

## Saturday Long Run Details

**Location:** Joint Ventures Physical Therapy, 533 Commonwealth Ave. Kenmore Square, Boston. Mile 25 of Boston marathon

**Time:** Doors open at 7:30 AM, run departs at 8:00 AM Arrive any time before 8:00

**Parking:** Off street parking is available on Beacon Street, (before and after Kenmore Sq.) Also available on Brookline Ave. Please download the City of Boston parking APP so you can update during long runs.

**MBTA** access – Joint Ventures located 50 feet from Green Line Kenmore **T** stop.

**Facility Layout:** Joint Ventures is a 2,00 sq. foot open space physical therapy facility with 6-8 different treatment rooms and two rest rooms. REST ROOM SPACE IS LIMITED – PLAN ACCORDINGLY. The space is perfect for pre and post gathering, stretching and rolling.

**Lockers/Valuable:** There are no lockers to secure valuables, but there is plenty of space to leave bags with change of clothes post run if you want. The treatment rooms can be used as changing rooms post runs.

**Who is in the training group:** The Furey26.2 training group is made up of 85% novice/ first time marathoners from over 20 different charities of all sizes with the common goal of raising money find awareness for tremendous charities and running the greatest marathon in the world to the best of their ability.

**Average Pace:** The average minute per mile pace of this group is in the 9-10:30 range. There are some runners running sub 8 min. pace, and approximately 25-30% running 11-12+ min. mile pace.

**Post- Run:** 2-4 Joint Ventures Physical Therapists available to perform injury screening and assessment. After you finish the run, you can stretch, roll and head home.

**Weather Conditions:** Snow, ice, or frigid temperatures (single digits during run) would be reasons for cancelation. I would send out a weather alert email on Friday, either late morning or early afternoon based on the latest projections.

**Note:** Keep eye on the forecast early week, if it looks bad for the weekend, maybe change long run day, or if you have access and can handle the boredom, do the long run on a Treadmill.

**Attendance at Saturday Runs:** I know many runners don't live near Boston, are out of state, or have family and work commitments that make the runs difficult to attend. If there only a few you can attend, the longer ones (14-16-18-20) have the greater value because you see more of the course and the support is more critical. If you do these long runs on your own, try to incorporate some hills.

**Course:** [Check out the map here.](#)

The long runs are done on the Boston Marathon course. Joint Ventures is located at mile 25 of the actual race.

The Course: West on Beacon Street for 3 miles to Cleveland Circle.

Right on Chestnut Hill Ave. for 200 yards

Left onto Commonwealth Ave.

6 mile turnaround at Cleveland Circle  
8 mile turnaround at BC MBTA stop on Comm Ave

**Support Stations:** Every few miles, there will be water, Gatorade, pretzels, cliff blocks. As the runs increase, the fluid and snacks become more critical.