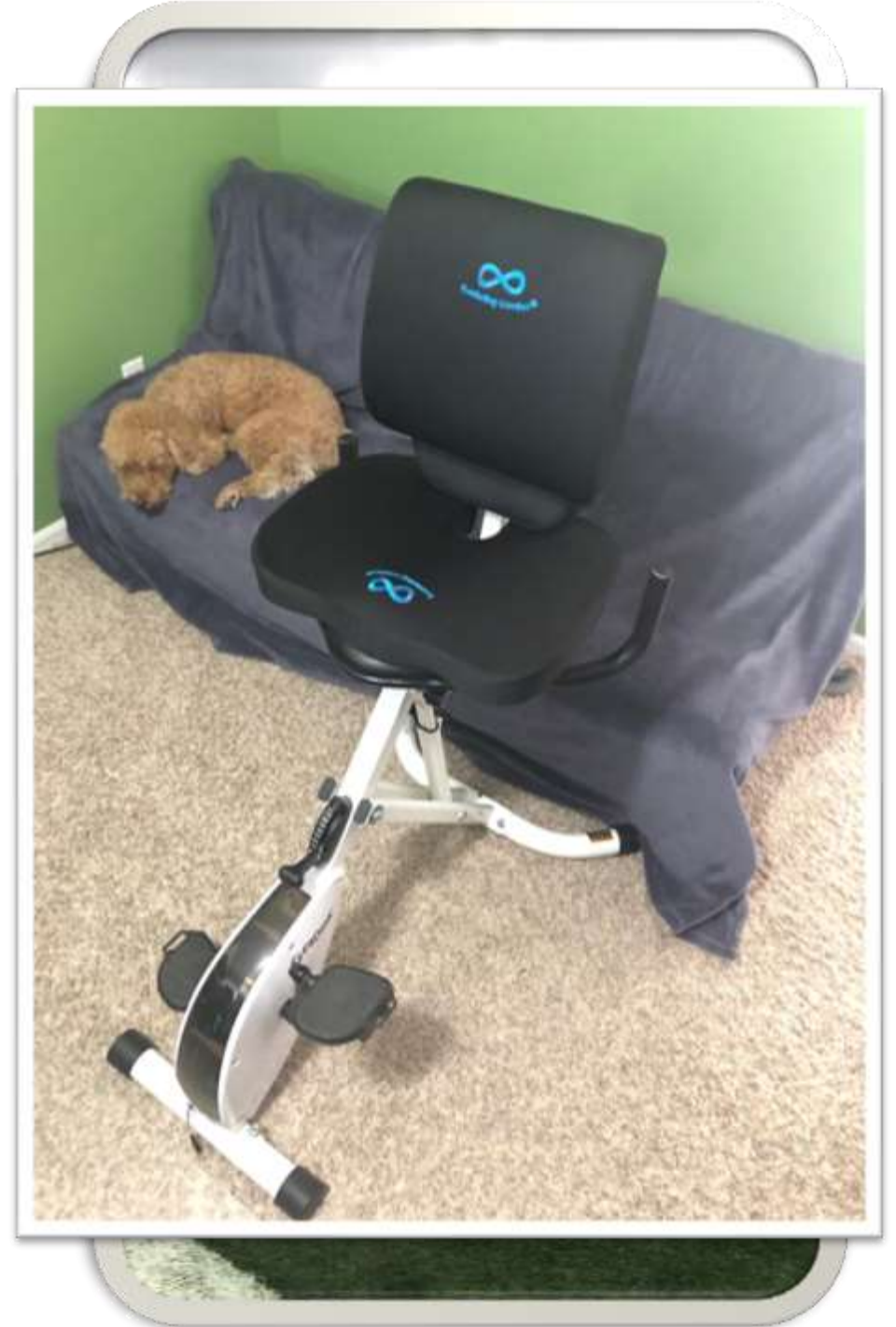
Fundraising event lets winners walk Space Needle 'halo'

Originally published April 21, 2017 at 8:10 pm | Updated April 21, 2017 at 8:18 pm



Training

- Program
 - Search “*Marathon Training Plan*”
 - I joined the “*Team in Training*” for 1st event
- Pandemic: still can run!



Our sections...

