

# Finished Boston yesterday...time is...

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[nicolefrances](#) 7 posts since

May 11, 2007

I feel awful when people ask me what time I finished in! My family was so thrilled about it...but I got a lot of jeers from other runners I know. I finished in 4:32 - much slower than I thought. I'm recovering from 2 injuries and had some serious shoe issues (my shoe - mizuno inspire - was changed from version III to IV, and the IV didn't fit right, and I've been in 4 pairs of shoes since March 3rd) along the way.

I just know it wasn't my best time and I'm having a difficult time NOT putting an asterisk next to own name and explaining all the details - which I know no one cares about, anyway.

I'd like to just enjoy it, but instead I'm thinking about all the things I'll do different next time.

Any advice of any kind? I can't seem to quiet my brain over this. What's considered an awful time? **kicks rocks**



[54marathons](#) 9 posts since

Mar 14, 2008 1. **Re: Finished Boston yesterday...time is bothering me.** Apr 23, 2008 6:47 AM

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Nicole,

I am going through the same thing. My time was 4:00:05 - now that hurts. I had nothing left. I saw the finish line from that last corner and had 3 mins to get there to break 4 hrs but with 100 yards to go I was cramping so bad. I have finished 54 marathons and only 4 have been slower than 4 hrs. I ran 3:30:19 to qualify and in the last few years have done 3:35 to 3:40 nearly every race. My mistake was going out with my friend. We had bands on pacing us for a 3:40 but he went out at 8's and I stayed with him. I should have let him go and not skipped aid stations. I was pulling 25 min 5k's in the first half and then down to 11 min miles the last few miles with all of the cramping. I know better. I am disappointed too. But remind yourself of all of the races you have done. Tell yourself how in shape you are. You are a GREAT runner. You qualified for Boston. You did it. And next time, like me, run your own race, take fluids and GU at the right time and listen to your body. I have 3 1/2 weeks till my next one in Ogden UT where I am going to redeem myself with a 3:35 and feel good. then later in the year I will get a 3:25.

Best Wishes and have a great recovery.

Jonathan Crampton. Pleasant Grove Utah



**SportiGr1** 470 posts since

Jul 22, 2004 2. **Re: Finished Boston yesterday...time is bothering me.** May 6, 2008 3:13 PM

I have only run 2 marathons ... Columbus in 2006 in 3:26 ... qualified for BOSTON ... managed to save the money ... and train all winter on snow, ice and hills! ... planned to do

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similar to Columbus in Boston since I'd trained so hard I figured that better training would equal similar time on harder Boston course ...

what happened? Boston kicked my butt and I finished a full minute per mile slower than I had in Columbus the fall before ...

was I bummed? ... at first, NO - I was thrilled I actually managed to finish the thing! ... when I got back to the YMCA I work at and everybody already knew my finish time, many had followed me on the internet, and they were very happy for me ... cool beans! I should have been elated ... but I felt similar to you ... a bit disappointed and fighting the urge to give my long list of excuses even though I was the only one not thrilled with my accomplishment.

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Now ... a year later ... I am beginning my training for another hopeful qualifier in the fall and hoping to run in Boston again next spring and give it another go ... better mindset, better weather, and at least as good training should help this time ...

I'm proud I made it to Boston; and FINISHED .... out of the running community, (let alone the entire population), there really isn't that high a percentage that can say that ... well ... there is YOU and "some" others here 😊 Be proud and don't dwell on what coulda/shoulda/woulda been ...



[PudgeyRunner](#) 26 posts since

Dec 14, 2007 3. **Re: Finished Boston yesterday...time is bothering me.** May 9, 2008 12:23 PM

You'll be able to qualify again. Why would other runners jeer at you? They've never had a disappointing time? It happens. I just think it's amazing that you got the chance to run Boston! You got to do something most people only ever dream about. That's quite an accomplishment. You can get a better time another year.