SATURDAY MARCH 28 2015 LONG RUN DETAILS

* Joint Ventures will open @ 6:45 AM; there will be approximately 180 runners, about double our normal crowd.
* Buses arrive @ 7 AM, and will depart @ 7:30 from across Beacon Street in front of Hotel Buckminster. 645 Beacon Street.
* There will be 4 local motion luxury buses with rest rooms available.
* **Please do not leave anything on buses. It is one-way trip to St. Tarcisus Church 562 Waverly Street, Framingham. Bring throw away clothes to stay warm at beginning or toss stuff to me at mile 3.**
* Buses will drop you in parking lot and start the run heading east on route135.
* Follow marathon course back to JV; Route 135-route16-route 30 (Comm. Ave) to Chestnut Hill Ave left onto Beacon back to JV
* 3 mileage options

19.2 – finish at Joint Ventures

20.1 – go past JV down and down and back to Hereford Street

21.2 – go past JV down and back to Clarendon Street

* Long run strategy: start slow, run comfortable, add walking breaks as needed, run some hard miles in middle if you feel strong. **Do not run this at hard effort. Run comfortable pace. Ideally, you finish and feel like you have an hour left in your legs.**
* **Days Prior: Thursday light day, Friday very easy or day off**
* **DO NOT RUN THROUGH INJURY – remember better to be healthy and skip this, than to run through an injury that may put you out on 4/20**
* Injury screening – Please consult with JV if there is injury concern. Even though this run is important, it is not a make or break deal!
* Fuel up Friday night, Sat. AM to be hydrated and energized. Please check out handout “Nutrition for Marathoners” on furey262.com site.
* Stops: we will have 9 stops along the way Gatorade, water, Swedish fish and pretzel at every stop.
1. 3.0 VFW parking lot right side of road
2. 5.3 Town line liquor store parking lot left side
3. 7.2 right before Wellesley Center, right side of road (starbucks, Bruggers for bathroom)
4. 9.3 right side of road near end of Wellesley Center
5. 11.8 fire station on Comm. And Washington (beginning of heartbreak) (bathroom)
6. 13.4 Walnut/Comm. intersection Joint Ventures tent (porta potties on much of heartbreak hill)
7. 15.3 BC wall (left side) (rink in Cleveland circle for bathroom)
8. 17.0 Sanela Salon (left side)
9. 18.2 Holiday Inn (left side) (restroom)
* There will be numerous additional stops along the way so feel free to utilize those stops if needed.
* Post run: granola bars, bagels,TRU MOO chocolate milk, fruit available at JV
* Physical Therapists 3 Joint Ventures PT on site post run
* Showers are limited: 1 upstairs, 1 downstairs, please bring towel and be mindful of time.
* Parking lot on Comm. and Deerfield (75 yards from JV going west on Comm.) $11. Lot next to Hotel Buckminster $10
* Post run recovery. This run can beat you up for a few days, even into later part of next week.
1. Ice bath post run
2. Roll
3. Stretch
4. Rehydrate
5. Sleep well
6. Light cardio Sun – Mon
7. Assess injury status.
* Please email me jfurey611@gmail.com with any questions.