

# 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

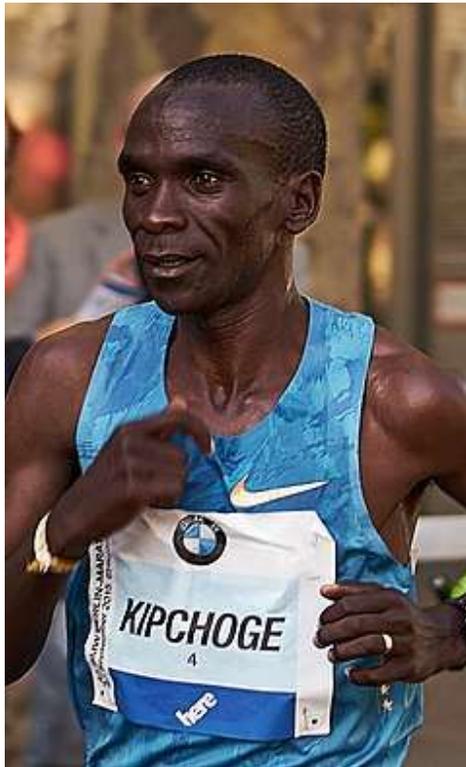
The former Marine is running her 177th marathon and first Boston Marathon



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)**

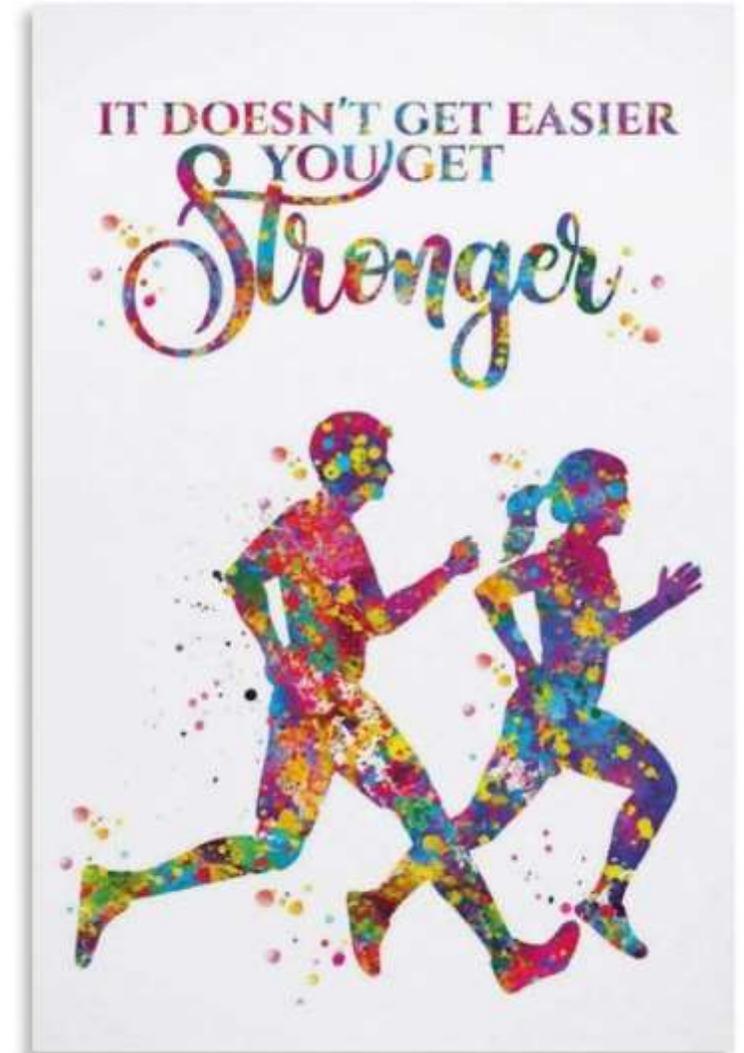


**Women: Brigid Kosgei (Kenya) 2:14:04  
(Born: 1994, Record: 2019)**

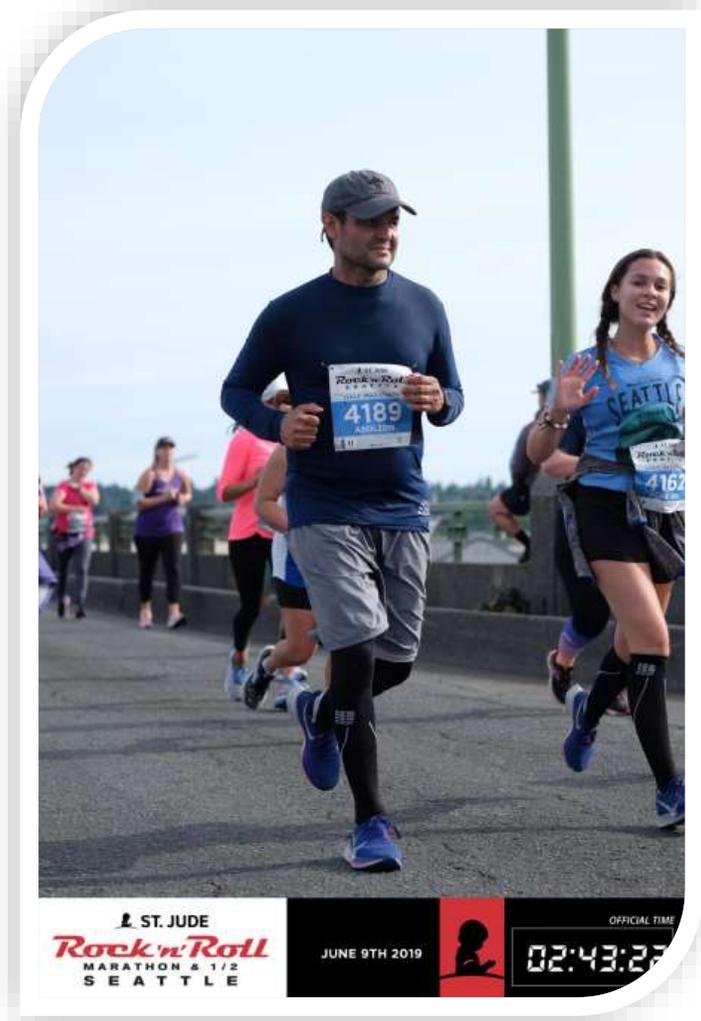
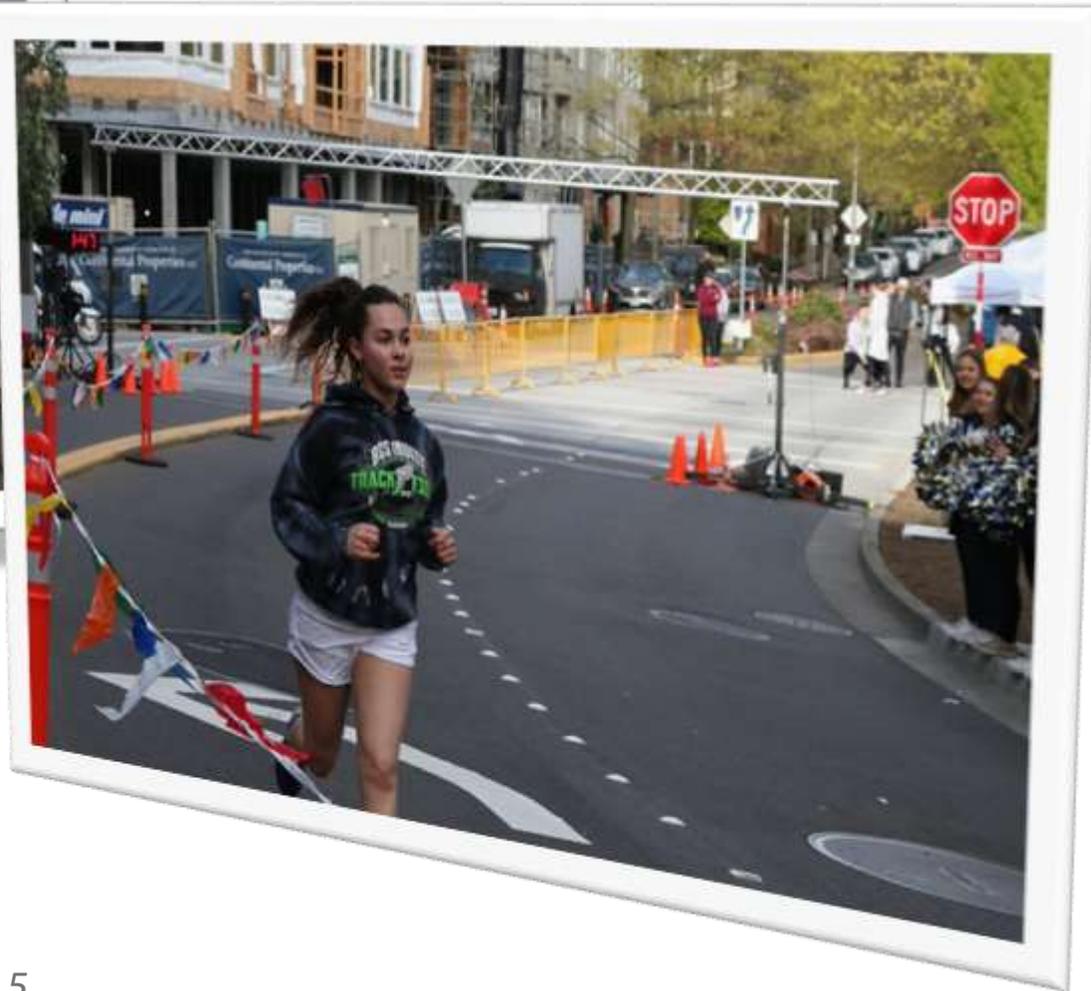