3) Get to the Boston Marathon starting line

~~2) Run 26.2 miles (42 Km)~~

~~1) Why?~~

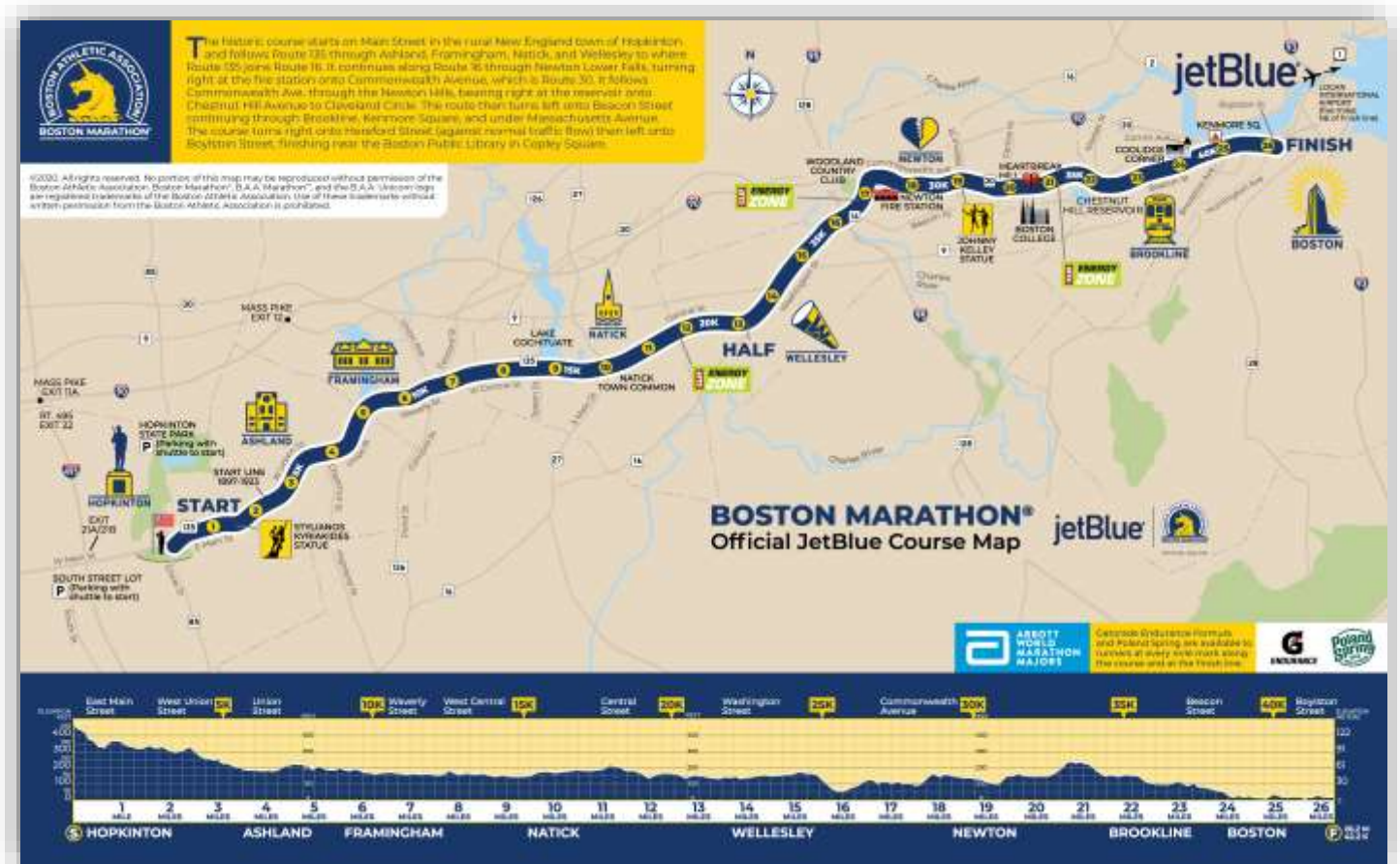


Why is Boston so prestigious?

- World's oldest annual marathon
- Patriot's Day (3rd Monday/April)
- Point-to-point marathon



Point-to-point races



Running and history...

Charles Burden

Wins the First Marathon in the South - 1909

Running History: March 1909

“First Marathon in the South Won by Colored Runner”

“It has just come to the notice of THE AGE that the first Marathon race ever pulled off in the South was held in New Orleans, La., several days ago and was won by a colored athlete.

