



**January 2003**

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**CLUB NEWS** by John Goldrosen (781-447-2812, [jgoldrosen@earthlink.net](mailto:jgoldrosen@earthlink.net) )

Lots to report, on activities past and upcoming....

### **THE ANNUAL BANQUET—LAST CALL!**

We still have room for the Banquet on January 25<sup>th</sup>—but we need to give the Victorian House a final count by January 20<sup>th</sup>, so if you haven't sent in your reservation yet, please let **Curt Jarva** know by phone or email **immediately** that you are coming, and send your check to him by mail. Curt's phone number is 781-659-2483, and his email is [curtjarva@attbi.com](mailto:curtjarva@attbi.com) . If you need a registration form, it can be downloaded from [www.colonialrunners.org](http://www.colonialrunners.org) , or you can call me (781-447-2812) and I can email or mail you one. Also, because we still have room, **non-members are welcome**—so please invite your friends, and help us have a big turnout for **Bill Rodgers**. I especially look forward to meeting new members at the banquet and having the chance to talk with you about what the club can do for you in the year ahead.

By the way—we will have club clothing for sale at the banquet, and Bill Rodgers will be selling and autographing copies of his book, [The Complete Idiot's Guide to Running](#) (hey, it's a marketing thing...). So bring cash and checks....

### **BOSTON MARATHON WATER STOP**

Colonial members help to operate the BAA water stop at the 16-mile mark (just west of Route 128 in Newton), under the direction of **Al Donaghy**. If you worked the water stop last year as a registered volunteer, you should have received a volunteer application form in the mail. If you've lost it, you can get one from the BAA website, [www.baa.org](http://www.baa.org) , fill it out, and give or send it to Al by January 25<sup>th</sup> (Banquet Night). Al's address is 18 Harriet Road, Abington, MA 02351. If you did not work the water stop before: download an application, fill it out, and get it to Al by the same deadline. The number of slots available depends on how many vacancies there are from turnover in last year's "crew," so please understand that Al may not be able to accommodate everyone who is interested. If you have any questions, call Al at (781) 878- 8622. Please be aware that working the water stop is an all-day commitment—we need to get to Newton before 10 AM, and clean-up isn't finished until about 4 PM. As Al always tells the volunteers, "We're here to work"—but yes, it is a lot of fun, too!

### **The New Year's Day Fun BRRRunCH**

About two dozen Colonials met on New Year's Day morning for a non-competitive group run, followed by socializing over bagels, donuts, and coffee afterwards at the First Baptist Church in Abington. We were treated to the nicest weather in the last few weeks, with temperatures in the low 40's. Everyone enjoyed this low-key club event, and we're certain to repeat it next year. Thanks to **Al Donaghy** for arranging the site--and for heating up the bagels in the oven while we were out on the run!

### **ATTENTION TRACK & FIELD FANS...**

The 2003 Boston Adidas Indoor Games track and field meet will be held at the Reggie Lewis Track Center in Boston on Saturday, February 1st beginning at 5 PM. Among the athletes expected to attend are Maurice Greene, Stacy Dragila, Regina Jacobs, and Bernard Lagat. Tickets are reasonably priced (\$15-25). For full information, check the meet's website: [www.globalathletics.com/adidasgames2003](http://www.globalathletics.com/adidasgames2003) .

## **BOSTON MARATHON WAIVERS: the winners are...**

As might be expected from the growth in the club over the past year, we had a record number of applicants for the BAA qualifying-time waivers. The recipients are **Cedric Baar, CherylAnn Dorsey, Tiffany Walker, Billy Allen, and Susan Makovsky**. Thanks to all of you who applied, and if you didn't get a waiver this time—just “wait'll next year!”

**To all CRR members running Boston this year: please let me know**, because the BAA asks that we supply a list. This may be a consideration in determining how many waivers we receive in future years, so you will be helping the club (and perhaps yourself!) by providing this information. As in past years, we do plan to arrange for a **Colonial club bus to Hopkinton**, leaving from the Braintree MBTA station on Marathon Day. More details will follow in March, but if you want to be sure to be notified as soon as full details are available, give me a call or email. And don't forget our **Saturday group run** at the Woodsdale School in Abington, which is a great way to have company for those long runs and to pick up training tips. We plan to organize a **20-mile training run on the Marathon course**, probably on Sunday, March 30<sup>th</sup>, which will be three weeks before the race—a great confidence-builder! Let me know if you would be interested in running all or part of this training run, or if you would like to be part of the support team.