Why? (as in "*Why would anyone run marathons as a hobby?!*")

- "*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

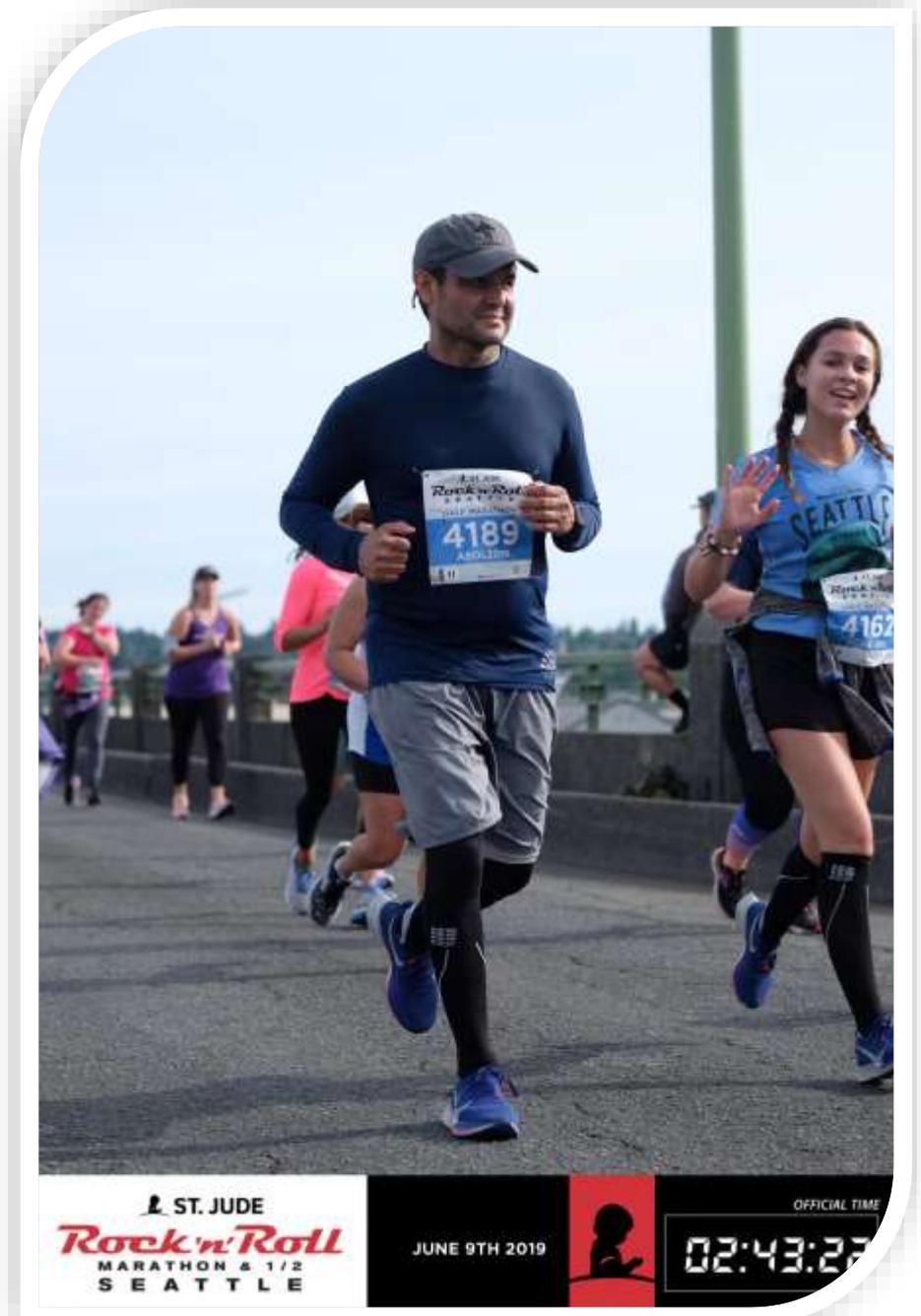


Just  
before...



# 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

[All Races](#)
[Classic Races](#)
[Multisport Events](#)
[Variety Runs](#)
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## 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](#)

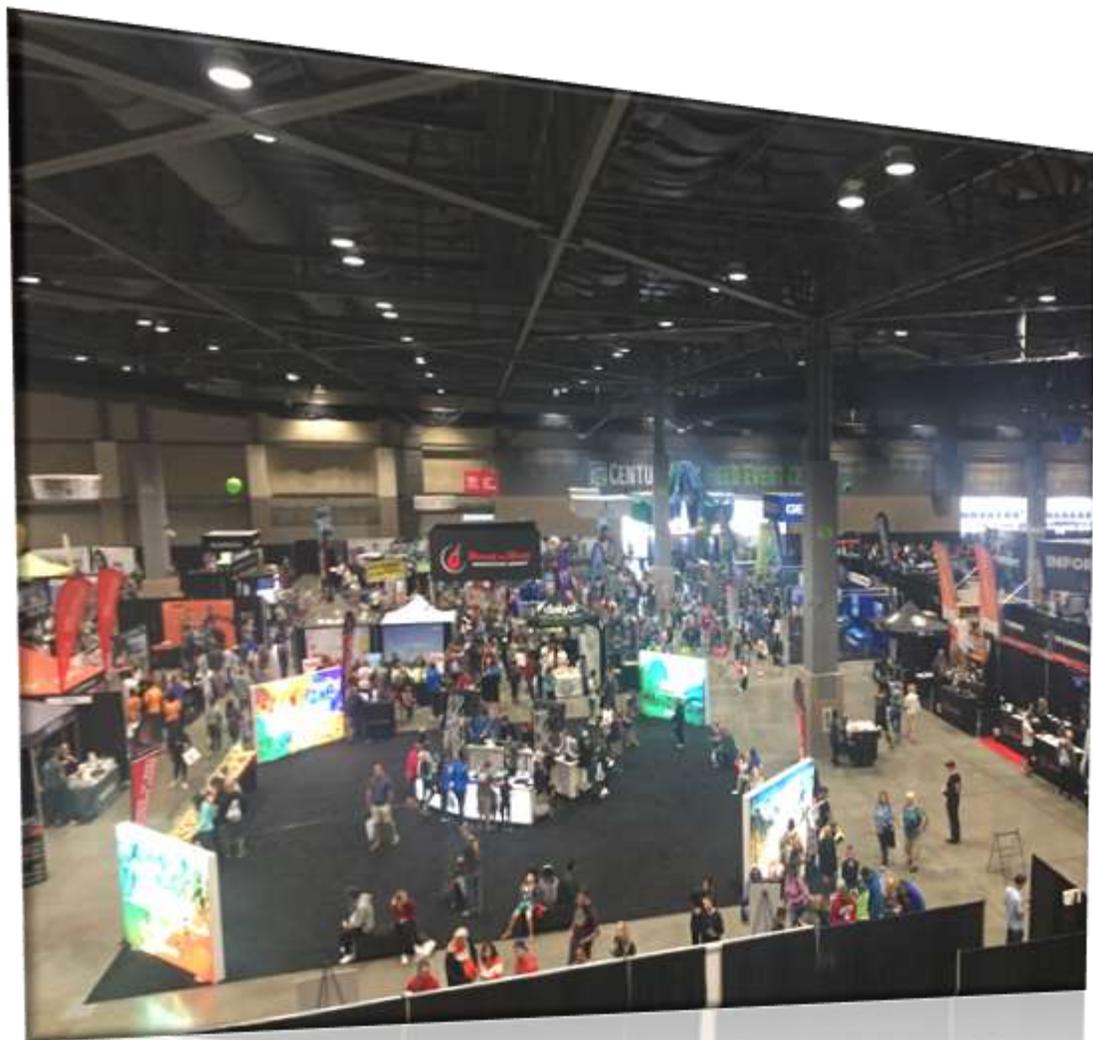
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Classic (14) MultiSport (1) Variety (1)	<b>2</b> Classic (18) Variety (2)	<b>3</b> Classic (357) MultiSport (11) Variety (8)
<b>4</b> Classic (316) MultiSport (3) Variety (3)	<b>5</b> Classic (35) Variety (1)	<b>6</b> Classic (13) MultiSport (1) Variety (1)	<b>7</b> Classic (24) MultiSport (3) Variety (1)	<b>8</b> Classic (18) MultiSport (3) Variety (1)	<b>9</b> Classic (24) MultiSport (3) Variety (2)	<b>10</b> Classic (502) MultiSport (41) Variety (14)
<b>11</b> Classic (69) MultiSport (43) Variety (5)	<b>12</b> Classic (18) MultiSport (1)	<b>13</b> Classic (17) MultiSport (2) Variety (1)	<b>14</b> Classic (30) Variety (2)	<b>15</b> Classic (32) MultiSport (2) Variety (1)	<b>16</b> Classic (16) MultiSport (4) Variety (4)	<b>17</b> Classic (202) MultiSport (45) Variety (14)
<b>18</b> Classic (85) MultiSport (34) Variety (1)	<b>19</b> Classic (8) MultiSport (1)	<b>20</b> Classic (17) MultiSport (1)	<b>21</b> Classic (32) MultiSport (2) Variety (1)	<b>22</b> Classic (31) MultiSport (2) Variety (1)	<b>23</b> Classic (28) MultiSport (2) Variety (1)	<b>24</b> Classic (257) MultiSport (28) Variety (17)
<b>25</b> Classic (57) MultiSport (39) Variety (3)	<b>26</b> Classic (7) MultiSport (1)	<b>27</b> Classic (19) MultiSport (2)	<b>28</b> Classic (21) MultiSport (1) Variety (2)	<b>29</b> Classic (15) MultiSport (3) Variety (2)	<b>30</b> Classic (19) MultiSport (2) Variety (1)	<b>31</b> Classic (229) MultiSport (28) 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!)**

