

**THE BOSTON MARATHON ISSUE**

**"I WANT TO BE THE  
BEST IN THE WORLD"**

**-Galen Rupp**  
page 24

**PLUS:** Why the Boston  
Marathon is so damn great

How to watch the race

And the stories of a few  
first-time qualifiers

**INSIDE**

- Simple, Effective  
Cross-Training
- Carbs or  
No Carbs?
- Spring-Fresh  
Shoes & Gear



## Features

### The 2017 Boston Marathon

#### 24 The Next Chapter

Galen Rupp's new focus on the marathon now would be—should be—widely celebrated. But old storylines continue to steal the spotlight.

By Adam Elder

#### 28 Why the Boston Marathon Is so Special

In times like these, races like the Boston Marathon bring people together.

By Toni Reavis

#### 32 New Faces of Boston

We asked some of our readers to share how they qualified for Boston—and what motivated them to chase a BQ.

By Emily Polachek

### 34 The Warmest Winter Race

A unique race in Millinocket, Maine, brings smiles to a struggling town—and to the runners who traveled there.

By Jonathan Beverly

### 40 The New Rules of Carbs for Runners

Don't let all-or-nothing beliefs about carbohydrates hold you back.

By Matt Fitzgerald

## Departments

### 12 Starting Lines

The Boston Marathon by the numbers, plus NBC announcer Craig Masback on how to watch the race, a look at special-edition Boston shoes, and lots more.

### GEAR

#### 20 Shoe Talk

Athleisure style grows up

#### 21 Collective

Some of the best merino wool gear for spring

#### 22 Wearable Tech

The right watch for you at the right price

### TRAINING

#### 46 First Lap

How to prepare for a race

#### 48 Workout of the Month

The Tempo Tango

#### 50 Coach Culpepper

Common masters athlete mistakes

#### 52 Cross-training

High-intensity interval training workout

### COMMUNITY

#### 54 Run It

Our picks for a variety of early spring races

### BACK PAGE

#### 56 Last Lap

Kathrine Switzer reflects on her historic Boston Marathon run 50 years ago, and how running has changed since then.

**ON THE COVER:** Galen Rupp was photographed by Neil DaCosta in Beaverton, Ore. For our story and interview with Rupp, turn to page 24.

**BELOW:** The Millinocket Marathon in Maine was an unforgettable experience for Jonathan Beverly. For his story and more of his photos, turn to page 34.



## WRITERS, DESIGNERS & PHOTOGRAPHERS



### JONATHAN BEVERLY

Jonathan Beverly is the former editor-in-chief of *Running Times* and a writer at large for *Runner's World*. This month for *Competitor*, Beverly covered the Millinocket Marathon in Maine in "The Warmest Winter Race," on page 36. Besides the amazing tone of gratitude in Millinocket, he says the best part of his trip was the reunion of former Hancock County cross country runners, who filled out the top five in the 50-59 division of the half marathon.



### MATT FITZGERALD

Matt Fitzgerald is an endurance sports coach, nutritionist and author. His latest book is *The Endurance Diet: Discover the World's Greatest Athletes' 5 Core Habits to Look, Feel, and Perform Better* (Lifelong Books, 2017). This month, Fitzgerald cuts through the noise on the carbs vs. no carbs debate in "The New Rules of Carbs for Runners," on page 40.



### SUSAN LACKE

Susan Lacke is a writer, editor and adventure junkie living in Salt Lake City. She claims to be of sound mind, despite her addiction to ultrarunning and Ironman triathlons. Her first book, *Life's Too Short to Go So F\*cking Slow*, will hit stores in November. In this issue, Lacke gives her snarky take on running apparel trends, on page 16.



### TONI REAVIS

One of the most respected names in running journalism, Toni Reavis began his career during the first running boom in Boston with his seminal radio show *Runner's Digest*. Today, Toni lives in San Diego where he writes his influential blog [Tonireavis.com](http://Tonireavis.com), while continuing to broadcast major events throughout the country, including this year's Boston Marathon. On page 30 in this issue, the former New Englander explains what makes the Boston Marathon so special—and more relevant now than ever.