Charles Burden, of Union, La., was the young Negro who in a two hours and ten minutes endurance contest won over his white competitors. The race was held under the auspices of the Southern A.A.U., and Burden was entered by a Chicago white man. He was number 20, and when his number was called and it was learned that Burden was colored, the promoters almost had fainting spells, and the doctors refused to examine him. However, when the race ended, he crossed the line first, ahead of the white and Indian runners. The promoters of the race are not yet over Burden winning.”

Source:

The New York Age, March 18, 1909

Aaron Morris

The First Known Negro Runner (1919) to Compete in the Boston Marathon

Running History April 19, 1919:

Aaron Morris running for the St. Christopher Athletic Club finishes 6th place at the Boston Marathon in a time of 2:37:31. He becomes the first known African American to run this race.

The race had 25 finishers and was won by Carl Linder in 2:29:13.

Women got the right to...

Vote in the USA: 1920



Run marathons in the Olympics: 1984



Marathon Woman



BQ?

The screenshot shows a web browser window with the URL <https://www.baa.org/races/boston-marathon/qualify>. The page is titled "QUALIFY FOR THE BOSTON MARATHON" and includes a sub-header "ATHLETES MUST MEET TIME STANDARDS WHICH CO". Below this, there are several bullet points explaining the qualifying process for the 2022 Boston Marathon. A table of qualifying times is also visible, with columns for "Age Group" and "MEN".

- For the 2022 Boston Marathon, qualifying times must be run on an official race day.
- The qualifying times below are based upon each athlete's age and gender.
- Qualifying times are based on official submitted net time (also known as gun time).
- Due to field size limitations, achieving one's qualifying standard does not guarantee an opportunity to submit a registration application.
- In recent years, not all qualifiers who submit an entry have been able to register.
- If the total amount of submissions surpasses the allotted field size, runners will be selected among the pool of applicants in their age and gender group.
- See the current qualifying standards below.
- The qualifying window for the 2022 Boston Marathon will be open from September 1, 2021, to November 1, 2021. The to-be-announced registration period later this fall.

Age Group	MEN
18-34	3hrs 00min 00sec
35-39	3hrs 05min 00sec
40-44	3hrs 10min 00sec
45-49	3hrs 20min 00sec
50-54	3hrs 25min 00sec

Home > Running > Articles > The 10 Best Races To Qualify For The Boston Marathon

The 10 Best Races to Qualify for the Boston Marathon

By Michele Gonzalez



The Boston Marathon, held annually on the third Monday in April, is the only mass-participation marathon in the world that requires a qualifying time to participate. Qualifying times are based on the runner's gender and age, and for many runners, making it to Boston becomes a lifetime goal.

If you believe you are physically ready to run a Boston-Qualifying (also known as a BQ) time, one of the best things you can do to set yourself up for success is to choose a race that will give you the best chance of running the required time.