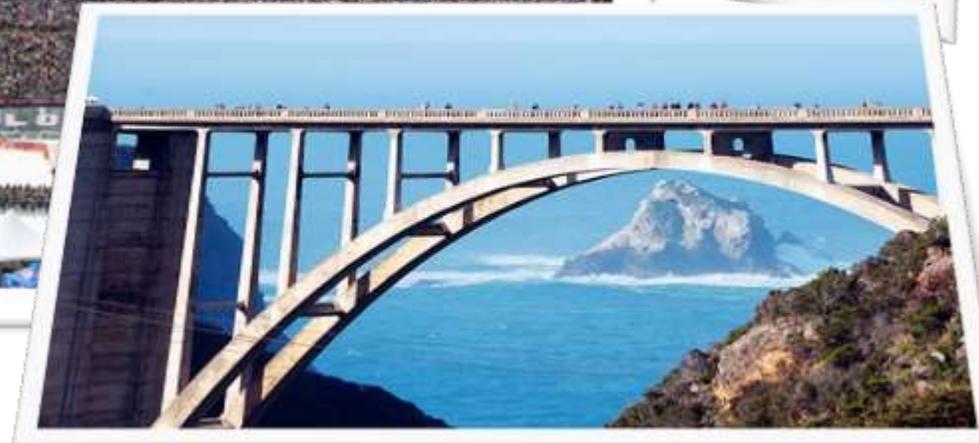
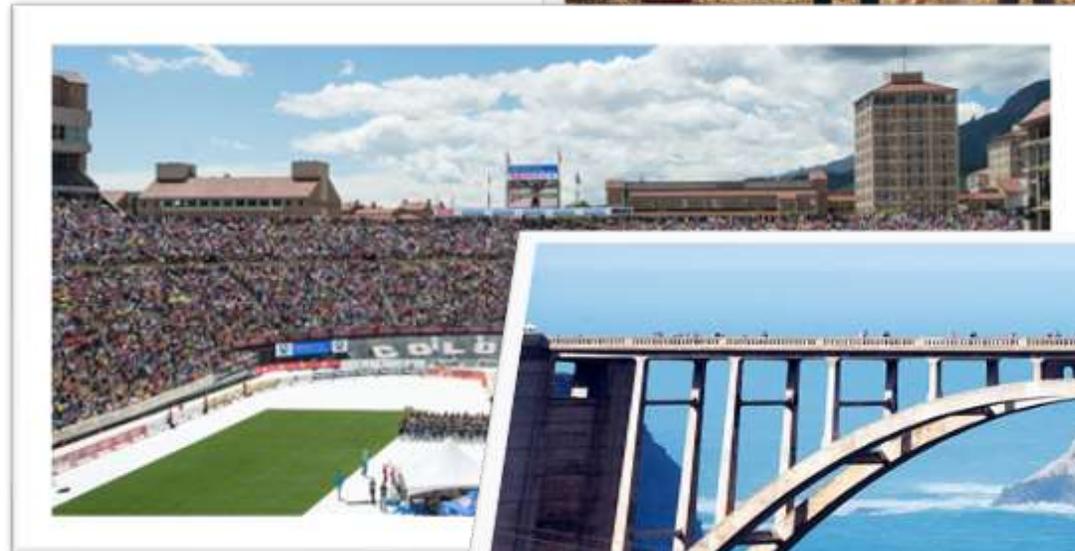
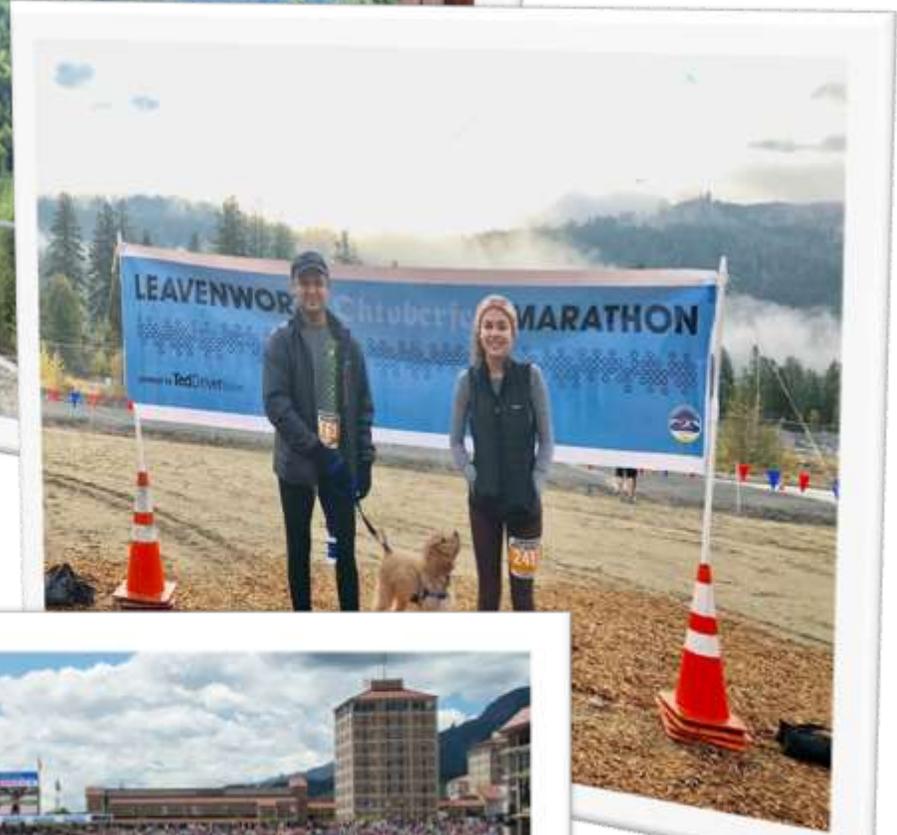