## competitor

### EDITORIAL + DESIGN

MANAGING EDITOR Adam Elder

WEB EDITOR Emily Polachek

SENIOR GRAPHIC DESIGNER Valerie Brugos

STAFF PHOTOGRAPHERS Oliver Baker, Ryan Bethke

### SENIOR CONTRIBUTING EDITORS

Adam W. Chase, Alan Culpepper, Mark Eller, Mario Fraioli, Meb Keflezighi, Brian Metzler, Allison Pattillo, Sam Winebaum

### CONTRIBUTING WRITERS

Jeff Banowetz, Jonathan Beverly, Lisa Jung, Mackenzie L. Havey, Susan Lacke, Matt Fitzgerald, Kelly O'Mara, Toni Reavis, Dustin Renwick

### CONTRIBUTING PHOTOGRAPHERS + ARTISTS

Matt Harbicht, Jeff Cohen, Neil DaCosta, Hagen Hopkins, Sue Kwon, Nick Nacca, Victor Sailer, Michelle Schrantz, Aric Van Halen

### MARKETING & MEDIA OPERATIONS

PRODUCTION MANAGER Meghan McElravy ASSOCIATE DIRECTOR, MEDIA MARKETING

ADVERTISING PRODUCTION MANAGER Nicole Keilman

Gia Hawkins MEDIA OPERATIONS COORDINATOR

DIRECTOR, PUBLIC RELATIONS Dan Cruz Hannah Sebahar

### DIGITAL SERVICES

DIRECTOR, WEB DEVELOPMENT WEB DEVELOPERS Joseph Hernandez,

Scott Kirkowski Miguel A. Estrada, Rachel Blades

DIRECTOR, CREATIVE SERVICES INTERACTIVE CREATIVE DIRECTOR

Matthew McAlexander James A. Longhini

ASSOCIATE CREATIVE DIRECTOR JUNIOR WEB DESIGNERS

Thomas Phan Sean Marshall,

DIRECTOR, MULTIMEDIA Steve Godwin Eddie Villanueva

### ADVERTISING

#### CHICAGO

Joe Wholley, [jwholley@competitorgroup.com](mailto:jwholley@competitorgroup.com)

Mark Baba, [mbaba@competitorgroup.com](mailto:mbaba@competitorgroup.com)

#### LOS ANGELES

Mark Cosby, [mcosby@competitorgroup.com](mailto:mcosby@competitorgroup.com)

Xochilt Llamas, [xllamas@competitorgroup.com](mailto:xllamas@competitorgroup.com)

Joy Lona, [jlona@competitorgroup.com](mailto:jlona@competitorgroup.com)

#### NEW YORK

Kristina Larson, [klarson@competitorgroup.com](mailto:klarson@competitorgroup.com)

### ACCOUNT SERVICES

MANAGERS Renee Kerouac, COORDINATOR Nicole Carriero

Kat Keivens MEDIA STRATEGY Emily Nolen

### CGI MEDIA

VICE PRESIDENT, MEDIA Jessica Sebor

ASSOCIATE PUBLISHER Aaron Hersh, [ahersh@competitorgroup.com](mailto:ahersh@competitorgroup.com)

A PUBLICATION OF

**competitor**group

PRESIDENT Josh Furlow 6420 Sequence Dr., 2nd Floor

CHIEF MARKETING OFFICER Keith S. Kendrick San Diego, CA 92121

SENIOR VICE PRESIDENT, GLOBAL EVENTS Patrick Byerly For distribution inquiries: 858-768-6493

SENIOR VICE PRESIDENT, FINANCE Elizabeth O'Brien Digital Issue support: [support@zinio.com](mailto:support@zinio.com)

SENIOR VICE PRESIDENT, SALES John Smith Distribution management: TGS Media Inc.

• [tgsmedia.com](http://tgsmedia.com), 877-847-4621

No part of this issue may be reproduced in any form without the written permission of the publisher. Competitor is a registered trademark of Competitor Group Inc.



# The Warmest Winter Race

A unique marathon and half in the dead of winter in Millinocket, Maine, brings smiles to a struggling town—and to the runners who traveled there.

Words and photos by Jonathan Beverly





**A**bout a week before the 2016 Millinocket Marathon and Half, it became clear that race day was going to be cold. Really cold. Even by the standards of northern Maine, where they joke that they have two seasons: “wintah and the Fawth of July.”

Race director Gary Allen, who lives on Cranberry Island, Maine, about two hours down east of Millinocket, put out a call on the race’s Facebook page, asking if someone could organize a bonfire near the finish, and then wrote to one of his community contacts, Susan D’Alessandro, offering to bring a chain saw up if they could point him in the direction of a good tree fall. A couple of days later, he says, D’Alessandro forwarded him an email from the Pelletiers, a local family known nationwide for its logging expertise. “You can tell the skinny runner dude to stick with his race,” it read. “We’ve got this wood thing covered.”

Covered it was: Not only did the logging family and friends bring enough cut firewood to stoke a roaring flame for more than seven hours, they built a custom steel firepit for the race and brought two fully-loaded logging trucks to flank the start and finish line as a show of support and community pride. They also tended the fire throughout the bitter, single-digit day (when adjusted for windchill).

Despite the rough weather, 433 runners ran the pretty, rural, 13.1-mile loop, while 112 others did a double loop for a full marathon. The vibe of this race, however, was different from the thousands of other races held each weekend. The key, it seemed, was that no one paid a dime to run here, and that simple fact made all the difference.



