

Harvard College Marathon Challenge

Post-Event Survey Report

2006

Questions/Complaints/Blame? E-mail marathon@harvard.edu

Website: <http://marathon.harvard.edu>

OVERVIEW: HARVARD COLLEGE MARATHON CHALLENGE (HCMC)

Through Harvard College Marathon Challenge (HCMC), sixty-seven student and staff volunteers trained for and ran the 110th Boston Marathon on April 17th, 2006, and also raised more than \$40,000 to benefit Project HEALTH and Phillips Brooks House Association (PBHA), two Harvard-affiliated charities. In exchange for their successful fundraising efforts, HCMC participants received invitational entries (official numbers) in the 2006 Boston Marathon. These invitational entries allowed HCMC participants to run the Boston Marathon without time-qualifying; HCMC participants had up to six hours to complete the 26.2-mile course.

HCMC began in October 2005 with fifty participants. Most participants were selected by a lottery that took into consideration various demographic characteristics (e.g., class year, student vs. staff affiliation, residential affiliation, PBHA/Project HEALTH affiliation, gender, previous running/marathon experience) to ensure diversity. In February-March 2006, HCMC added seventeen additional participants. Each participant paid a nonrefundable \$135 registration fee and agreed to meet several incremental fundraising benchmarks. These benchmarks culminated in a \$500 fundraising minimum for each undergraduate participant and a \$1000 fundraising minimum for each non-undergraduate participant.¹ Participants who did not meet a benchmark forfeited their official entries and all associated monies. Forfeited entries were given to new participants selected from a waiting list. The waiting list was also used to replace participants who relinquished their entries for medical or personal reasons.

Between October 2005 and April 2006, both student and staff participants took on various HCMC responsibilities involving training, fundraising, and community-building. These efforts included suggesting training programs for participants to follow; leading organized training runs in the latter months of 2005; facilitating a fundraising event at a local restaurant; hosting a pasta party at an upperclass House; awarding prizes (e.g., gift certificates) to participants for achieving certain training and fundraising milestones; obtaining discounts and giveaways from local businesses and merchants; arranging a post-Marathon dinner, dessert, and chair massage event; and posting informal, short-notice training runs on the HCMC e-mail listserv.

Participants used the HCMC listserv as their primary means of communication. In addition to the listserv, HCMC held two mandatory meetings: a “kickoff” meeting in October 2005, and a pre-Marathon information/registration meeting in March 2006. Beyond attending those mandatory meetings and meeting the fundraising benchmarks, participants were free to choose and vary over time their level of involvement in HCMC’s training, fundraising, and community-building activities.

Between April 21-27, 2006, HCMC participants completed an online survey about their HCMC experiences. Fifty-five of the sixty-seven HCMC participants (82%) responded. What follows are the survey instrument (pp. 2-3), a “respondent table” linking respondents with their responses (p. 4), and the responses themselves (pp. 4-55), which have been edited to protect privacy.

¹ Non-undergraduates who joined after February 5, 2006, had a \$500 fundraising minimum.

2006 HCMC POST-MARATHON SURVEY – QUESTIONS

INSTRUCTIONS (please read):

As an official Harvard College Marathon Challenge (HCMC) participant, you put forth a tremendous amount of effort training, fundraising, and running the Marathon. You sacrificed a great deal to make HCMC become a reality for yourself, and you should feel proud! It is in this spirit that we ask you to take the time to complete this survey while HCMC is still fresh in your mind (and in your body!). To ensure your responses are as complete and lucid as possible, please take this survey when your mind is clear and you're not feeling rushed or preoccupied with other pressing things. We're interested in unique perspectives just as much as the patterns/themes that are shared among HCMC participants.

If you submit your fully completed survey anytime before 9am on Monday, April 24, 2006, and if you elect to provide your name (which is optional), then (a) you'll be eligible to win your choice of a pair of IMAX or AMC Loew's movie tickets, and (b) we'll provide you with a summary of the survey results, if you want.

When responding to the questions below, please be as specific, honest, and realistic as possible. Know with certainty that no egos will be bruised or damaged as a result of anything you write, so please don't sugar-coat your negative or constructive feedback. Likewise, please feel fully comfortable sharing the depth and breadth of your positive sentiments. It's perfectly fine if some of your answers are redundant, and it's also okay to go off on tangents. The "Golden Rule" when completing this survey is to *please elaborate rather than edit yourself, because hearing more from you is better than hearing less from you!*

THANK YOU in advance for your thoughtful remarks and valuable time! Your feedback really *is* important and really *does* matter, especially since this is our first year. Remember, HCMC is a work in progress!