# Bib pick-up



# 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

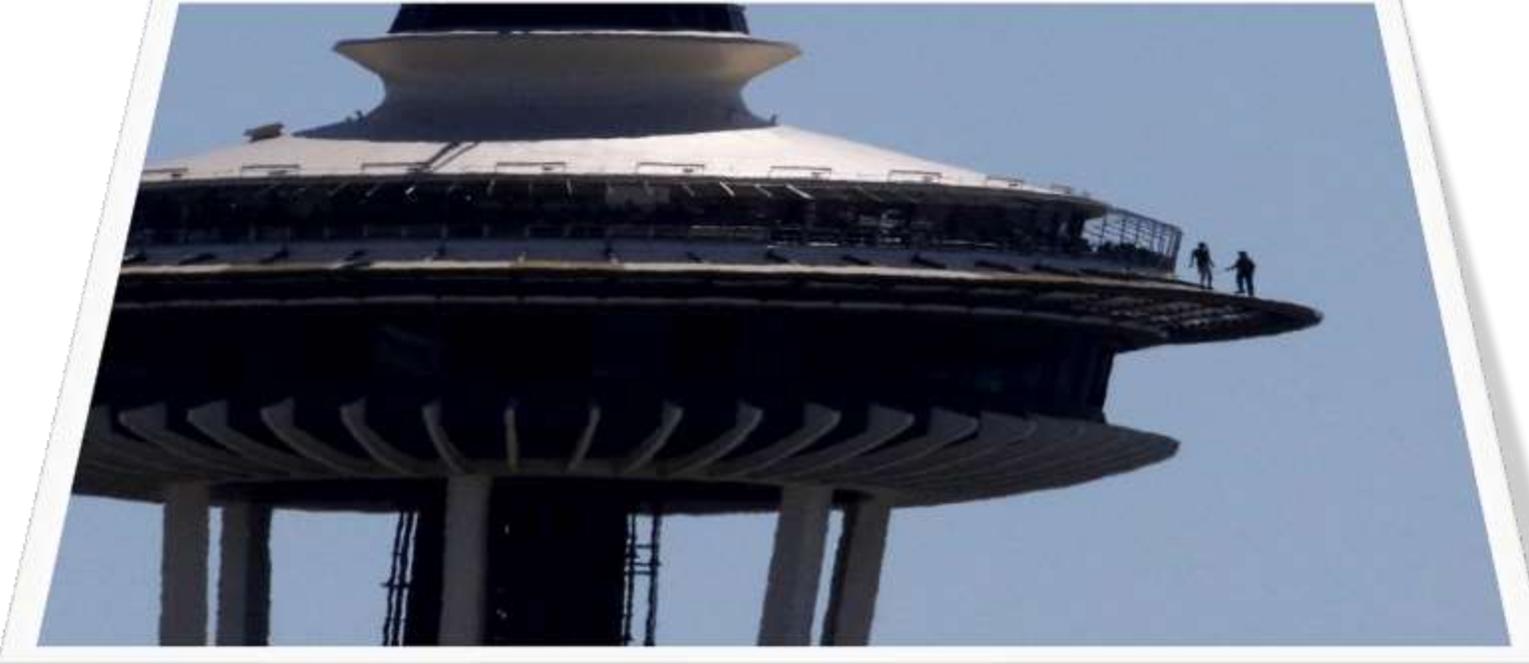
- Beat the blerch
- Halloween
- 12K of Christmas
- runDisney



# Fun “races” ... Base2Space

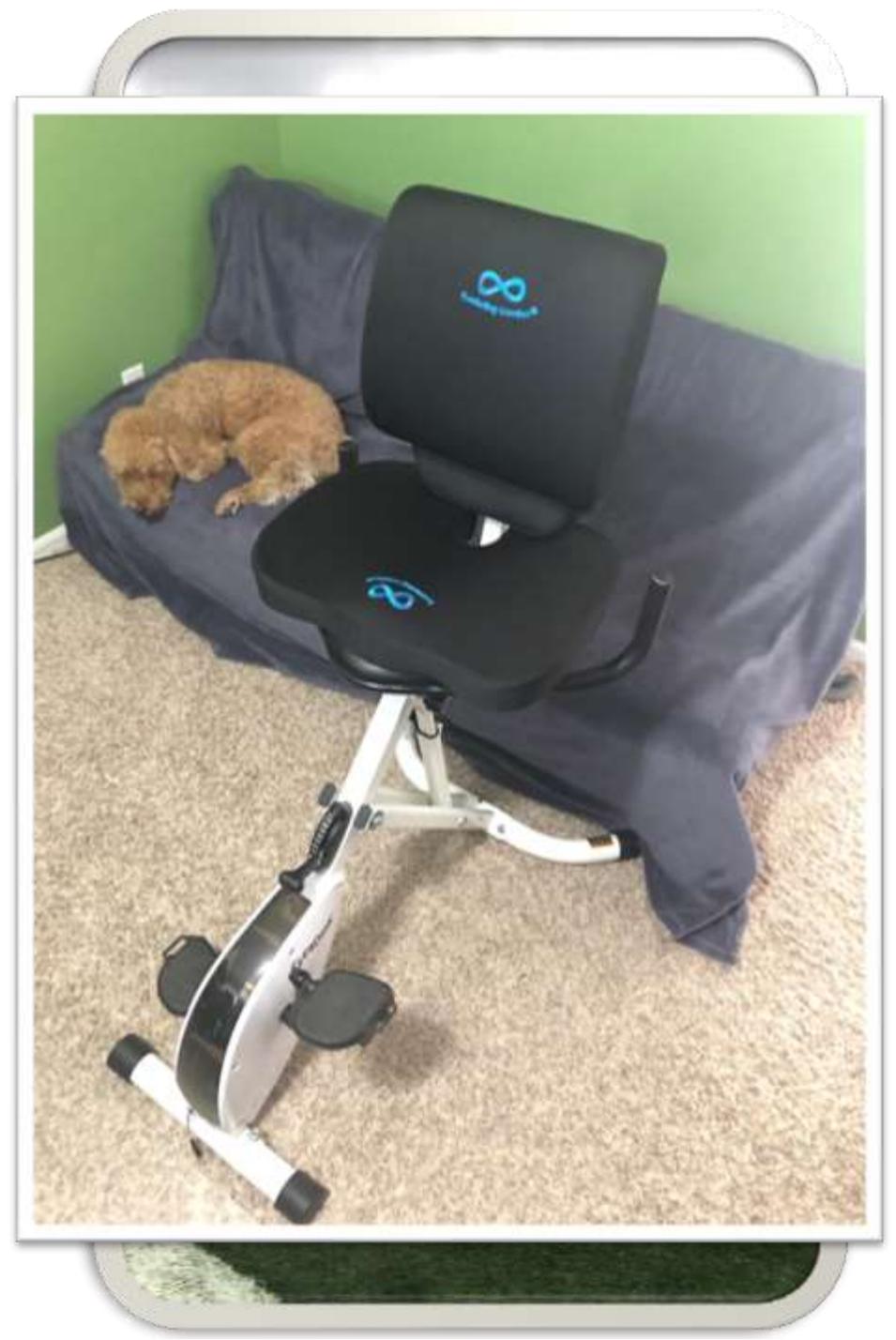


**Fundraising event lets winners walk Space Needle 'halo'**  
Originally published April 21, 2017 at 8:00 pm | Updated April 21, 2017 at 8:08 pm