## **PETER DOVELL BENEFIT RUN: Sunday February 2<sup>nd</sup>, 1 PM, Raymond School, Brockton**

As many of you already know, one of our members, Peter Dovell, was critically injured in December when he was hit by a car that crashed into a gas station in Brockton where Peter was standing. He suffered numerous broken bones and was severely burned over much of his body. He has been at Mass. General Hospital since the accident. Peter has been running road races in the Brockton area for many years, and has many friends among local runners. To give us all a means to show our moral and financial support for Peter and his family (his daughters Tracy and Kerrie are also club members), Colonial Road Runners and Dave Gorman (organizer of the Brockton Kid's Road Race series) have organized the Peter Dovell Benefit Run and Walk, to be held at the Raymond School on Oak Street in Brockton (across the street from the Time Out Café, where we hold the Paddy Kelly Road Race). This will be strictly a fun run—there will not be any bib numbers, recorded times, trophies, or T-shirts. What you will get is a good feeling from helping a fellow runner in need. The run will follow a 3.5 mile route through part of D.W. Field Park, and there will also be a two-mile walk. We hope that many of you will come, and that you will pass the word to as many people as possible. For those who would like to pre-register, entry forms are available at [www.colonialrunners.org](http://www.colonialrunners.org). The fee is \$10 per person.

## **PADDY KELLY ROAD RACE: February 9—Noon, Time Out Café, Brockton**

This club-sponsored race is fast approaching! Remember, club members pay just \$8 for pre-entries (deadline: February 1<sup>st</sup>). If you would like to be a **race volunteer**, please contact **Tom and Susan Yellope** at 508-580-1606 or [tyellsusan@webtv.net](mailto:tyellsusan@webtv.net). We are looking for **business discount coupons or gift items** to be placed in the “goody bags” that will be passed out to runners at Paddy Kelly. If you have a business of your own (or know local merchants who would be interested), just supply us with 300 copies of a flyer, discount coupon, business card, pen, magnet, etc., and we'll stick them in the bags. We will need to have the materials by February 1. Please contact Tom and Susan for details.

## **NEW ITEM: ID SAFETY TAGS**

As a matter of safety in case of accident or injury, everyone should carry personal identification while running—but most of us probably don't do so, either because we don't get around to buying one or we lack a convenient way to carry anything. Well, we have the solution for you: a low-cost, lightweight, waterproof tag that folds over and attaches easily to your shoelaces with a secure plastic snap, and has space for your address, emergency contact, and medical information on the inside flap. To make it as easy (and cheap) as possible for our members, we placed a bulk order for these “Smart ID” tags directly with the manufacturer, and ordered them in navy blue with “Colonial Road Runners” imprinted on the outside. Yes, you can be safe and stylish! Thanks to the quantity discount, we are now selling these “Colonial ID tags” for just \$2.00 apiece, well below regular retail cost. The Colonial ID tags will be available for sale at club events, including the annual banquet. *Hint: Buy one to attach to each pair of shoes you use, and then you'll never have to remember to switch the tag from one pair to another before you head off for a run.*

## TRAIL RUNNING, ANYONE?

In a previous newsletter, I mentioned that I had undergone knee surgery to remove torn cartilage last July. Afterwards, the surgeon strongly advised me to cut back on my mileage and/or find ways to soften the impact, if I wanted to be able to run for years to come. His precise medical explanation was: "There's only so much tread left on these tires." And indeed, once I started running again, I found that my knee would be sore the day after running on pavement for anything more than 4 or 5 miles. So, by necessity, I have transformed myself into an off-road runner, doing as much of my running as possible on athletic fields, golf courses, parks, dirt roads, and trails. And guess what? I'm enjoying it! (Though I do miss not being able to run longer road races.) I've been scouting out routes on bridle trails and dirt roads in the Blue Hills Reservation, other state parks, and in the rural parts of Plymouth. Yes, there are risks of turned ankles, etc., but overall, running on soft surfaces allows you to run further with less wear-and-tear. If you also like to run off-pavement or would like to give it a try, let me know and I will put you on an email notification list for weekend trail runs.