1. Please reflect upon your overall HCMC experience.
2. How, if at all, did participating in the overall HCMC experience affect your *general mood*?
3. How, if at all, did participating in the overall HCMC experience affect your *self-perception (confidence, self-worth, perceived abilities, etc.)*?
4. How, if at all, did participating in the overall HCMC experience affect your *time management and organizational skills*?
5. How, if at all, did participating in the overall HCMC experience affect your *academic performance (or job performance, if you're an employee)*?
6. How, if at all, did participating in the overall HCMC experience affect you *otherwise (your thinking, interpersonal relationships, daily routine, drinking/partying, eating/sleeping, etc.– whatever)*?
7. Thinking back, what initially led you to participate in HCMC?
8. If I had to go back and decide again, I [**would; would not**] have participated in HCMC this past year.
9. On a scale of 1-10, with 1 being your *absolute worst* actual Harvard experience so far and 10 being your *very best* actual Harvard experience so far, how would you rate your overall HCMC experience?
10. What was the *best* part of your HCMC experience, and what made it so great?
11. What was the *worst* part of your HCMC experience, why was it so bad, and how could it have been better?
12. In retrospect, what (if anything) could/would/should *you* have done differently to improve your HCMC experience?
13. Organizationally or administratively, what can *we* do to improve HCMC next year (for example, training program, fundraising support, communication, meetings, events, contests, other stuff, etc.)?

2006 HCMC POST-MARATHON SURVEY – QUESTIONS

14. HCMC had three stated purposes: training for the Boston Marathon, fundraising for PBHA and Project HEALTH, and building a running community. With this in mind, and considering your own HCMC experience, what (if anything) comes to mind?
15. Please comment on the listserv (e.g., why you did or did not feel comfortable posting, how the listserv was most or least useful, whatever else comes to mind about the listserv, etc.).
16. I was **[motivated by; unaffected by; irritated by; unaware of]** the various *fundraising* contests along the way.
17. I was **[motivated by; unaffected by; irritated by; unaware of]** the various *training* contests along the way.
18. Please share any comments you have about the specific deals that various businesses offered us (e.g., the New Balance discount, the fruit shakes at b.good, the Hilton's Tent City discount, etc.)
19. What brief advice or words of wisdom would you give to someone who is considering participating in HCMC?
20. Please describe any mental and/or physical strategies that you used on Marathon Day (for example, adhering to a particular running-to-walking ratio, thinking certain motivational thoughts, saying things to yourself, visualizing certain images, performing some sort of pre-Marathon ritual or routine, etc.). Be as specific as possible.
21. What else is on your mind about HCMC? Radical ideas, idiosyncrasies, etc., are all welcome here – anything goes!
22. I joined HCMC **[before; after]** February 1, 2006 (start of spring 2006 term).
23. I **[did; did not]** cross the Finish Line on Marathon Day this year.
24. My current Harvard College affiliation is **[1-FR=freshman; 2-SO=sophomore; 3-JR=junior; 4-SR=senior; 5-RE=resident proctor/tutor; 6-OT=other (non-resident employee, grad student, etc.)]**.
25. If you were offered a slot in the 2007 Harvard College Marathon Challenge, do you think you'd accept it? **[definitely; probably; 50/50; probably not; no way!]**
26. What's your name (optional)? [If you've self-identified and have fully completed this survey, you'll automatically be eligible to win your choice of a pair of IMAX or AMC Loew's movie tickets.]
27. If you provided your name, may we attribute your comments to you when reporting survey results? **[yes; no; I didn't provide my name]**
28. If you provided your name, would you like a summary of the survey results? **[yes; no; I don't care; I didn't provide my name]**

Before clicking "Submit," please ask yourself if you were honest, specific, realistic, and thorough in your answers. If you weren't, could you please revise your answers accordingly?

THANKS AGAIN!

SUBMIT

Reset

2006 HCMC POST-MARATHON SURVEY – RESPONDENTS

The respondent numbers in this table correspond with the response numbers later in this document, so you can link responses with respondents.