# Training

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



# Our sections...

3) Get to the Boston Marathon starting line

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

~~1) Why?~~

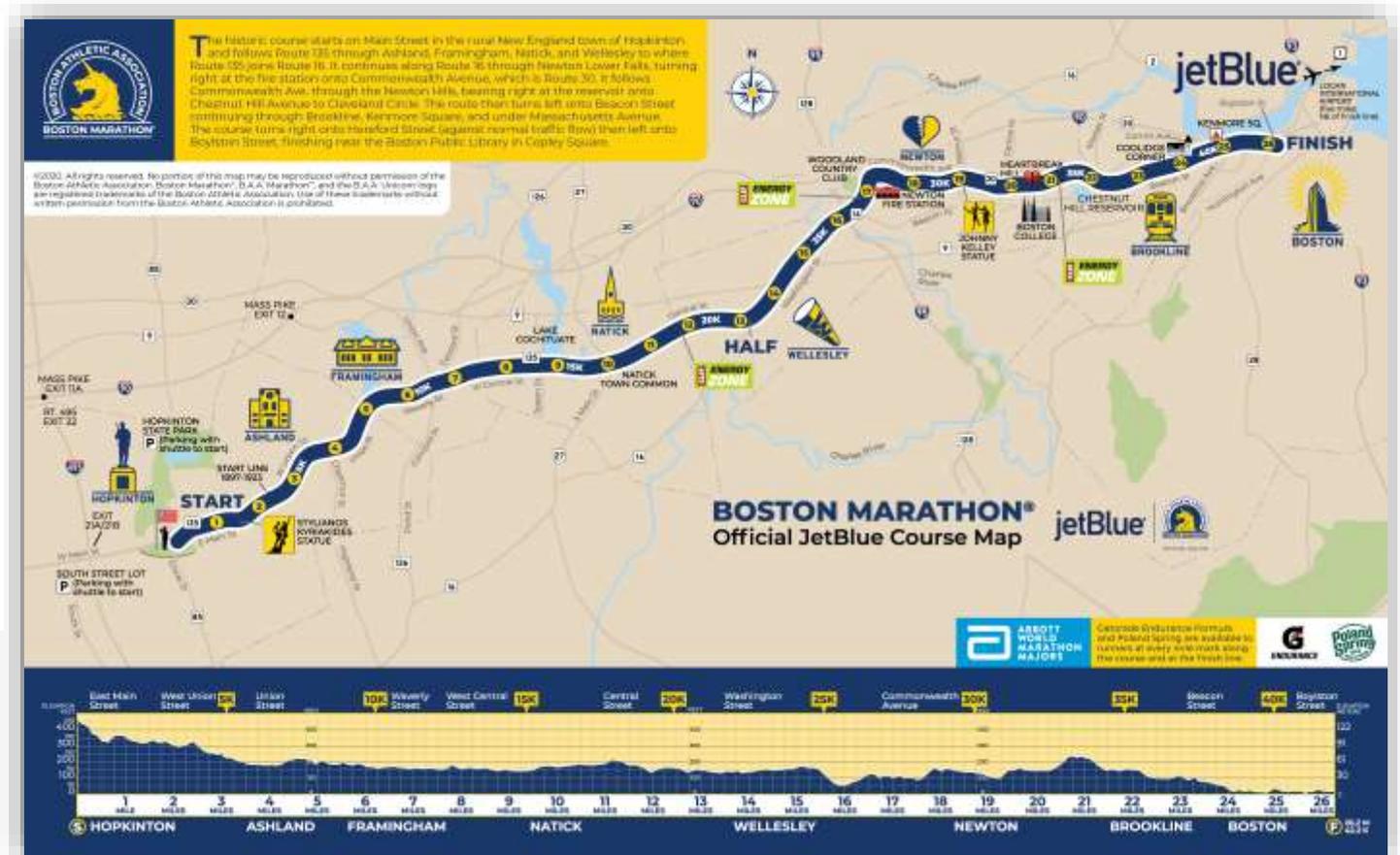


# Why is Boston so prestigious?

- World's oldest annual marathon
- Patriot's Day (3<sup>rd</sup> 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...

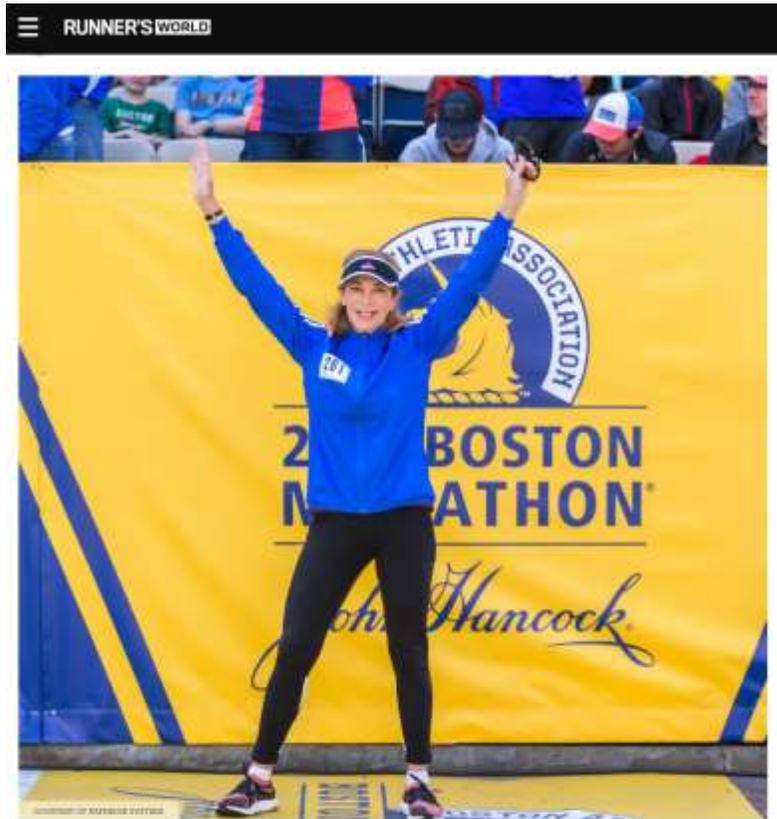
**Vote in the USA: 1920**



**Run marathons in the Olympics: 1984**



# Marathon Woman



- Kathrine Switzer's best-selling memoir, *Marathon Woman*, is set to be adapted into a film by Chastain Film Capital.
- Switzer, now 72, is best-known for becoming the first woman to officially register and run the Boston Marathon.
- She also played a key role in establishing the first women's Olympic Marathon in 1984.



# BQ?

The screenshot shows a web browser window with two pages. The left page is the official BAA qualifying page, and the right page is an article from a running website.

**QUALIFY FOR THE BOSTON MARATHON**  
ATHLETES MUST MEET TIME STANDARDS WHICH CO...

- For the 2022 Boston Marathon, qualifying times must be run on a certified course.
- 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 February 28, 2022. The to-be-announced registration period later this fall.