All around town, "Welcome Runners" signs were posted on storefronts and businesses.

Allen came up with the idea of this free marathon a year ago, after reading yet another story about the plight of Millinocket, which has become a byword for the decline of manufacturing in America. Once the "Magic City" of the north, Millinocket was a bustling, self-sufficient gem, built around one of the world's largest paper mills whose steady jobs supported the highest per capita income in the state. After a two-decade slide, the Millinocket mill closed in 2008, then was sold off and torn down. The East Millinocket mill, 8 miles downriver, sputtered on and off for several more years, but has been silent since 2014.

The shutting of the mills resulted in a drastic drop in employment opportunities, property values and population, and many boarded up storefronts. From a peak of around 8,000 in the '60s and '70s, the current population is approximately half that, with the average age now 53 as young people leave to find work.

Allen, a lifetime runner who has previously raised awareness and funds with events like running from Maine to Washington for President Obama's 2013 inauguration, said that after seeing that latest article, he "couldn't read that and walk away." He

wanted to do something to help, but knew that a traditional charity handout wouldn't accomplish what he was looking for—nor be welcomed among these proud, resilient people. He decided, instead, to host a free race and encourage runners to spend in town the same amount they would have spent on an entry fee. The first year, with little advance planning, he got 52 runners to join him in running the two-loop course he had laid out.

To his surprise, the community gave the runners a hearty welcome. They posted signs on storefronts, volunteers manned a water stop, and a small crowd cheered at the finish line. A year later, after an online article and a growing buzz on social media, Allen had to cap the entries at 1,000 a couple weeks after registration opened. By race day, 932 said they were coming, including me.



I'm a local boy from downriver. I grew up in Bucksport, Maine, another town that lost its economy-anchoring paper mill recently. While no one in my family worked in the mill, it was a constant and important part of our lives—the company even gave me a scholarship when I went off to college.

"Look around, people are smiling today."

I also became a runner on these roads and trails, and ran with and against many high school kids who have been tied to the ups and downs of the mill economy their entire lives. While I've been living "away" for 35 years, I still feel like a Mainer at my core. When I heard about the event, I felt compelled to run Allen's quixotic race and take my place among those standing in solidarity with Millinocket. My enthusiasm, however, was mixed with a certain skepticism about how much difference a race could make and how welcomed we would be among people who tend to view outsiders, even well-meaning ones, with suspicion.

Then when I talked to residents I began to understand what the event means to people here. Wandering around the artisan fair in the high school gym the day before the race, I stopped at a booth selling wool mittens made by Lillian Legassey, "The Mitten Lady." Legassey lost her job at the mill after working there for 16 years; her husband had put in 37 years before he lost both his job and his pension when the mill declared bankruptcy. The Legasseys went from earning two union salaries to living off the \$5 margin Lillian makes selling mittens wholesale and at fairs like this one. Before the mills closed, their house had burned down and

they rebuilt a new one. Then valued at \$1.2 million, she estimates it's now worth closer to \$100,000 in a market without buyers. None of her six grown kids lives nearby anymore. And what of the controversial new Katahdin North Woods and Waters National Monument that might bring new tourists to the region? It has restricted access to some of their favorite snowmobile trails, she says, and she fears most of the tourists will probably rush on by, headed for Patten, the next town up the interstate, which some say has a better entrance to the lands.

When I asked about the race, however, she quickly and enthusiastically said she thought it was awesome. Whether or not it raises the profile of the state, makes a huge economic impact or creates lasting change misses the point. "It makes a difference today," she said. "Look around, people are smiling today." Locals are past expecting miracles or hoping for things to go back the way they were, they are happy simply to see some positive buzz about their town.

"Just to see people in the streets..." Legassay continued. Before I left Millinocket two days later, I had heard many locals repeat that sentiment.

At the spaghetti dinner, held at the school cafeteria, I sat with a group of runners



**ABOVE:** Locals built steel firepits for the race.

**BELOW:** Logging trucks flanked both the start and finish lines to show community pride.

from New Hampshire. One of them, Pattie Himes-McNally, grew up in Millinocket and graduated from this school in 1993. The others in the group—neighbors, running partners, Facebook friends and former relay teammates—were all here because they were invited by Pattie, who is hard to refuse.

"Pattie said, let's go run a half marathon in Maine in the middle of winter," said Pam

Zannini. "We're like, 'Why not?'" The plight of the town was compelling, but the adventure was as alluring as the cause.

The same vibe pervaded the group of runners, former competitors from Mount Desert Island, that I fell in with at the Blue Ox pub after the dinner and school talent show. The clusters of runners coming and going felt warmly welcomed, even if we got a few



# “I’ve done lots of other races, but this felt more of a runner’s race.”

sideways looks from bearded locals at the bar. Except for generous tipping, we were doing what we’d do the night before a race anyway.