## TRIATHLONS, ANYONE?

Several of you have mentioned to me that you would like to try to do your first triathlon next summer. There are several experienced triathletes in the club, and we hope to draw on them for some coaching and support for first-timers. We will hold a meeting in the spring to see who is interested in a Colonial triathlon group and what type of support would be helpful. I expect that we will pick a local triathlon this summer as our "target race" that the group members would all try to participate in together. Watch for more news in our next newsletter—and in the meantime, let me know if you would like to be involved, either as a "newbie" or a "veteran."

## 2003 GRAND PRIX COMPETITION SERIES

Here's the list of local races that will be included in the 2003 Grand Prix Competition Series. There is one race per month, spread out geographically through the area served by our club, with distances ranging from 5K to 10 miles. For each race, Colonial finishers will be awarded points based on their finish relative to other Colonials (10 points for first male and Colonial finisher, 9 for second, etc., down to 1 point for tenth place and lower). Awards will be given at next year's banquet for the top three male and female overall, and also for the first place male and female 50 years and older. So that we will know who is interested in having their results tracked, and to make it easier for us to figure out results quickly after a race, you must "register" for the series before the first race that you participate in by notifying the Grand Prix Series Director, Frank Donaghy, at 781-341-8019 or [frankd@colonialrunners.org](mailto:frankd@colonialrunners.org). This series is NOT just for "good" or "competitive" runners—it's for everyone. In fact, the 2202 Grand Prix races turned out to be great Colonial social get-togethers because of the large number of Colonials participating—if you want to be sure that you'll know people at a race, come to the Grand Prix events! A reminder: please wear your Colonial singlet, to promote the club's visibility and to identify yourself as a member to others who may not yet know you.

**Dates shown for each race are based on when the race was held last year, so the dates are subject to change!** To the extent possible, we will provide links from our website to applications for the races, or obtain paper copies to distribute at club runs and events.

<b>Sun., January 12</b>	<b>Raynham Frostbite 15K</b>
<b>Sun., February 23</b>	<b>Foxboro Old Fashioned 10M</b>
<b>Sun., March 9</b>	<b>Raynham Knights of Columbus 5M</b>
<b>Sun., April 13</b>	<b>Whitman Firefighters 5K</b>
<b>Sat., May 17</b>	<b>Plympton Strawberry Shortcake 10K</b>
<b>Tues., June 17</b>	<b>Abington Fun Run 3.3M</b>
<b>Sat., July 26</b>	<b>Carver Cranberry Classic 5M</b>
<b>Wed., August 20</b>	<b>Brockton Swamp Rat Race 3.75M</b>
<b>Sun., September 7</b>	<b>Hingham SIDS 10K</b>
<b>Sun., October 5</b>	<b>Easton NRT Race 5M</b>
<b>Sat., November 8</b>	<b>Weymouth Veteran's Memorial 5K</b>
<b>Sun., December 7</b>	<b>Abington Winter Fun Run 4M</b>

## 2003 CLUB AWARD CATEGORIES

Included with this newsletter is a list of the club awards that you can qualify for during 2003. Please note that some changes have been made to the award categories and qualifications used in the last few years.

Also included with this newsletter is a list of the races that will qualify you for the **Race Participation Award**. Races on the list are grouped chronologically into "events." To receive the 2003 Race Participation Series Award, you need to run at least one race in 9 of the 16 event groups. This is a non-competitive award: what counts towards the award is your participation, not your place or finishing time. This is our way of encouraging all our members to support local or near-by races on a regular basis. If you know of a local race that is not included on this list, please let me know, and I will try to add it to next year's list. And if you have any questions about what you need to do to qualify, call or email me.

## FINAL 2002 COLONIAL ROAD RUNNERS GRAND PRIX STANDINGS

By Frank Donaghy ([frankd@colonialrunners.org](mailto:frankd@colonialrunners.org))

Overall, we had a total of 53 different Colonial Members earn at least 1 point in this year's Grand Prix competition. The overall winners were: **Stephen Smith** with 100 points and **Beth Hackett** with 85 points.