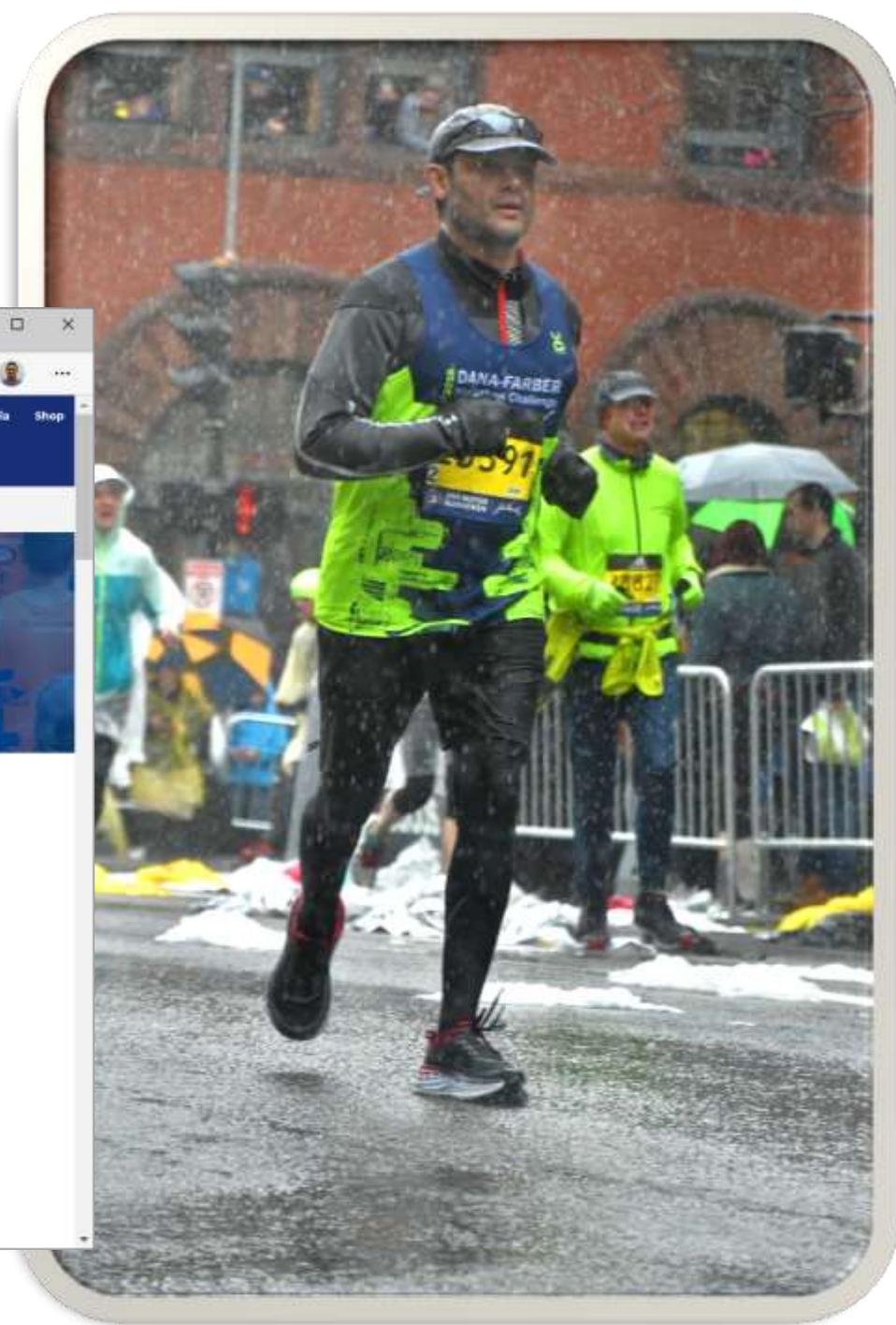
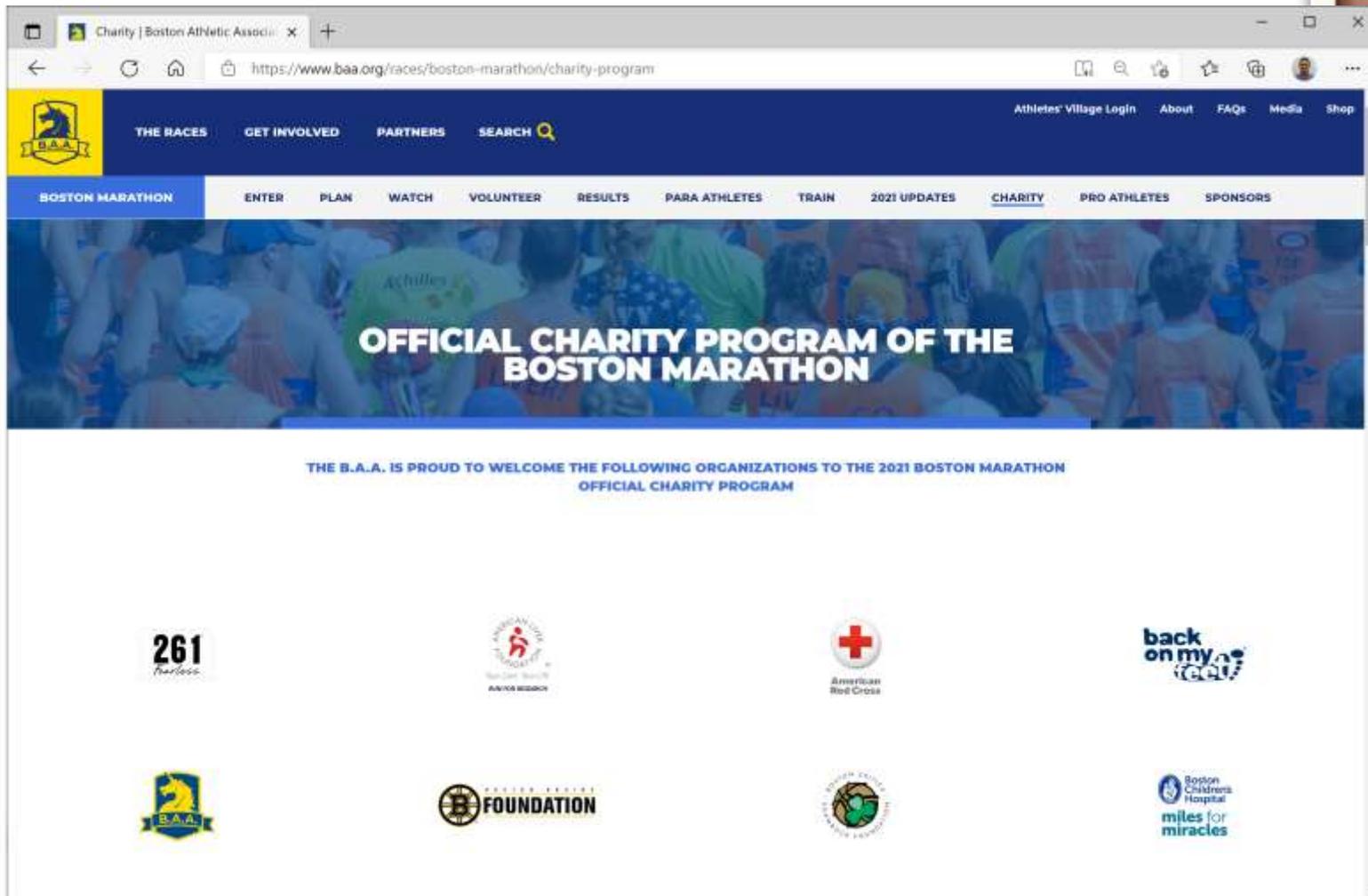
Age Group	MEN	WOMEN
18-34	3hrs 00min 00sec	3hrs 30min 00sec
35-39	3hrs 05min 00sec	3hrs 35min 00sec
40-44	3hrs 10min 00sec	3hrs 40min 00sec
45-49	3hrs 20min 00sec	3hrs 50min 00sec
50-54	3hrs 25min 00sec	3hrs 55min 00sec

**The 10 Best Races to Qualify for the Boston Marathon**  
By Michele Gonzalez

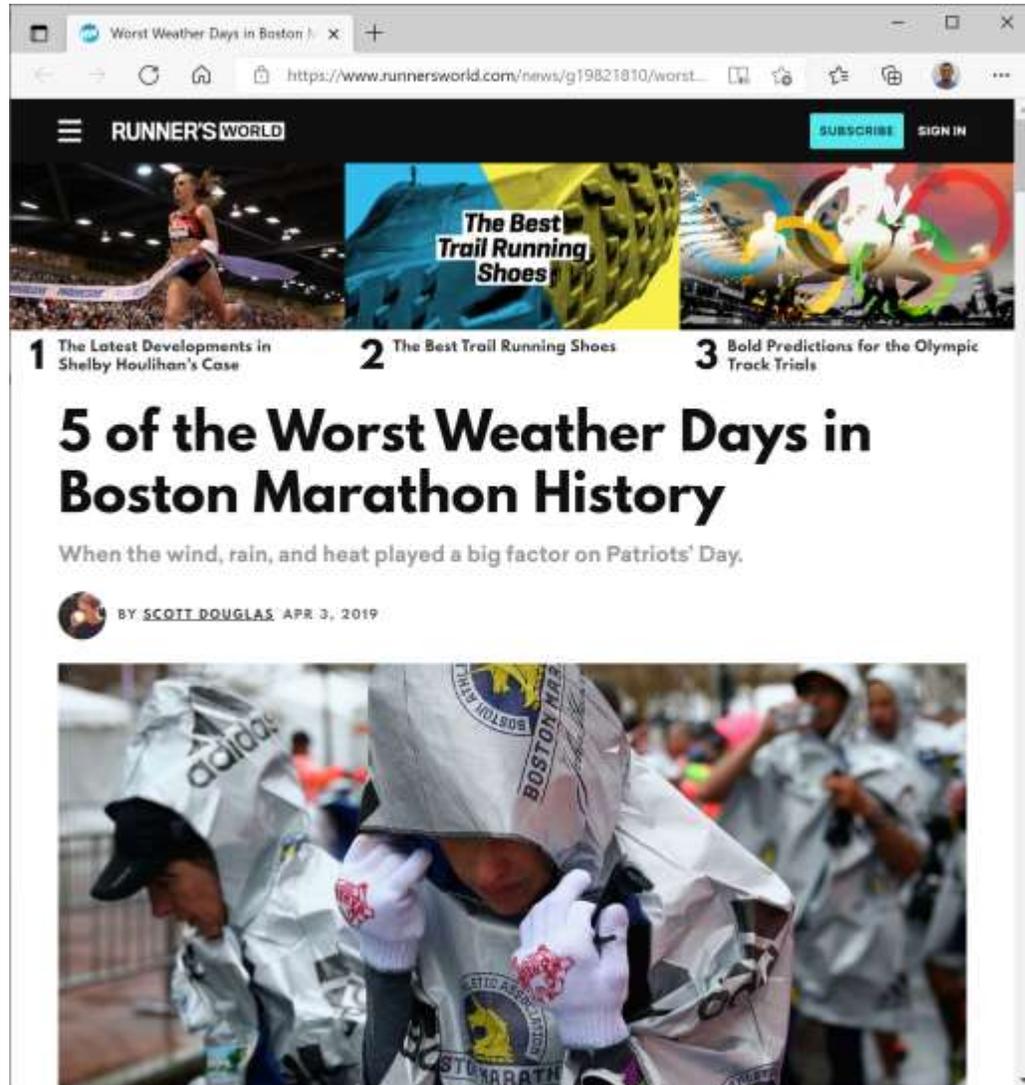
The Boston Marathon, held annually on the third Monday in April, is the only mass-participation marathon in the world that requires a qualifying time to participate. Qualifying times are based on the runner's gender and age, and for many runners, making it to Boston becomes a lifetime goal.

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.