.....

The beauty of the free-race model is that it doesn’t make the residents passive and humbled recipients of charity. Instead, local business and individuals provide services the runners want, and locals are active participants in the event, doing things they excel in. There were the bonfire and logging trucks, as well as the custom-made mile marker signs, the wood-burned finisher medals, and locally designed and printed souvenir T-shirts runners could buy at the

Moose Drop Inn gift shop.

The fact that no one was paying for or making money off the race seemed to transform the attitude of the runners as well.

“I’ve done lots of other races,” said Himes-McNally, “But this felt more of a runner’s race. It wasn’t commercialized. People working the water stops were bringing their own water. You didn’t have guaranteed T-shirts or medals or photos. You bought what you wanted.”

And plenty was provided. Downtown was buzzing on race day, both with runners and locals who had come out to support the runners. Despite being too cold to comfortably

stand outside for longer than a few minutes, residents were out in force, both in town and out on the course.

“I was worried about lack of support on the course before the race started,” said Linda Valley, who grew up in Millinocket but now lives in Jacksonville, Ark., and ran the half with her husband and sister. “That should have been the least of my worries. I loved how the town came out to support everyone one. They rode by and asked if we needed anything or wanted anything. Can’t say we have ever had that before.”

Out on the course, the hills and cold seemed to disappear in the beauty of the forest flanking us and the views of snow-covered Katahdin, Maine’s highest mountain and the northern terminus of the Appalachian Trail. On the rolling return to town, with the wind at our back, the pace picked up and it felt warm enough to open some zippers—for those of us running.

The cold never abated for those watching, but neither did their support. Somewhere around mile 12, as we came back into town, a woman stood in her shoveled driveway wearing a padded parka, scarf and stocking cap, ringing a bell. In front of her was a card table full of homemade cookies for the runners. “Love yo-ah grit!” she cheered as we ran by.

The finishing mile took us down Penobscot Avenue, the town’s main street, past boarded-up storefronts and cafés, but also past remodeled office buildings and new enterprises. At the end of the street, the full marathoners headed back out for a second loop, while the half marathoners finished between the logging trucks.

The last mile of the race runs down Penobscot Avenue, the town's main street.







**ABOVE:** Views of Katahdin, Maine's highest mountain.  
**RIGHT:** A local cheering on a runner on the course.

At a table just past the finish, runners could immediately receive a printed strip with their time and place from the folks of 3C Race Productions, who had driven six hours from Merrimack, N.H., to time the event. Everyone said “thank you” to the timers, as well as to the volunteers wrapping them in space blankets and handing them bottles of now-frozen yogurt.

“Thank you,” in fact, was the most common phrase heard all weekend. Back beside the fire, I thanked Jon Glidden and his family, who were all stoking the flames. The son, I learned, drives one of the finish-line logging trucks for work, while Jon does “a bit of everything.” They thanked me for coming and said that they thought the race was great. “Anything that brings people to town,” they said. When I commented that runners were pretty weird people, they didn’t disagree, but also didn’t seem to mind. “They bring money,” Jon said, with a shrug and a warm smile.

I eventually tore myself away from the fire and went back to my hotel. After getting warm and clean, I returned to town and joined the many other runners who stayed over for Saturday night. We ate out, went to the film festival—also at the school—and dropped by one of the two dances held later that evening,

which was full of locals happy to share their music and space with the strangers.

On Sunday morning, I met Allen for breakfast at Ruthie’s restaurant. He had trouble getting in the door, and his breakfast went cold as locals came up to thank him and runners approached to tell him their experiences. The waiter brought her mother, Ruthie herself, to the table. She grasped Allen’s hand with both of hers as she thanked him.

The runners all appeared to be leaving town with beaming smiles and a lightened step. Running does that, in any circumstance, but this time the feeling was enhanced by the sense that just being there had made someone’s day, maybe even their year, a bit better. “People are waiting for those moments in life to make a difference,” Allen said.

While firm economic figures are impossible to calculate, Allen estimates that the race brought \$200,000 to \$300,000 to the region, at a critical time of the year between hiking and snowmobile season. Perhaps more importantly, that boost was delivered face-to-face, with mutual gratitude. “It’s not like you were giving money to an anonymous charity,” said Himes-McNally. “You know exactly where it is going.”



I don’t know if the Millinocket model can be duplicated elsewhere. The event does, however, seem to present a hopeful road ahead, one that glances backward to a time when runners ran for love, not bling, communities united to make things happen, and people shared their gifts, gratitude and smiles.

It promises to keep growing in Millinocket. Next year’s race already has 1,300 runners signed up, and local hotels are filling up on race weekend. Want to run a marathon in Maine in the middle of winter? I promise you’ll stay warm in the local hospitality, regardless of the weather.