Women			Men		
	Name	Points		Name	Points
1	Beth Hackett	85	1	Stephen Smith	100
2	Beth Corry	70	2	Jim Dupont	87
3	Tiffany Walker	53	3	Tom Yellope	81
4	Hillary Hewitson	48	4	Andy Brennan	68
5	Betsy Knapp	40	5	Kevin Whalen	66
6	Iris Madore	36	6	Jack Foley	59
7	Irma Walat	32	7	Frank Nelson	50
8	Phyllis Padula	27	8	Clayton Gardner	36
9	Ilda Nelson	16	9	Cedric Baar	24
10	Marie Ficociello	15	10	John Goldrosen	11
11	Jeanne Sullivan	13	11	Chris England	11
12	Christine Zepeda	11	12	Dave Dorsey	10
13	Maree Ficociello	11	13	Mark Costello	10
14	Jill Strathdee	10	14	Kyle Hackett	10
15	Cindy Meyer	10	15	John Terranova	9
16	Lori Noel	8	16	Chris Long	9
17	Lynne Goyuk	8	17	John Margie	9
18	Chris Miskinis	8	18	Steve Maher	9
19	Donna Cohen	7	19	Dave Thompson	9
20	Heidi Babson	6	20	Billy Allen	8
21	Susan Yellope	6	21	Mike Lozan	8
			22	Larry Thode	8
			23	John Shirriff	7
			24	Ron Marston	5
			25	Frank O'Brien	4
			26	Dave Regan	3
			27	Dick Carnes	2
			28	Steve Brooks	2
			29	Joe Comeau	2
			30	Thomas Hyde	1
			31	John Fournier	1
			32	Wayne Smith	1

Thanks to everyone who participated this year. We look forward to seeing you out on the roads in 2003. If anyone is interested, I've got the results for each individual race, as well as the overall results in an Excel spreadsheet. If you'd like a copy, let me know and I will email it to you.

**MARATHON TALES** *Here are two members' reports on their fall races.*

**A RAINY HARTFORD MARATHON** *by CherylAnn Dorsey*

In my second marathon, I missed the Boston qualifying time by 2 minutes with a 3:43:13 net finish time, but I bested my PR by 15 minutes (first marathon in DC this past March was 3:58 net), so I couldn't ask for more. I had an awesome race except the last 5 miles. My average mileage during training was just over 100 miles a month (129 in September), and I ran 3 days a week and a long run on the weekend. I didn't incorporate hill or speed workouts this time, though I did get in a couple pace/tempo runs. In my first marathon in DC this past March, I ran two 20's before the marathon, and this time I ran an 18, 20, 22 and both a 20K and 30K race before tapering down at 3 weeks before the marathon. My goal was to run at least an 8:20 pace to qualify for Boston at 3:40.

The forecast called for cloudy skies, 50's and light sprinkles. It POURED, torrential downpour—with some let ups here and there, and continued throughout the rest of the day. My husband David and I started out together and had a slow first mile trying to get around folks. They started the 5K, ½ marathon and marathoners at the same time. We ran basically 8:15's, catching up with the 3:40 pace leader at mile 3. The pace leader clocked an 8:00 trying to do negative splits to catch up. He then clocked an 7:54 and David and I decided to hang back and run our own race, still at the intended 8:20 pace goal. By mile 6, I picked up a fellow runner, Colleen, whom I met along the marathon course from the L Street Club in Boston and we basically ran through mile 20 together. I ran 7:50 pace miles 8-10, then averaged 8's-8:15 for a couple miles, then pulled away again with Colleen and I running sub 8's and 8's through mile 19. Around mile 17 I think, we ran along the Connecticut River, and the puddles were so deep on the sidewalk runners were plowing through the mud on either side. Per the marathon course map and word of mouth, I was prepared for the mile-long hill at mile 20, but knew I'd recover with a few miles remaining at the end. I never recovered because the hills continued through mile 24-25, catching me off guard. I ran 9:00's the last 3-4 miles, with an 11:00 for last 1.2. A few weeks ago, I irritated my IT band, so by mile 24, my right knee started buckling but I pushed through it to a very sore finish. David and I ran in the last 6 miles and finished together. I wouldn't run this course again because the markers were not well placed, and there weren't mile markers and clocks at every mile which I'm used to. The other reason I wouldn't run it is because it's not just an out and back loop, but it has loops within the loop, so you always saw other runners going by the other way, which was mentally disconcerting. Overall, I wouldn't do anything differently in the race, and am still shocked at the splits I ran. I nursed a tender IT band and sore muscles after but within a couple days, recovered with some tightness. I can't wait to train for the next marathon and best my new PR. The one thing I will incorporate are weekly hill and/or sprint repeats into my training to build the endurance and kick/turnover to last through till the end! Thanks to John Goldrosen for driving down to cheer on Cedric Baar, David and I!