# 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

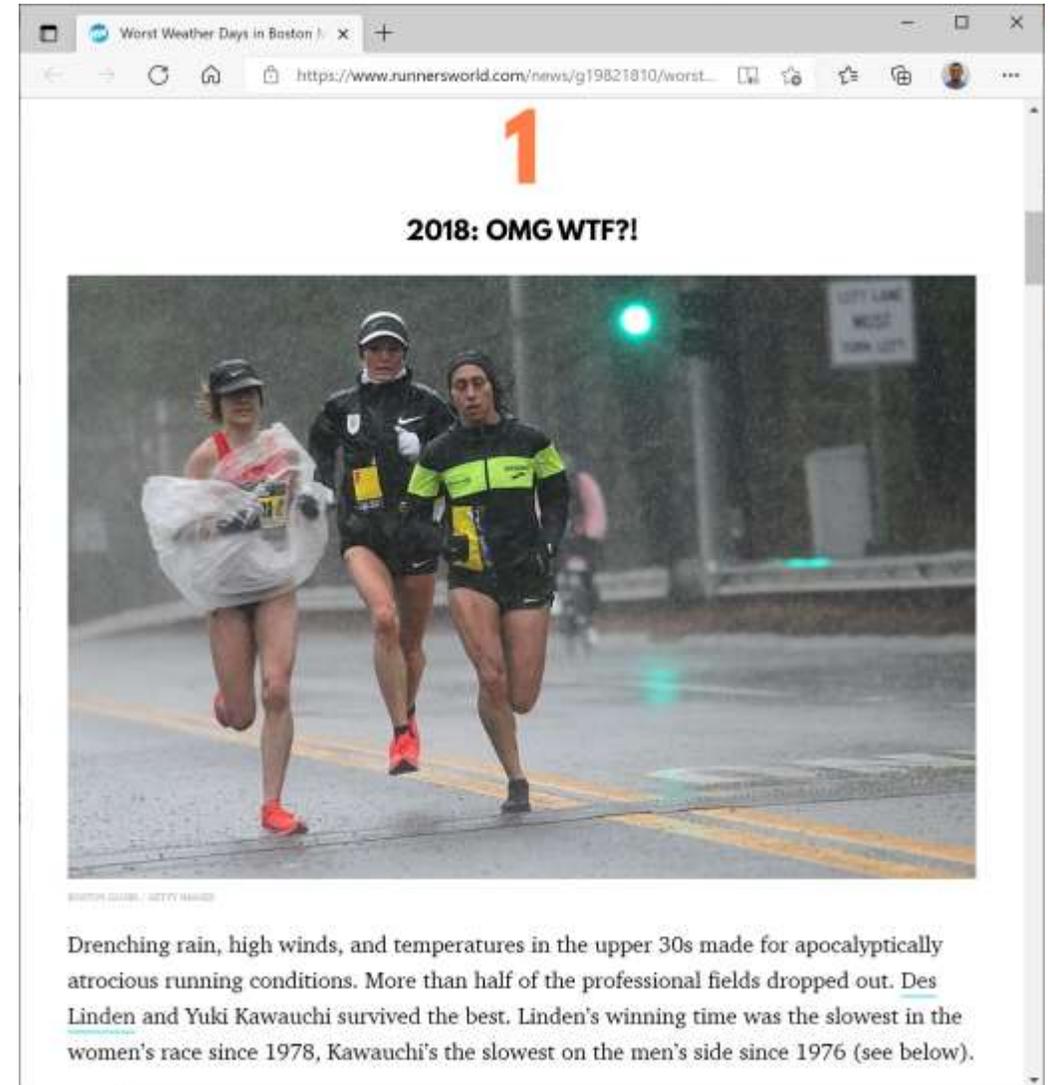
**The Best Trail Running Shoes**

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...

# 1

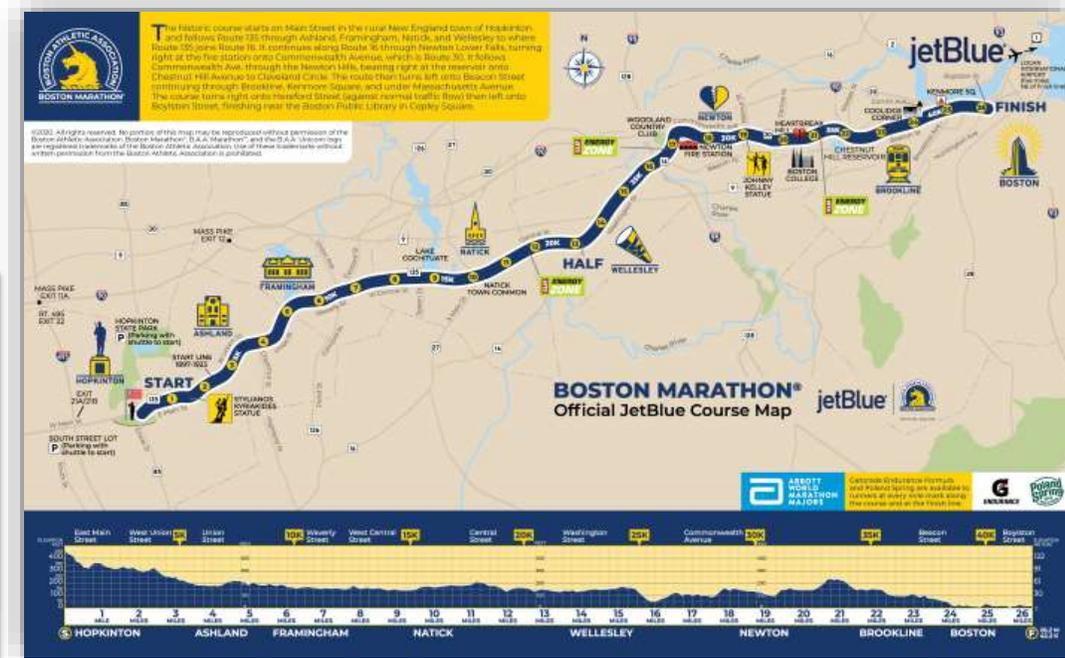
## 2018: OMG WTF?!



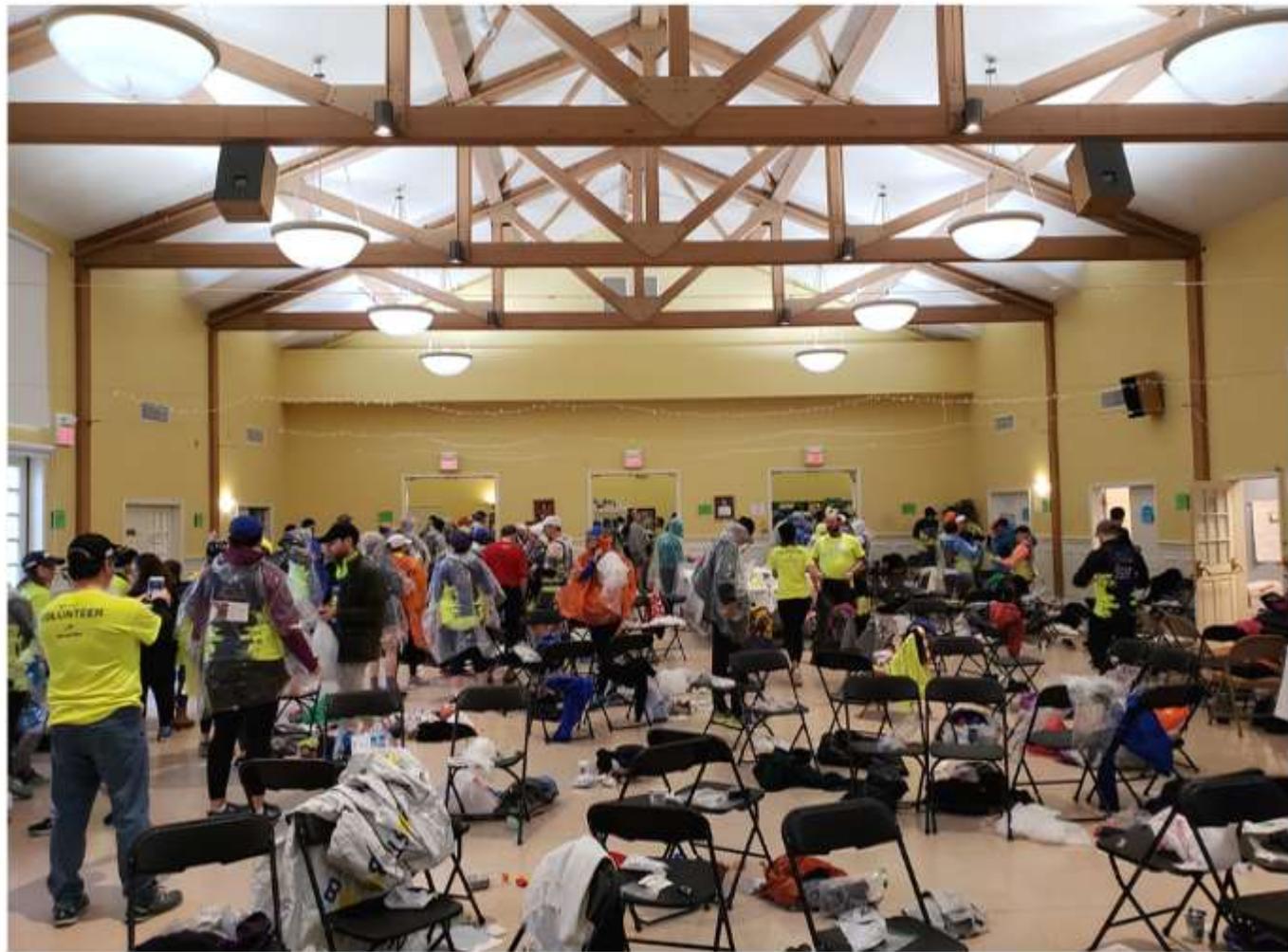
BOSTON GLOBE / GETTY IMAGES

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).