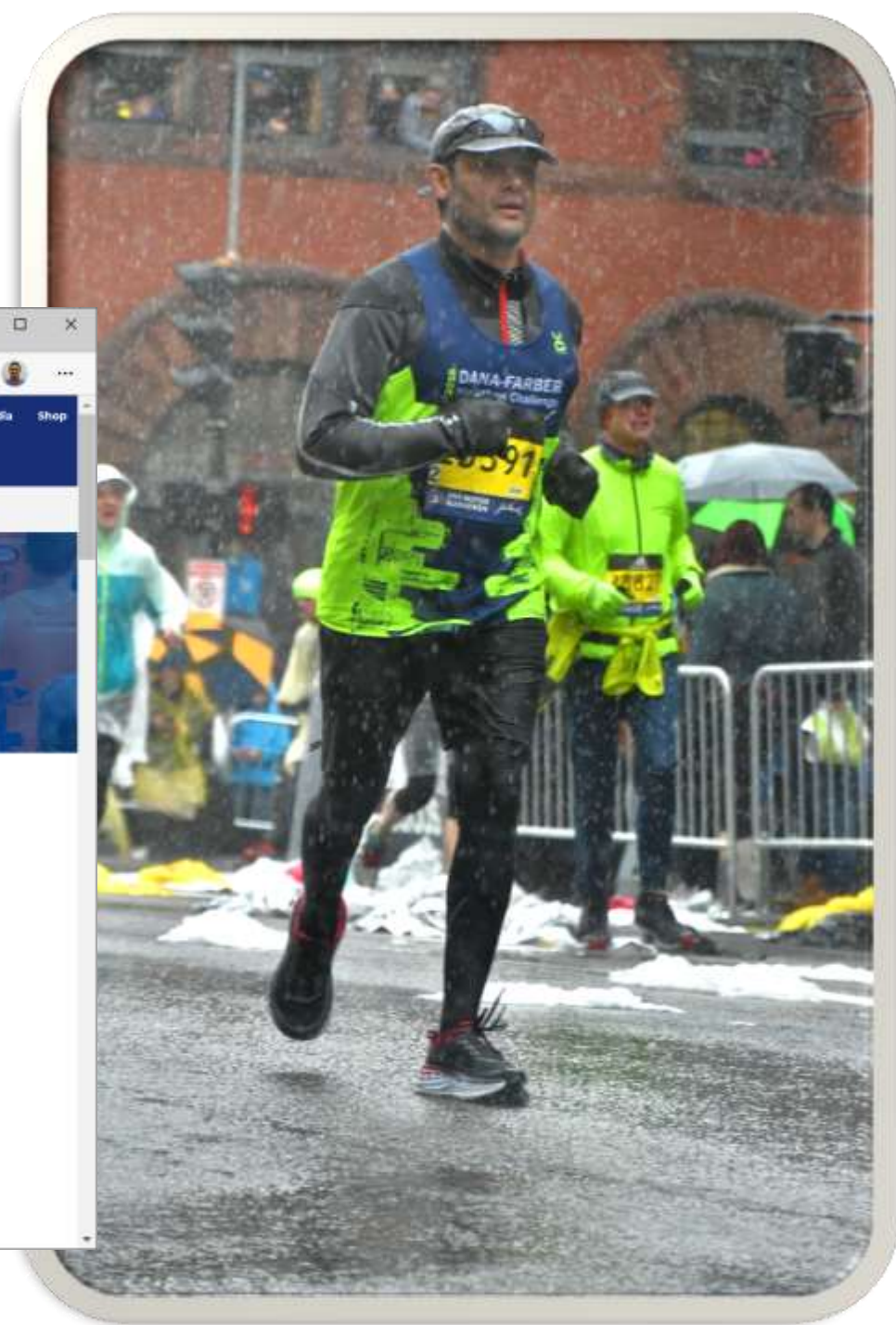
