

Training Goals

Boston 2005 – Running Down Memory Lane

It is hard to believe that 20 years has gone by since I crossed the Boston Marathon finish line victorious and forever changing my life.

I decided a year ago last month that I would train for the 2005 Boston Marathon knowing that I would be invited back as a former champion and an honoree at the Champions Breakfast and Mayor's Celebration. More importantly, I wanted to go back to Boston and toe the line as an age-group participant. I even ran a qualifying race at the 2004 Honolulu Marathon to *earn* a spot at the starting line. I wanted to really "feel" the race this time around.

The 1985 race seemed like a blur when it was over. During the race I was focused and undistracted. About the only thing I remember well about the race were the hordes of screaming women who lined the streets near Wellesley College. Back then there were no patrol officers or snow fencing keeping the spectators off the street and away from the runners. When I ran through Wellesley I ran through thousands of cheering women who created a deafening tunnel for me to run through. This I will always remember.

This year I would bring my family. Bud, my husband would run the race and my daughter Katie (6) and son Ian (3) would watch the race with a babysitter and running friend. As we were driven to the starting line with a police escort my thoughts were not on the race itself rather on the differences and similarities in leading up to the start of the race. Here is what I recall:

In 1985 as a 23 year old I spent the night before the race in Hopkinton and walked to the starting line – this year as a 43 year old I spent the night before the race in a 5 star hotel and we had a police escort to the start of the race!

In 1985 I ate a bagel with PB&J along with a cup of coffee – this year I ate the same exact thing.

In 1985 the weather was 72 degrees at the start of the race – this year it too was 72 degrees! Way too hot if you ask me.

In 1985 I wore race number 1 – this year I wore race number 1985.

Back in 1985 I ran to win – this year I ran to finish.

Back in 1985 I ran the race alongside Dave McGillivray (Now the Executive Race Director of the Boston Marathon). This year I ran alongside my husband Bud. I prefer to run with Bud...

Back in 1985 there were only water stops (no sports drinks...) every 5k. This year there were “fueling stations” every mile. In 1985 I was very dehydrated. This year I ate 3 gels, drank approximately 32 ounces of water and sucked on three oranges, and grabbed a finger full of petroleum jelly to ease an underarm chafe. If only this type of fuel and support was offered back in 1985!

In 1985 I was only concerned about myself – this year I worried about my kids and the room service bill they were racking up and the 11 other athletes I coach who were running the race.

Back in 1985 I ran 2:34 this year I ran one hour and 8 minutes slower... but I loved every minute of it.

In 1985 at the finish line Michael Dukakis presented me a laurel wreath – this year my husband and I were met at the finish line by two very excited children who did not care that we did not win rather that we finally came to take them to the park.





Dinner Party after the race – Left to Right:
Lisa Rainsberger, Amanda Ewing, Shannon Meredith, Chad Shadwick, Cheryl Herbert,
Bud Rainsberger, GW Jones, Gordon Heuser, Amy Shertzer.