*[Editors note: This was Cedric's first marathon. He finished in 4:19! Way to go Cedric!!!]*

## THE NEW YORK CITY MARATHON *by Tom Yellope*

Most of you have not run the New York Marathon and I thought I would tell you about my experience there so you might consider running it some time, also I need to tell someone of my running high. I need to tell runners because Susan is getting tired of me talking about it even though she had a great time too!

We arrived at the running expo about ten a.m. Sat. morning to pick up my number and give away packet. It was already crowded but, what a buzz in the air! Things went smoothly and it did not take long until we were out the front door and walking around the big city.

As we walked through Time Square I begun to notice lot's of people with running suits on and you know how I like to chat, so I got to talk to runners from all over the world! The most interesting one may have been the German girl who trained new runners for their first marathon. I asked her what was the most difficult part of her training them and she said to get them to STOP SMOKING!

Well, Sat. night I laid down on the bed to have a quiet evening and the girls were getting ready to raise hell out on the town (yes, I had two women with me....Susan and her girlfriend Anne ) when all of a sudden thick black smoke was pouring by our window! I opened the window and looked down and saw flames coming out of a large exhaust unit on top of a lower roof. I called the front desk to report a fire and they said not to worry just stay in your room. He went on to say they had a little problem in the kitchen....yeah right! Next thing we knew the fire alarms were going off and we had a strong smell of smoke in our room. The ladies and I grabbed our coats and took off down the stairwell. Twenty-eight floors later we emerged out into the foyer. Four firetrucks were just arriving and this little kitchen problem required the firemen to bring in a six inch water hose from the street. What excitement!!

Ok, do you think I slept well that night?

Shorty after the girls went out I fell asleep but, not for long. Got a call from the front desk telling me about the message we should have gotten when we checked in at 3pm. This delay caused us to miss meeting Susan's 2nd cousins, who flew over from Scotland to run. Oh well back to sleep....for a wee bit. Susan's friend from Japan flew in to take some CPA. tests so she called to arrange a meeting time for Sunday brunch. Did I wake you? She is a sweetheart so I just lied and said no.

The rowdy girls bumped in about midnight and Surprise!.....they were tired and sober....hmmmm.

Oh! The race, right.....Up at 3 a.m., hot bath, stretch, pack, got dressed, more stretch and a big hug / kiss from aaaah Susan! Flew out the front door of the hotel at 5:30 a.m. and just stopped. My hotel was located just across the street from the New York Public Library where you met the buses that take you to the starting line. Well, as far as I could see up 5th Ave. were hundreds of buses all bumper to bumper. You could not walk between them! The police had put red flares down the center so what an awesome sight!

The ride out to Staten Island did not take long. There was much chatter on the bus even though it was early. I sat next to a first time marathoner from England...Lucky me. I soon realized how lucky I was to be early. The hot coffee line was only a few feet long. At 7:30 it was a half mile long! Although I do not think some of the runners standing at the end knew what they were standing in line for.

Ok, just a few things that tickled my funny bone before I get to the race. I used the longest outdoor urinal. It was not hidden from the opposite sex. For some reason they put it right out in the open! Some male runners thought this was still not enough so they went over and did what they had to do on the snow fence. I bet they were the same runners who did the deed off of the bridge that we started on too. And, the same runners who made sure that the walls of buildings were well watered along the course.

Now listen, this is the truth. This did happen. A female runner not to be outdone by dominant males, who was standing beside me just before we moved to the corrals, turned away from me, pulled off her ordinary shorts and then put on her running shorts. First time every I have been mooned by a female. True story!

I want to get this off my chest and say it to the whole world. "THIS MARATHON WAS BETTER THAN THE BOSTON MARATHON"!!! Why? 1. There were 32,185 runners from all over the world lined up at three different starting points at the base of the Verrazano Bridge. 2. The inspiration you got as you ran across the Verrazano Bridge and looked to your left at the New York skyline off in the distance. Right there and then you new this was going to be the running high off your life! 3. The many different ethnic villages that you ran through. No matter what nationality you were they were out in droves cheering you on; Mexicans, African Americans, Puerto Ricans, Chinese, Japanese, Orthodox Jews, Italians, French and much more..... 4. Within these small communities they had there own bands playing, so you got a variety of music. I could have swore there was a full orchestra somewhere playing. Even some church choir groups were singing. 5. The diversity of the ever changing course. You never new what was coming next. Bridges, overpasses, wide avenues, spacious skies to narrow tunnel vision created by tall skyscrapers. Last, the run through Central Park!