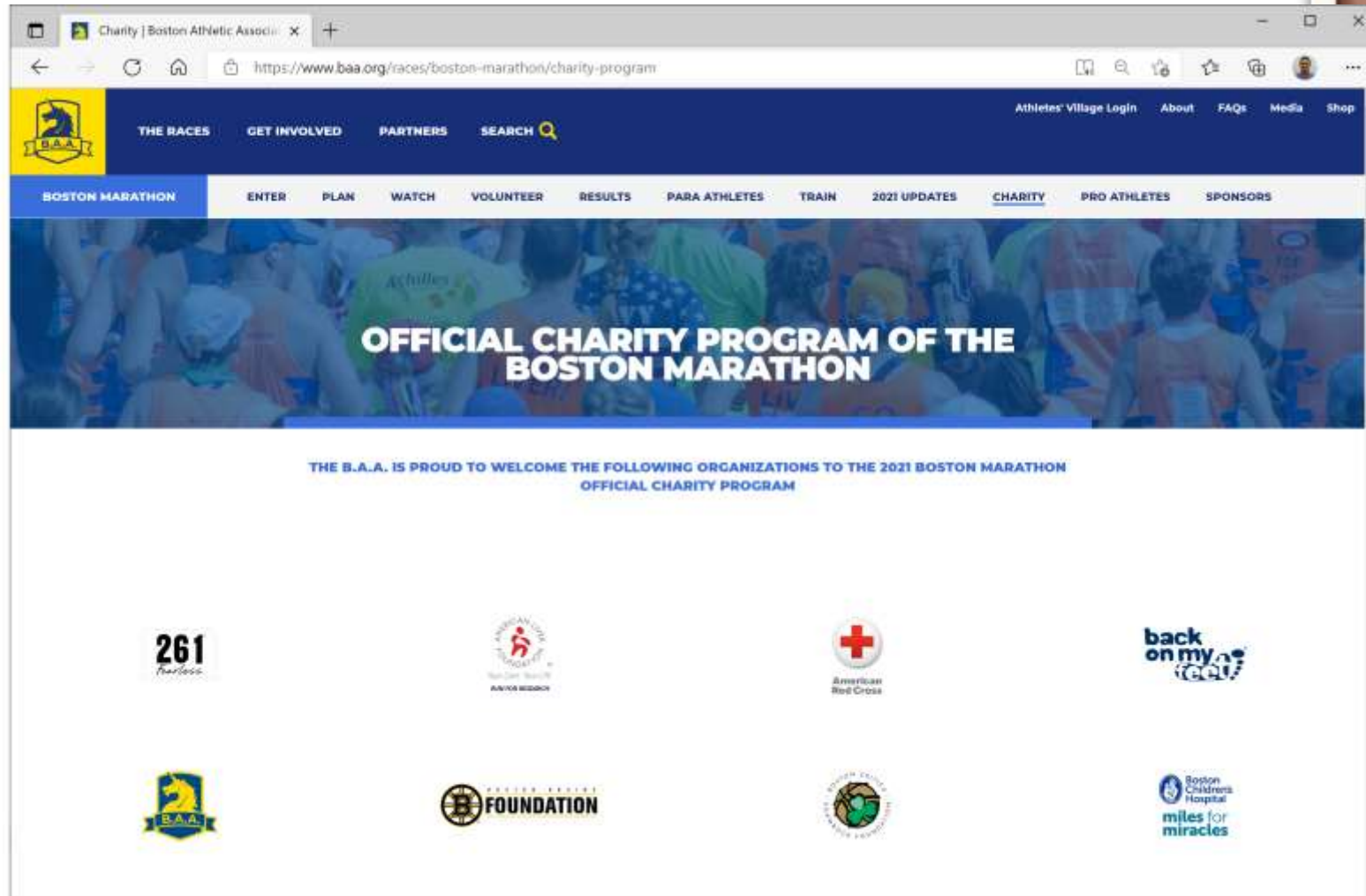
3hrs 35min 00sec

