

After some time to reflect, following are some thoughts I shared with my supporters about my incredible ride with MIT Strong.

*In a word, wow! What an absolutely amazing experience it was to be part of the MIT Strong team and this famous race on this very special day. I've run Boston four times before, but hands down, this was one of the most rewarding journeys of my life, and it's something I will never forget. On race day, the energy and cheering from the one million spectators was awe-inspiring, and it propelled me and the other 32,455 runners along every step of the way. Days later, my shoulders were almost as sore as my quads, thanks to all the high-fives I received from the incredible crowd. Even more energizing was that on numerous occasions, I saw a runner stop from exhaustion and/or pain, and the crowd just willed them back to running. Without that support, I too might not have made it to Boylston Street.*

*My finish time of 4:25 was personally disappointing, as it was 40 minutes slower than I planned and had trained for and more than an hour off my long-ago marathon PR. However, this race wasn't about the time, and thankfully I was just able to finish. I injured my hip in late March or early April, and I had to shut down my training almost entirely in the two weeks before the race. Thanks to lots of physical therapy, massage, stretching, moist heat, and massive doses of ibuprofen, most of the pain was under control by Patriots Day, and I was able to run. After the race, I learned from an MRI that I had actually suffered a torn labrum in my hip, which will need surgery to repair -- that would explain the serious hip pain I had before, during and after the race.*

*I was right on pace through the half marathon (1:53), then my injured hip locked up at 15 miles, and I was in pretty severe discomfort the rest of the way. While I took enough water, Gatorade and energy gels at the water stops to feel almost uncomfortably full, I also ended up severely dehydrated in the heat. (Temps were in the low 70's by mid afternoon when most late-starting charity runners got to Newton and Brookline, which caused most of us to finish 30-90 minutes behind target, because we had trained in weather that was 50-60 degrees colder). In retrospect, my hip pain probably distracted me from drinking enough over the last 10 miles, which was when I needed it most. My dehydration caused major leg cramps coming down off Heartbreak Hill, which I just plowed through to the finish, albeit at a much slower pace.*

*A few hundred yards past the finish, as I was greeting my wife and kids on Berkeley Street, I nearly passed out. Three medics immediately picked me up off the street, put me in a wheelchair and raced me to the medical tent. Turns out I was in really rough shape, as my blood pressure had dropped to a dangerous 70/40 level and my body temperature had dropped to 96.4 degrees. Yikes! There's a reason legend has it that Pheidippides died while running the first 26.2 miler from Marathon to Athens.*

*Over the next hour, as several doctors and nurses monitored me with my legs elevated to get more blood to my head, I drank nearly 100 ounces of water and super-salty Gatorade. That did the trick, and I fully recovered and was discharged after about 90 minutes. After drinking lots more water and Gatorade that evening, I was still down five pounds Tuesday morning, so I figure I may have sweated out nearly two gallons of fluid during the race!*

*If ever I experienced an example of mind over body, this race was it. By all logic, I probably should have dropped out by mile 20. However, this was not a day to do that after last year's tragedy, the crowd support, MIT Strong and my 800 miles of training in brutal winter conditions, and my mind would not let my body quit. I wasn't alone with that mentality, as an amazing 98.4% of runners who started the race, finished the race, including every one of my teammates – an all-time Boston Marathon record. As with last year's race for so many, I too was lucky to have such well-trained medical personnel seconds away when I needed it.*

*The MIT Strong team raised more than \$200,000 for the Sean A. Collier Memorial Fund, and thanks to you, I raised nearly \$21,000 of that amount -- far exceeding my expectations and my \$4,000 commitment. I ran to support that worthy cause, honor the victims, and send a message to the world about defiance, hope, strength and resilience. With the support of a huge number of generous friends, family and colleagues, I am thankful that was able to achieve all those goals. Despite the winter weather and my physical challenges on race day, I'd do it all again. It really was an incredible ride, and I'm still sad that it's over.*

*Thanks again for everyone's monetary and emotional support. I really appreciate it.*

*Cheers,  
Brian*