

FACES IN THE CROWD

114th Boston Marathon

By John Conceison

Anne Carney

Oxford — No. 23329

For Anne Carney, running Boston has been inevitable. She's always been on the run, whether the mile to Woodland Street School Annex in Worcester as a fifth-grader, on the field hockey or soccer pitches at South High, Worcester State and Nichols, or simply rushing to work at Tufts University School of Veterinary Medicine in Grafton after sending her three young children to school.

Which, of course, now often follows a running workout before sunrise.

And one gallant inspiration has been younger brother Vrej Kandoyan, who posted a 3:10 in the 2000 Boston Marathon and broke 3 hours at the distance before injuries forced him to stick with shorter events.

Last year, Carney got to the starting line — as a volunteer in Hopkinton loading bags of runners' belongings onto school busses heading for the finish. This year, the dream comes true, when she and 15 others run tomorrow while raising funds for the New England Center for Children, a school for autistic children and research. As of last week, Carney had raised \$3,180 in pledges.

Carney, 42, began building her road-running résumé with the inaugural Canal Diggers 5K in Worcester in 2007 and has taken in about 10 events a year since. And past her unassuming smile, she has enjoyed considerable success, earning her first overall women's victory at the 2008 5K Winter Run in Nantucket, where she met her husband Bill a few years earlier.

After running in the Hyannis Half Marathon and Tri-Valley Boston Tune-Up 15K last year, she registered for the Oct. 18 Bay State Marathon, everyone's favorite qualifier for Boston. Then only six weeks before the race, she came down with a stress reaction to the left shin, just between her scheduled long runs.

Though her regimen had to be tapered a bit, she turned in a respectable 4:10 in her marathon debut, not a qualifying 3:50 but encouraging enough to make the next stride. A close friend recommended Carney apply to run Boston on behalf of NECC, where her friend's son is enrolled.

"Autism touches so many lives, and I am so proud I am running on behalf of this amazing school," she said.

She made several training runs with Team NECC, encompassing practically the entire Boston course. Carney senses a familiarity with the route. "I'll try to keep my pace and not go nuts at the beginning," she said of the Boston's relatively downhill start.

"In the back of my head, I'd like to qualify," she said, "but even just to break 4 hours would really be nice."



T&G Staff/PAUL KAPTEYN

Monica Gow

Worcester — No. 24440

"I knew I'd do it again sometime," said Monica Gow, who is running her third Boston Marathon, but her first in 16 years.

Gaining the motivation to return to the marathon came easily for the stay-at-home mom of three. Two years ago, one of her children was diagnosed with narcolepsy, a sleep disorder that causes excessive sleepiness and frequent daytime sleep attacks. There is no cure for the disorder, with limited medical treatment. Here was a prime opportunity to raise funds to search for a cure.

Gow, her husband David and family friend Kevin Cosgrove, who was diagnosed with the condition in 2004, created the foundation Wake Up Narcolepsy. Last year the foundation raised about \$35,000 through a golf tournament and other events.

Tomorrow Gow will team up with three other women and don the foundation's singlet, raising awareness and funds by toeing the line in Hopkinton.

Joining Gow will be Julie Flygare, who three years ago was diagnosed with the disorder, Crystal Ellis and Becky Polanski, who hails from Auburn.

"It is so often misdiagnosed and underdiagnosed," said Gow, who far exceeded her fundraising goal of \$5,000 during the winter. "It's something that needs more awareness and understanding from the public, and more interest from the medical research community and pharmaceutical world to find a cure."

She hasn't competed at 26.2 since the '90s, but Gow has remained active in local races, anywhere between 3-6 miles, while making an effort to run the Tufts 10K in Boston each October. Stepping up the training into marathon mode provided few problems despite being slowed slightly with IT band and plantar fasciitis injuries.

The 20-25-mile weeks reached 50 about a month ago before tapering down toward race day. Gow turned in a couple of 18-milers, a couple of 20-milers, all on Wednesdays. "It's so much harder than I remembered, but it's fun," she said.

Gow can be called a reformed bandit — she ran her first Boston without a number in 1993, finishing in 4:03. The next year, as an official entrant, she crossed in 3:43.

"You always want to beat your time," said Gow, who through her experience in shorter races feels she could be a better runner for the distance at age 44 than when she was in her 20s. "I'd like to do it in under 4 hours."

She'll realize that goal if she's as productive on the course as she has been fundraising. Late last week, the thermometer chart read \$17,450.

"I'm speechless," she beams while overwhelmed by the support. "We've had such a great response."



T&G Staff/RICK CINCLAIR

Jay Stock

Hopedale — No. 3540

Every Monday morning for the past six years, Jay Stock takes the short drive to Hopkinton to put in a day's work. He'll make the commute again tomorrow, yet he hopes his day's work ends within three hours in Boston.