Respondent	Question 24 (Harvard College status/ affiliation)	Question 9 (overall rating, 1=worst, 10=best)	Question 22 (joined HCMC before/after February 2006)	Question 25 (desire to do HCMC in 2007)	Question 16 (response to fundraising contests)	Question 17 (response to training contests)
1	5-RE	9	before	definitely	unaffected	unaffected
2	3-JR	8	before	50/50	motivated	motivated
3	2-SO	8	before	probably	unaffected	unaffected
4	4-SR	7	before	50/50	unaffected	unaffected
5	4-SR	9	after	probably	unaffected	unaffected
6	2-SO	9	before	50/50	unaffected	unaffected
7	2-SO	8	before	50/50	motivated	unaffected
8	4-SR	8	after	probably not	unaffected	unaffected
9	6-OT	10	before	definitely	unaffected	motivated
10	4-SR	8	after	definitely	unaffected	unaware
11	6-OT	10	after	definitely	unaffected	unaffected
12	4-SR	8	before	definitely	unaffected	unaffected
13	2-SO	10	before	probably	unaffected	unaffected
14	1-FR	9	after	definitely	unaffected	unaffected
15	5-RE	8	before	probably	unaffected	motivated
16	1-FR	6	before	probably	unaffected	unaffected
17	4-SR	8	before	definitely	motivated	motivated
18	3-JR	10	before	definitely	unaffected	unaffected
19	6-OT	10	after	probably	unaffected	unaffected
20	6-OT	10	before	50/50	unaffected	unaffected
21	2-SO	8	after	definitely	unaffected	motivated
22	3-JR	10	before	definitely	unaffected	unaffected
23	2-SO	8	before	definitely	unaffected	unaffected
24	4-SR	7	before	probably	unaffected	unaffected
25	4-SR	10	before	probably	unaffected	unaffected
26	5-RE	8	after	50/50	unaffected	unaffected
27	4-SR	9	before	definitely	unaffected	unaffected
28	5-RE	9	before	probably not	motivated	motivated
29	4-SR	8	before	no	unaffected	unaffected
30	6-OT	9	before	definitely	unaffected	motivated
31	4-SR	10	before	definitely	motivated	motivated
32	1-FR	8	before	probably	motivated	motivated
33	3-JR	8	before	definitely	unaffected	motivated
34	2-SO	9	after	definitely	unaffected	unaffected
35	6-OT	6	before	probably	unaffected	unaffected
36	4-SR	8	before	definitely	unaffected	unaffected
37	1-FR	8	before	definitely	unaffected	motivated
38	2-SO	9	before	definitely	unaffected	unaffected
39	2-SO	6	before	probably	irritated	motivated
40	2-SO	10	before	definitely	unaffected	motivated
41	3-JR	9	before	50/50	unaffected	motivated
42	4-SR	10	after	definitely	unaffected	motivated
43	6-OT	9	after	50/50	unaffected	unaffected
44	5-RE	8	before	definitely	unaffected	unaffected
45	2-SO	6	after	probably not	unaffected	unaware
46	1-FR	10	before	definitely	unaffected	unaffected
47	4-SR	9	after	definitely	unaffected	unaffected
48	4-SR	7	after	definitely	unaffected	unaffected
49	3-JR	8	after	50/50	unaffected	unaffected
50	3-JR	9	before	definitely	unaffected	motivated
51	5-RE	8	before	probably	motivated	motivated
52	5-RE	7	before	definitely	motivated	unaffected
53	3-JR	8	after	50/50	unaware	unaffected
54	2-SO	8	after	definitely	unaffected	unaffected
55	1-FR	8	before	probably	unaffected	unaffected

2006 HCMC POST-MARATHON SURVEY – RESPONSES

Data summary for closed-ended survey questions (n=55 respondents):

8. If I had to go back and decide again, I [**would=100%; would not=0%**] have participated in HCMC this past year.
9. On a scale of 1-10, with 1 being your *absolute worst* actual Harvard experience so far and 10 being your *very best* actual Harvard experience so far, how would you rate your overall HCMC experience? **mean rating = 8.5**
16. I was [**motivated by=14%; unaffected by=82%; irritated by=2%; unaware of=2%**] the various *fundraising* contests along the way.
17. I was [**motivated by=31%; unaffected by=65%; irritated by=0%; unaware of=4%**] the various *training* contests along the way.
22. I joined HCMC [**before=69%; after=31%**] February 1, 2006 (start of spring 2006 term).
23. I [**did=98%; did not=2%**] cross the Finish Line on Marathon Day this year.
24. My current Harvard College affiliation is [**1-FR=freshman=11%; 2-SO=sophomore=22%; 3-JR=junior=15%; 4-SR=senior=27%; 5-RE=proctor(9%)+resident tutor(2%)+senior tutor(0%); 6-OT=other Harvard grad student(5%)+other Harvard employee(7%)+none of the above(2%)**].
25. If you were offered a slot in the 2007 Harvard College Marathon Challenge, do you think you'd accept it? [**definitely=51%; probably=24%; 50/50=18%; probably not=5%; no way!=2%**]
26. What's your name (optional)? [If you've self-identified and have fully completed this survey, you'll automatically be eligible to win your choice of a pair of IMAX or AMC Loew's movie tickets.] [**self-identified=95%; anonymous=5%**]
27. If you provided your name, may we attribute your comments to you when reporting survey results? [**yes=76%; no=20%; I didn't provide my name=4%**]