3hrs 40min 00sec

3hrs 50min 00sec

3hrs 55min 00sec

The “side door”...



Boston 2018... Worst Weather in History

Worst Weather Days in Boston | x +

https://www.runnersworld.com/news/g19821810/worst...

RUNNER'S WORLD SUBSCRIBE SIGN IN


The Best Trail Running Shoes

1 The Latest Developments in Shelby Houlihan's Case 2 The Best Trail Running Shoes 3 Bold Predictions for the Olympic Track Trials

5 of the Worst Weather Days in Boston Marathon History

When the wind, rain, and heat played a big factor on Patriots' Day.

BY SCOTT DOUGLAS APR 3, 2019




Worst Weather Days in Boston | x +

https://www.runnersworld.com/news/g19821810/worst...

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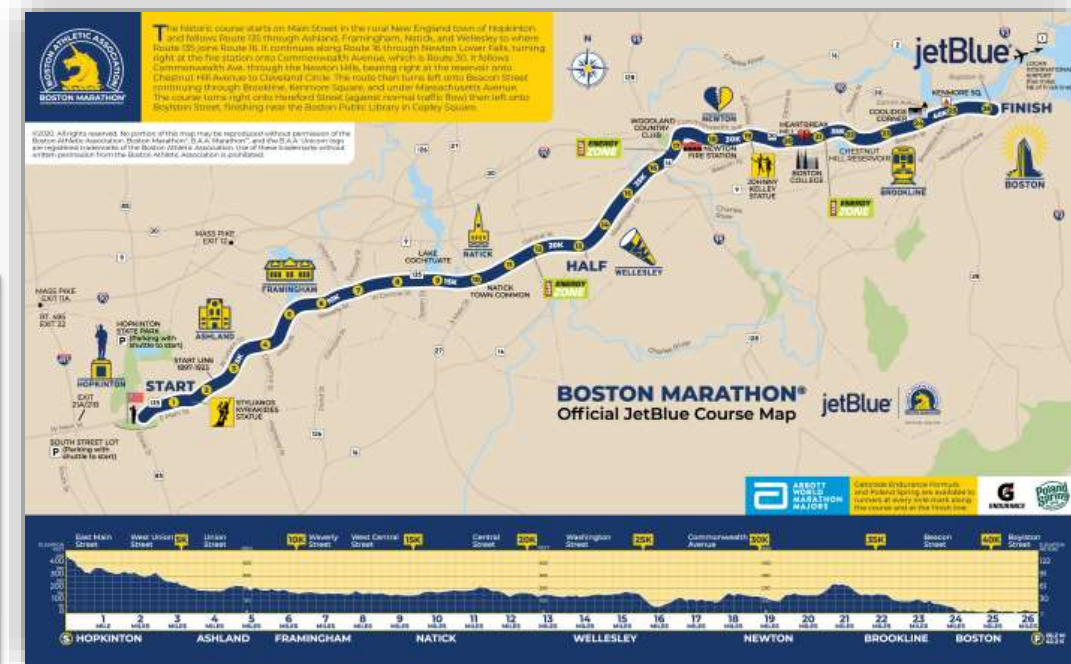
2018: OMG WTF?!