A year ago at this time, a marathon wasn't on his radar. Heck, he hadn't even run any race since before the turn of the century.

But through miles and miles of training over the last 10 months and inspiration from a legend, the 28-year-old systems engineer at EMC is qualified for Boston and in the best shape of his life.

Stock, a cross-country co-captain at Hopedale High as a senior in 1999, didn't even start running again until a couple of winters ago, when he found he needed better conditioning for snowboarding. Only last June 12 did he enter a race, a 5K in Milford, where he surprised himself by placing eighth in 19:43.

The following Monday, he found himself running with TriValley Roadrunners John Dumont and Larry Olsen, the legendary road racer/coach from whom Stock bought his first pair of running shoes as a seventh-grader. Two nights after that, Stock was running a speed workout with Olsen. The rigorous routine was under way.

At the end of June, Stock took in a 5-miler in the West Hill Dam trail series and finished in 34:58. The series' next race the following month, he lowered that time by nearly a minute and a half. Marathon was now on the mind, with October 18 circled on the calendar for Bay State in Lowell, with the goal of 3:10 to qualify for Boston.

"I felt great until miles 21 and 22, when I started plummeting," said Stock, who clocked 3:04:34 in his 26.2-mile debut. "I kept thinking in my head, five more miles — even if I could complete 8-minute miles, I'd be all set."

Stock churned out 60-mile weeks during the winter, heading out for long runs on Sundays and cranking out speed workouts loaded with repeat miles on Wednesdays. Olsen usually trained with Stock on both days — on Sundays, Stock would pick up Olsen at his apartment across town and meet with their group for a 10-plus-mile trek.

On Dec. 6, Stock picked up Olsen as usual before heading to Whitin Community Center in Northbridge to meet with three others. "I kind of figured he was hanging back," Stock recalled. Olsen died after collapsing on that run, leaving a void in Stock's world — and the entire running world.

Stock will be running Boston with a heavy heart but lots of enthusiasm. "This is something I've always wanted to do," he said. "It's just going to be amazing, the whole 26 miles just lined up with so many people. This is one thing I'm really looking forward to."



T&G Staff/STEVE LANAVA



T&G Staff/CHRISTINE PETERSON

Dave Henschel

Paxton — No. 9476

One Boston restaurant for certain will be pushing together tables today to accommodate a party of 16.

And the family won't just be celebrating Dave Henschel's second Boston Marathon trek tomorrow. His twin brother Doug, a dentist from Reading, Pa., who has run more than 75 marathons and at least one in each state, will be setting out for what could be his last Boston, due to an arthritic hip.

Son Matt, his frequent partner at road races, won't be running, but Dave's sister, Holly Turner of Fleming Island, Fla., is entered, along with her daughter and son-in-law, talented thirtysomethings Laura and David O'Hara of Alexandria, Va.

Even Dave's wife Gynger and daughter, Kirsten Smith of Holden, have caught the running bug of late. "It's nice when it becomes a family thing," says Dave, whose father Frank is also on hand this weekend.

While remaining in fine shape since his soccer days at Allegheny College, Henschel, 59, only took up road racing about 2½ years ago, a year after moving to Central Massachusetts from Pennsylvania.

He commits to 10 or so races a year, two marathons with most of the events half marathons. Still, he doesn't want to be labeled. "I characterize myself as not a runner — I run," says the soft-spoken lawyer.

And he does most of his running on his home treadmill. "You can vary your program," said Henschel, who will occasionally venture out for a group 20-miler. "By setting intervals and cycles on the treadmill, I feel I can fairly train for the marathon. You don't have the stress on your knees and joints."

For Henschel, 13.1 miles is his most comfortable racing distance. "I like the half marathon; you don't need as big a commitment as in the marathon," said Henschel, who last month ran a 1:37 at New Bedford and may run in the Worcester Half Marathon in June. "I'll run in 10Ks, but sometimes they seem like a 5-mile sprint."

Henschel is hoping — or not — that his other marathon this year is New York City. Though he and Matt are entered in the event's lottery for the third time, Dave would almost prefer a third rejection for both, as NYC would automatically accept their application next year after three empty tries. If not New York this fall, Dave and Matt will run Harrisburg. Henschel first qualified for Boston two years ago in Scranton, finishing in 3:23, with 22 minutes to spare. Though his calves began to hurt at mile 9 of last year's Boston, he turned in a personal-best 3:22:04.

"I hate to put those (goals) out there, but I'd like to do what I did last year," he said. "I think I'd be disappointed if it went more than 3½ hours."