2006 HCMC POST-MARATHON SURVEY – RESPONSES

1. Please reflect upon your overall HCMC experience.

1. Extremely positive if not life changing. Got back in shape, lost weight, made new friends, experienced a great Boston tradition.
2. Training for and running the Boston Marathon is one of the highlights of my time at Harvard.
3. I thoroughly enjoyed participating in the HCMC and am grateful for it
4. It was pretty great. No downsides.
5. it was great. i had decided i was going to run bandit even if i did not get an official slot through hcmc, but being official and raising money for a good cause was so much more rewarding. also, being a part of a group was incredibly encouraging and helpful training wise.
6. It was terrific.
7. The HCMC experience was awesome. I wanted to run the marathon and was planning on running as a bandit and raising money for a charity at home. This was almost surreal how it lined up with what I wanted to do and pushed me towards doing it. I wouldn't have training nearly as much nor had nearly as much fun running if it wasn't for HCMC.
8. Great- I apologize for not being as involved as I could have and should have trained more with other members of the group. I feel like I should have done so to meet more runners, and have a better sense of HCMC community.
9. HCMC far exceeded my expectations.
10. i thought it was excellent. i'm glad i got the chance to run the boston marathon, as its something that i've been planning to do basically since i was a freshman, and i'm proud that i was able to raise a good amount of money for some worthy causes
11. I could not have had a better experience
12. I really enjoyed the whole thing. It was great!
13. Overall, it was an unforgettable experience. Everything about it --especially the people--was amazing.
14. Great. I met people (including upper classmen) that I certainly wouldn't have without HCMC, and it provided an opportunity for nice outings on weekends. Even if I hadn't really been "into" running, it still would have been a great social experience.
15. It was really great! I was sorry though that I couldn't take part in more of the afternoon runs because of work. I think I would have been a better participant if I could have made more of those runs.
16. I ran the Boston marathon. That's what I wanted to do.
17. This was an exceptional program. Everything was very well organized and managed to fit very well into the Harvard schedule which is very hard to accomplish.
18. Training for the marathon was the most positive experience I've had at Harvard. No grading, no pressure to impress people. I can comfortably say that crossing the finish line (and all the events that preceded it) was the best experience of my life.
19. Even though I entered the game late, I enjoyed my experience. I liked the group runs a lot and I enjoyed getting updates about other peoples runs.
20. I am so glad to have been a part of HCMC. The experience was an opportunity for me to learn about me and what I am capable of. A lot of good came out of my getting a number in the marathon.
21. i joined HCMC late - at the beginning of March. yet the month and a half i was part of the organization, i had a great time. i loved running the marathon and want to run many more.
22. this has definitely been one of my favorite experiences at Harvard thus far. i had the opportunity to combine fundraising/volunteer work with running and got a chance to run the Boston Marathon as an official participant. to me, that was a huge life goal and I hope I get the opportunity to do it again.
23. It was great.
24. Overall, I really had a great time. I feel lucky to have had the opportunity to run Boston within such a system, with support systems and training advice.
25. Running in the marathon was absolutely awesome and frankly it would not have been possible (at least not officially) without the HCMC. Having said that, I did not participate in very many of the group runs or other HCMC events, so I cannot really comment on those. There were a couples reasons why I did not choose to take advantage of these runs/events: 1) a lot of the time I was busy, and 2) for the most part, I prefer to run with people whom I know. Again though, the actual marathon was awesome.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