BOSTON GLOBE / GETTY IMAGES

Drenching rain, high winds, and temperatures in the upper 30s made for apocalyptically atrocious running conditions. More than half of the professional fields dropped out. [Des Linden](#) and [Yuki Kawauchi](#) survived the best. Linden's winning time was the slowest in the women's race since 1978, Kawauchi's the slowest on the men's side since 1976 (see below).

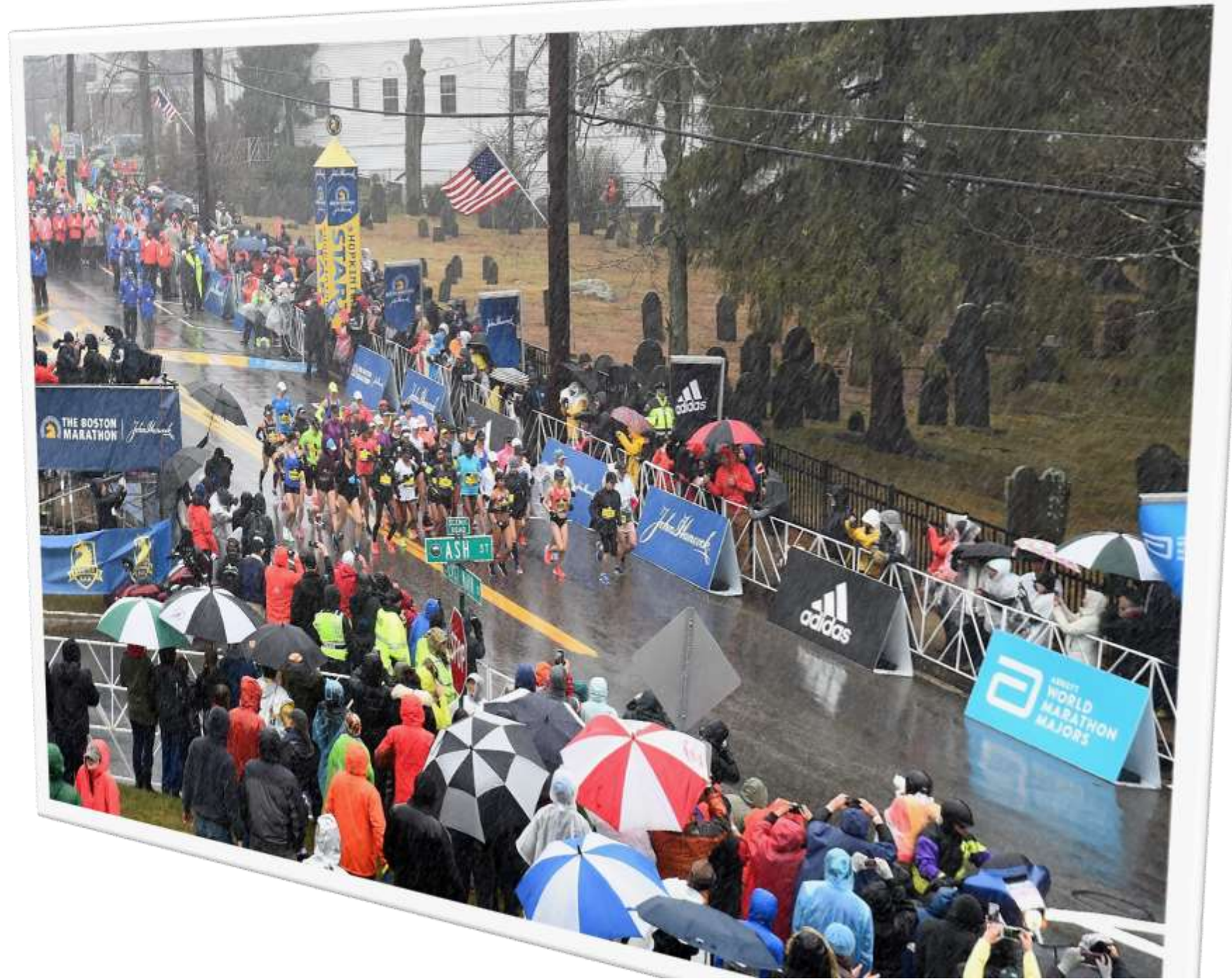
Getting to the start line



Then...