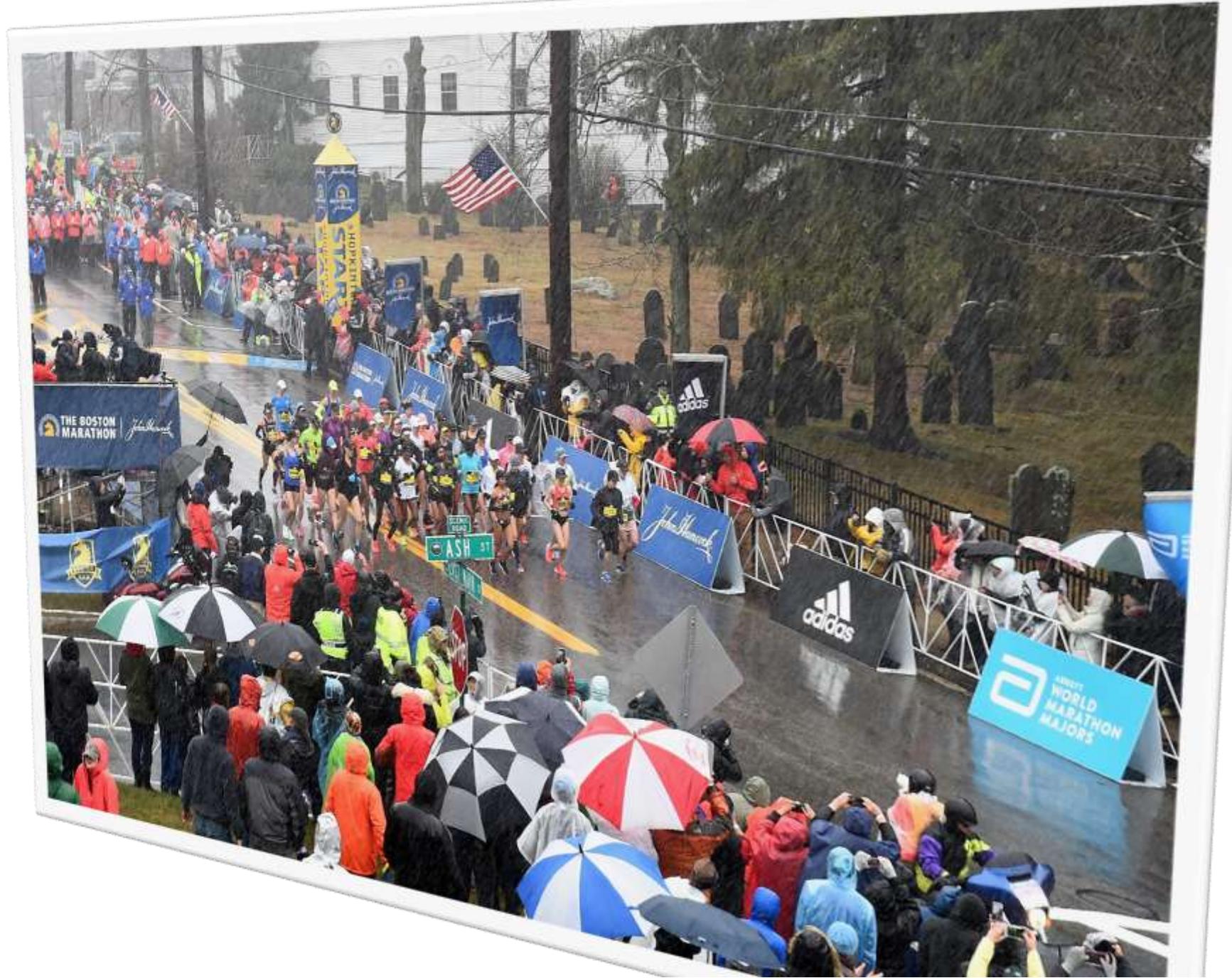
# Getting to the start line



Then...



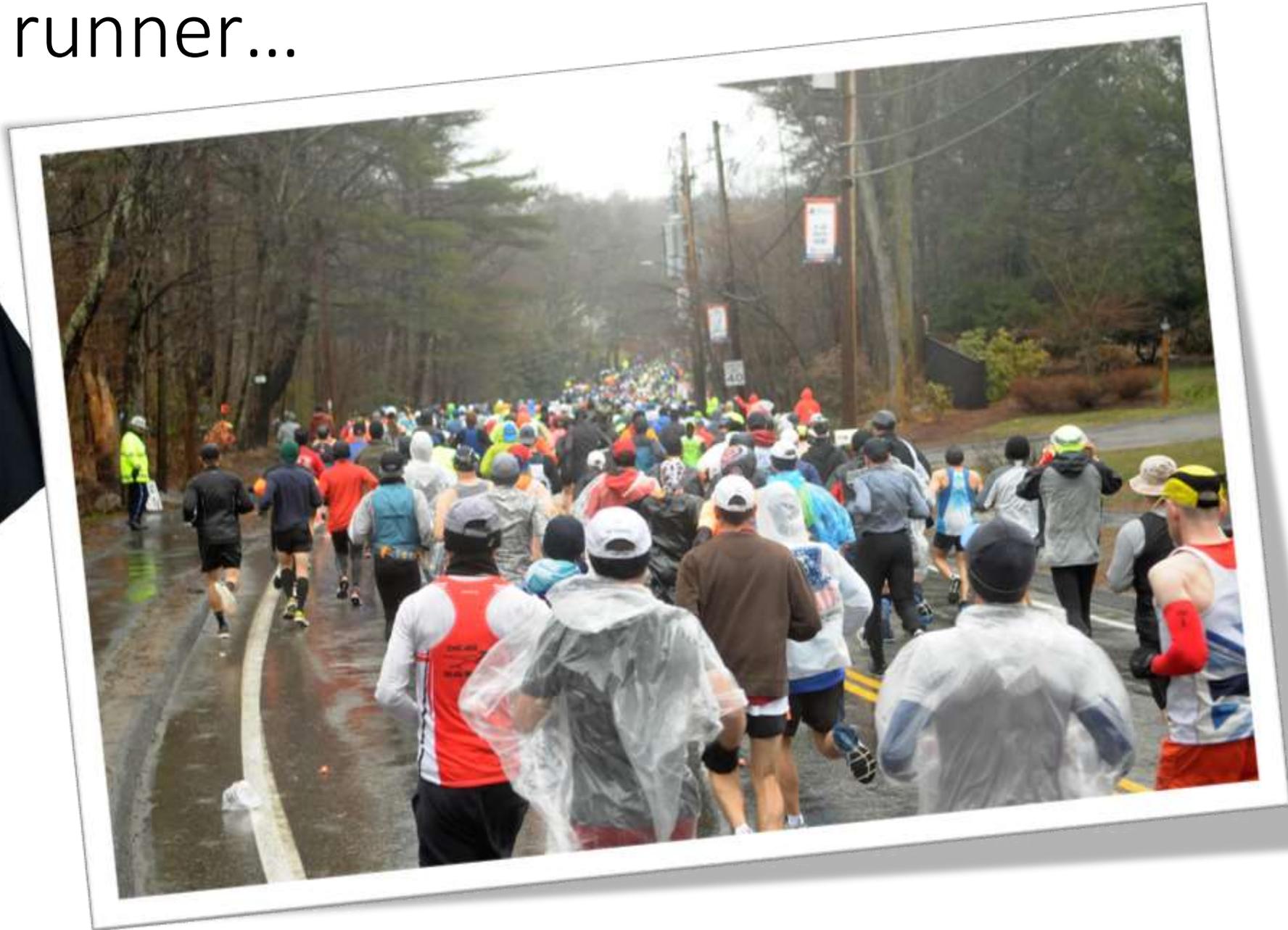
# Starting waves



Eventually... running!



Not an elite runner...  
calm down!



Fast forward 26.2 miles...



*Thank you! Q&A...*

**13.1**

**26.2**

**JUST  
RUN**