

From: Dan Fitzgerald <dan@heartbreakhillrunningcompany.com>

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To: undisclosed-recipients;;

Subject: [External] Week 15 | RUN & EVENT REGISTRATION

This weekend is a key run. We study The Start. We ride school buses. We work to contain our nerves. We trash our legs on the downhill so that we know better on race day. We learn to turn the words and phrases “quick light steps”, “like you’re rolling over egg shells”, “stay tall, lean forward at the ankles”, all of these, into action. Our journey to becoming fully prepared athletes ready to tackle the Boston marathon is coming to its peak. Let’s run!

Some notes:

- When parking in Newton, the carriage road parallel to Comm Ave is best. Please, obey the posted signs regarding parking.
- Bag check is at the store.
- You may not get on the same bus back as you took to the start so do not plan to leave items on the bus.
- There will be two water stops (half way and the end).
- Buses will load and leave as they fill at the start and at the end. On the way to the start, buses will make a quick pit stop at the rest area on route 90 for a 10 min bathroom break and then proceed to the starting line.
- Last bus loads by 9:10AM (maybe earlier)
- When we get to the start, we’ll organize, I’ll address the group, then, we start!
- Running will begin ~10-10:15AM
- Distance is ~13.5 miles

This will be a true simulation in terms of buses, sitting time, nerves, etc. Soak it all in. It’s part of your preparation.

Note the sign up link below is different than usual weeks. Please register for this week’s run, bring your training questions to the Marathon panel on 3/21 (sign up below), and register for the LONGEST LONG RUN coming up 3/24 below too. (**MGH runners, please, see your coordinator’s separate email about your plans for 3/24 as they are different**)

THIS WEEKEND: STARTING LINE LONG RUN: Hopkinton to Wellesley Run(13.8 miles), Saturday, 3/17, Heartbreak Run Co, Newton: This is a bussed run experience that will leave from and return to Heartbreak Newton. Link to sign up with details: <https://www.nike.com/events-registration/event?id=97809>

NEXT WEEK: SPECIAL EVENT: Heartbreak Marathon Panel | 26.2 Questions Answered, Wednesday, 3/21, 6:15PM, Heartbreak Run Co, South

End: <http://heartbreakmarathonpanel.splashthat.com/> - I’m hosting a panel with 4 experienced marathoners to calm your nerves, increase your race knowledge, and inspire your best finish!

LONGEST LONG RUN: Saturday, 3/24, Heartbreak Run Co, Newton: This is our 20-22 miler (with a 10 mile option for your non-marathon training friends). Please register ahead of time here. We'll have a food truck on hand for post run refueling (free with sign up!): <https://www.nike.com/events-registration/event?id=97816>

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Dan Fitzgerald

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