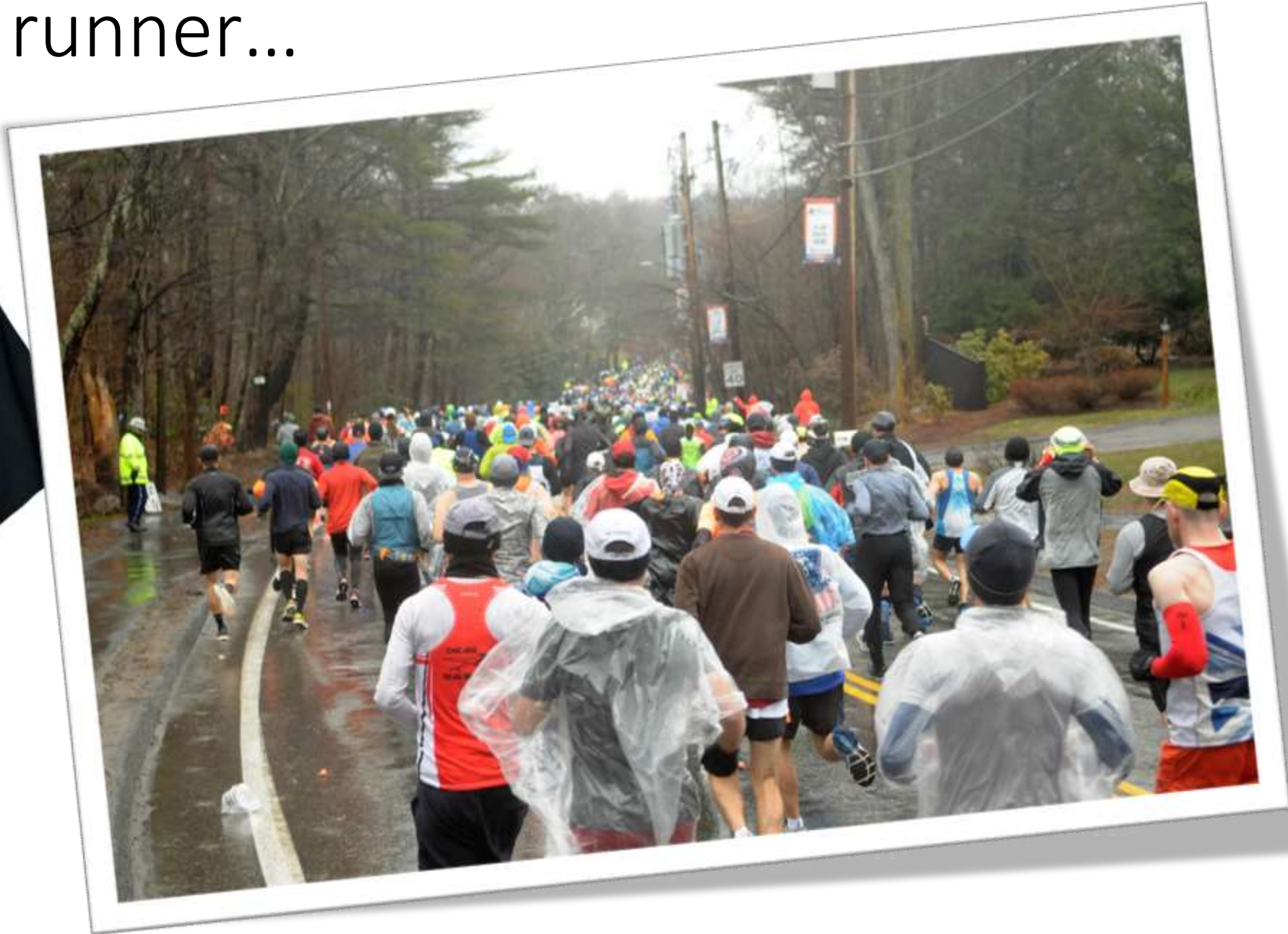
Starting waves



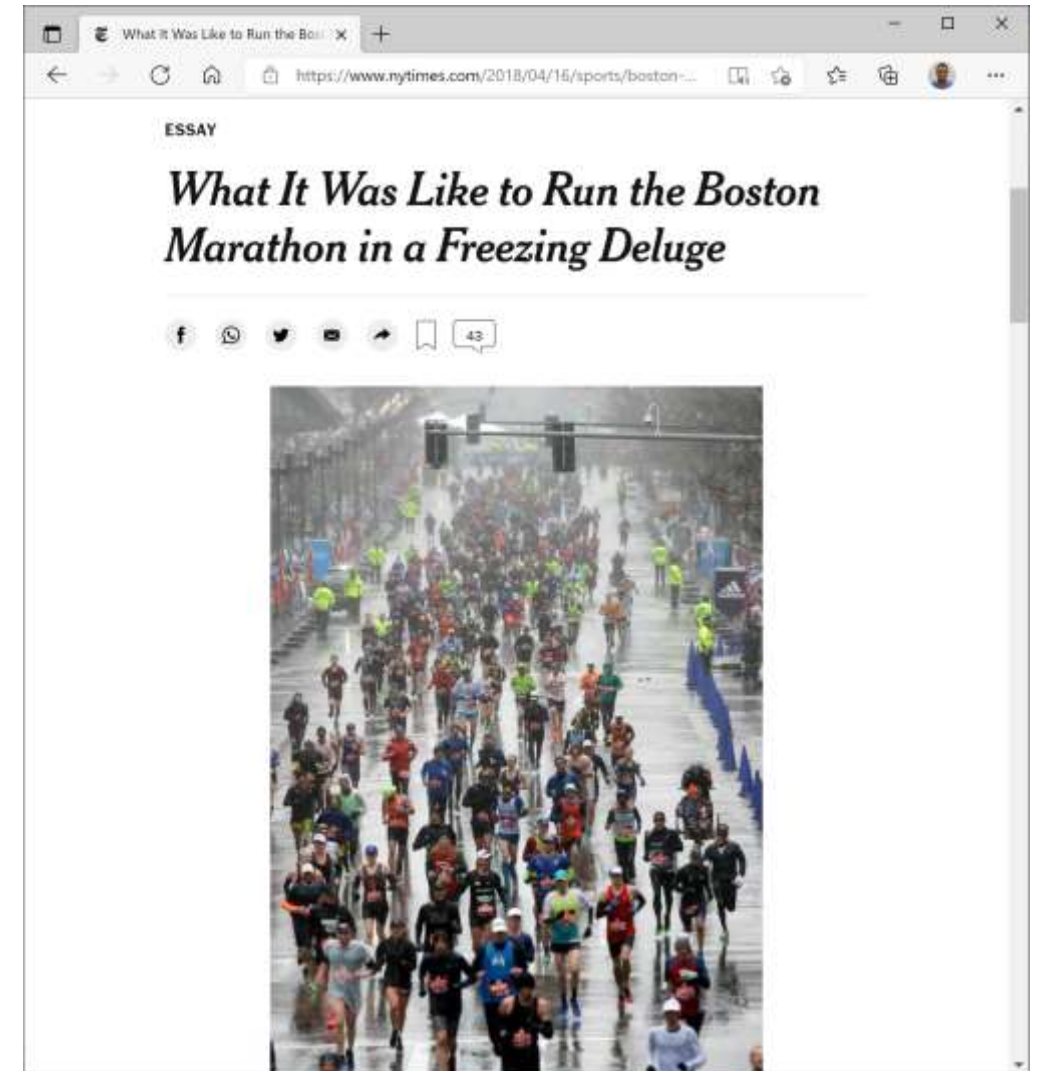
Eventually... running!



Not an elite runner...
calm down!



Fast forward 26.2 miles...



Thank you! Q&A...