Alright! Are you ready for my step by step running commentary of the race and description of each inch of the course? Just kidding.....Here is just a little overview of the actual race.

You are lined up at the huge, spacious toll plaza at the base of the Verrazano Bridge. Both sides are lined with open roof tour buses with dignitaries and spectators aboard. A cop sings the National Anthem, the mayor speaks and the cannon goes boom!....You're off!!! Well, carefully....you have to step over all the clothing that has been discarded just before the start. Once you get by the starting mat, you begin a nice leisurely run up the bridge. Still dodging wayward clothing though!

The first eight miles are slow. I know my first two miles were at a 10:30 clip and there was no point in trying to run fast. You just could not unless you wanted to knock over people. Because of this slow pace it caused me to enjoy the race a lot more. I began looking at the peoples' faces and interacting with them as I went along. I even started eating! This is what I chowed down as I ran. Bananas, lollipops, oranges, Kit / Kats and even M & Ms. No wonder I did not lose any weight!

Well, at mile eight is a key point. There are three starting points at the bridge. They all run a different route until mile eight. Most of the time you can see the other routes. At mile eight marker they all merge. A big slow down here!!! The next significant thing is the ascent up the Pulaski Bridge. The half way point of the marathon is near the center of the bridge. There was a man with a bull horn here shouting for you to look to your left and he was saying this is why New York is the best city in the world. He was right I think. What you saw up close was the magnificent view of the Manhattan skyscrapers. I pondered that sight for awhile until I saw that I had run a 2:02:12 half marathon.....bummer. My goal was to run under four hours for the marathon. For few minutes I was thinking what to do. Go for it or just enjoy the last half. What the hell! If you know me you know I like a challenge. Besides I was coming down off the bridge and it was easy to pick the pace up. My first test for my quicker pace was the Queensborough Bridge. Between mile 15 and 16 it was a long steady uphill climb over this bridge. It was here that I passed many runners. I think here was the key for me finishing under four hours. After cresting the hill on the bridge I felt great! I knew I could do it now. All those slow miles before and maybe the candy is going to let me have a good finish.

This is what I will always have burned in my mind about the New York Marathon. This is the highlight of my running career....You come down off the Queensborough bridge, make a small loop onto first Avenue .....there in front of me, as far as you could see, down the eight lane wide canyon of First Avenue, lined on both sides with skyscrapers was a sea of humanity!!!!!! Both of runners and spectators. What a thrill! I floated on air all the way down First Avenue. It was unreal...the noise....shouts of encouragement....high five's from spectators.....I don't know how long it took me but, the course on First Avenue is about four miles long. Ok, at the end of this stretch you cross over the First Avenue Bridge into the Bronx. How did I know I was in the Bronx now? Well, a black cop was telling the walkers that they had better get running for you are now in the Bronx! I got a good chuckle out of that.

Right away you see mile marker 20. The clock said 3:04:00 :).....I just had to run a normal 10k and I would finish under four hours. Could I run a normal 10k after running 20 miles? By golly I wanted to find out! I said to myself something else but, I cannot print it here.

Off I went, head up, smooth breathing and arms pumping. Right after mile 21 someone handed me an American flag like the ones you stick in the ground in graveyards..... Ok....CHARGE!!!! Now I'm running as if Indians are chasing me. The last four miles I do not remember much except for this crazy woman screaming at the top of her lungs. I turned and saw Susan jumping up and down. The camera in her hand was going every which way. I yelled, "take a picture" more jumping up and down.....arms flailing, so I moved on. One mile and two tenth's to go. I raised the flag up as high as I could.

Giving it all now, the last bit didn't take long. Crossing the finish line with the American flag raised high was a little religious moment for me. I had tears in my eyes and a warm feeling that I had run the New York Marathon..... Had to walk a mile to my bag truck...last truck :( Took awhile to get back to the hotel but, the best marathon ever!