

now and then a prone runner. Clouds appear, the sun goes under and a cold rain begins to fall. The runners covered with vasoline are fortunate. They stay warm. The crowds get heavier, in places running is only two abreast. A teenager holds up a sign "Rogers Wins 2:10:13." Some runners comment that despite his good intentions, he is not helping much.

Ahead the terrain appears to be rising, thousands upon thousands of people are yelling at the runners that they can make Heartbreak Hill. "The Hill" is there already — over the top — that is the only thing that matters in the world right now. The minutes drag by, three hills down, one to go, and suddenly a brass band is playing only 100 yards away; a police car on the crest blows out "You've made it! There's hot stew at the Pru only five miles away." The "top": not a dry eye to be seen. The people of Boston are at their best — they care, really care for each runner and urge him over "The Hill." Without their encouragement, many runners simply would not make it.

Five miles to go: it is downhill so they say; but who really cares now. Shops begin to appear in the outskirts, kids with megaphones stand on rooftops, cooks in aprons are waving and shouting encouragements and then suddenly, there it is in the distance, the Pru. Commonwealth Ave. — and one mile to go — the whole world is screaming to keep going. Flags and mounted policemen line the route, car horns blast and then, then the marathoner hears nothing. Silence, save the runners' own tread on the wet pavement. The finish line — a block away — now a hundred feet — then just ahead and then floating — the last few feet past the banner — with enough memories to last a lifetime!

For Cpl. Terry Brennon, Canadian Police College, S/Sgt. Ken Murray, CPIC and S/Sgt. Bob Jadis, Security Service Staffing & Personnel, it was a day and a race that will never be forgotten.

Note: To qualify for the Boston Marathon, a runner under 40 years of age

must have completed an officially sanctioned marathon within the previous 12 months in less than 3 hours. For ladies and for men over 40, the time is increased to 3½ hours. Although our records may not be accurate, we have not been able to locate any names of previous competitors from the RCMP in the Boston Marathon and we believe these three men are the first from the Force. Ed.

¹ The author refers to both "runners" and "joggers" in his article. Runners are concerned with covering the greatest distance in the shortest possible time, whereas joggers are more interested in time i.e. a 20-minute-jog or a half-hour jog, than in the distance they covered. World class marathoners must cover the entire 26 mile, 385 yard course in sub-five minute miles. Now, that's running!

² Dr. Sheehan writes that at this stage of mankind's biological and psychological development we can run 20 miles with an average amount of training. It is at this 20-mile mark that we literally "run out of gas" from electrolyte depletion, dehydration, hypothermia, blisters, oxygen starvation, etc. The author says that without very serious training most drop out at that point. In the Boston Marathon, the 20-mile mark — "the wall" — and the summit of the two-mile climb up Heartbreak Hill hit at the same time with terminal effects on many runners as far as that race is concerned.

³ The author explains that in the last couple of minutes before the starting gun, everyone is glancing at the sky, guessing at what clothing they will need for the whole distance. Remember, it is mid-April, and the wind can have a chill, it might rain, the sun might turn the day into a scorcher or even a combination of any of these. Therefore, the runners are trying to judge what they will need for the race, and the remainder is discarded. To gauge the weather incorrectly could mean that all the training and expense was for nought.

⁴ ERG, Body Punch, etc., are drinks with the specific purpose of supplementing the depletion of body chemicals occurring during extended strenuous physical activity. One of the important effects of this fluid intake is to stabilize the functioning and co-ordination of muscles during an event such as the marathon run.