



Boston Marathon Monday 15 April 2013

Subject: News from Boston...

From: "Karima Makrof"

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Hello there!

Quick update on the 2013 Boston Marathon that took place on Monday 15 April 2013:

chilly at start, nice in the middle and really sunny at the end - 26.2miles completed in 3hr 12min 20sec... confirming that the time done in Dubai was not just a coincidence...

The objectives for this race was to 1) strengthen the fact that Dubai was not a "one-time-only" and 2) see whether an improvement would be possible (under 3:10), having increased the volume of training since January and having some help planned on the way.

Chilly at start, getting to the Athletes Village in school buses was already a great start for the day. Meeting new people (one had been running Berlin and Dubai at the same time as me... fast way faster! One was doing his 20th Boston!), getting last minutes advices on how to take on the race... All this has never been part of any previous race. During the transport to the start, wondering a bit "why taking the bus that far, for running back to the start point??? WHO does that???" ... Yes at this moment, the mind may play a bit its own game. Had a fellow runner who proposed to act as pace-maker for me as he was not in good shape for trying a sub-3 hr race... so he would help me keeping the pace for reaching my objective (i.e HE would take it easy!). Lots of downhill in the first half (although some small slopes from time to time were making themselves reminded... in the calves and thighs muscles!).

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Felt it was way too fast for the objective set (indeed, the error not to be done on this Boston marathon route is taking the downhill too fast... yes it will give a great half-way time, but will destroy the ability and strength to climb the hills when reaching mile 16...). Passing half way in 1:33:21

(new "half-way PB for a marathon"), still in good shape.

The sun joined us, clearly ready to warm up the runners and the crazy public of Boston here to support us during the run.

The second half was still fast and the hills were not THAT tough, but the downhills after them... yes, THERE there is some more work to do! The really difficult part was reached around km40 where nothing was really functioning, well mainly the mind, thinking it would be good to stop for a while... Fortunately my pace-maker took care of me at this part and on the last 600m to the finish line dragged me at a pace which I cannot recall having done during my fastest interval training... Stopped the watch: 3:12:23 / Official time. 3:12:20.

Fell after the Finish Line with no strength left in the legs, difficulty to keep a normal breathing, took some steps+a warm blanket+food to get back to "normal".

Picked up my bag and aimed back to the hotel. Frozen, aching, tired and hungry. The plan was: rest for the afternoon until we would meet for dinner with my Swedish fellow runners and my roommate who ran in a later wave than me... By the time I had informed my closest ones of the performance of the day, my new roommate told me about the tragic event on the Finish Line of the Boston Marathon... New set of information send to confirm that all was ok for me, but really unbelievable event happening a few block from my hotel. Lockdown until evening and then out for getting some energy...

Summary: the Boston marathon is the craziest, coolest, funniest, breathtaking race I have ever done so far. The runners met before the race while waiting to the start, during the race (not much talking but lots of smiling) and after the race, the public supporting all of us with their cheering, yelling, kissing, water&food, high-fives... make this race the best ever.

Organized brilliantly from the registration, to the information before the race, to the expo before race and the race itself. The Boston Marathon organization has also been showing an outstanding ability to handle the tragedy happening on the finish line. All with the help of all people on site. It is a pity that such a beautiful and sunny day, where so many were enjoying, had finished this way. Back home yesterday, business as usual and life goes on. Without however forgetting to continue running. The pain in the body is worth the run. The Running goes on...

>> Lots of thanks for all the support throughout the training and the race and the after-race! Means a lot and does help as well :)

>> Thanks as well for all the comforting and caring messages received after the race to check on me. All this is very highly appreciated.

//Kind regards from a rainy place on Earth (aka Gothenburg!)

Karima

>justrunningaround<

Running for Boston : For those who died, for those who were injured and for those whose dreams of running Boston were taken from them... no matter whether you run a 15minutes miles or a 5:30 one. Just run. For Them. For Boston.