1. Please reflect upon your overall HCMC experience.

26. I joined HCMC and I thought the best part was to be connected to a group to share the marathon with. This was most helpful for practical things, like asking all those specific questions about how to race and how to prepare in the final weeks/days. But general support was also nice--it would have been very unpleasant/scary/intimidating to head to the start line alone and it was nice to have people to do that with.
27. I had a great experience with HCMC. I only wish I had had more time to become involved and get to know the people better. People were really great with sharing advice and offering company on runs. It was great to hear other people voice the same fears and concerns that I had. It was also great to have other people supporting Project HEALTH, an organization I have devoted a lot of time and effort in my college career. It made me really excited to know that so many people were working so hard for causes I strongly believe in and identify with.
28. The HCMC experience was excellent. It was good to get out and run on a frequent basis, and consistently working towards a goal was good for me. It was an excellent life-lesson experience.
29. HCMC got me to run in [deleted], which was an amazing experience. The smell of Ginger Flowers, people, zebus, chameleons all around me. And I would probably not have done it otherwise.
30. The HCMC was an incredible opportunity. There was an amazing effort made to make it a community building event. This element to HCMC made it stand out from just be running Boston Marathon to being a distinctive experience and great training and socializing opportunity. The list serve helped me prepare much better than I had trained for the Paris Marathon when I ran it years ago. Having a cohort who are emailing and talking about the marathon truly helps to ensure that you aren't falling into any of the classic traps (i.e., overhydration, wearing new shoes on marathon monday, etc.)
31. I had the time of my life. I made friends, and I belonged to a team. That may seem like a small part of everything, but, for me, belonging to a team was the most important part. I hadn't suited up for a varsity team sport in four years, and it was my proudest accomplishment to put on my Harvard singlet on race morning, and all my other hard-earned gear, and go out to join my friends for a run.
32. I'd say overall I had a great experience. The boston marathon was one of the highlights of my year, and I'm extremely grateful for the opportunity to participate. I can't think of any major complaints. The fundraising expectations were reasonable and I learned a lot through the process of collecting donations.
33. It was great to have a positive, inclusive group of people to meet and run with. I enjoyed being able to do some of my runs with one or more HCMC compatriots. I was disappointed when I got tendonitis with one month to go and was not able to continue training or run the marathon. However, I hope participate in HCMC again next year and run then.
34. It was great! I was so happy to have the opportunity to get an official registration and to participate in such an amazing event.
35. Overall, it was a good experience. I did feel guilty about not having more time to devote to the group as a whole given my work schedule that time of year.
36. In one word, great. Lots of enthusiasm from all parties - I think the huge number of emails (and that ain't a complaint) is evidence of that. I didn't get too involved, I gotta confess, but I liked that the community was there.
37. All in all, I'd say it was a very satisfying experience. I did not participate in as much group running as I might have wanted, but it was a good chance to get out of Harvard Yard and go through Cambridge/Boston with a lot of like-minded individuals. I got to push my limits and enjoyed myself thoroughly when running.
38. I really enjoyed the program, and felt that it was organized well. The group factor was particularly helpful for motivation to run and train for the event. I definitely had fun, and would suggest the program to any athlete looking for an exciting and community-serving challenge.
39. It was fun.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

1. Please reflect upon your overall HCMC experience.

40. Participating in the marathon challenge has proven to be an amazingly rewarding experience. The program provided structure and support to a long-range athletic and fundraising project which helped me get through the winter months and provided a very rewarding sense of purpose, from early training to finishing the marathon while hearing shouts of "go Harvard!"
41. Since there is not other place in this survey to thank [name deleted] for his efforts, let me use this space to say a really big thank you for putting this all together. To [name deleted]: Every e-mail you sent, activity you organised, advice you distributed, contained clear thinking and planning. Your positive energy carried everyone along. HCMC is definitely one of the most successful extra-curriculars I have seen on campus 1) because of the superb organisation 2) because of its unique goals and 3) because it really did build a community of runners. Thanks so much for everything - I hope you organise it again next year!
42. It was a great opportunity and I am extremely grateful for a chance to help out a good cause while also achieving something I've wanted to do for a long time, and especially the last two years.
43. I joined HCMC only a month before the marathon. I was very impressed with the leadership & organization.
44. I'm really proud of myself for training so hard over 6 months towards this goal. I'm also impressed at how well organized this was, for the first-ever implementation of the program.
45. It was limited to a month but good.
46. HCMC overall was a fantastic experience. Training, fundraising... incredible. I was really pleased with the entire experience.
47. HCMC allowed me to run the Boston marathon, something I never thought I'd be able to do. Joining HCMC was totally worth it--without the group, I probably wouldn't have been able to achieve this goal.
48. I had a wonderful experience with HCMC, although I was on the periphery. I did check all those messages (all those group runs I never went on) and really valued the answers to my questions about injury, pacing etc. I did feel a little intimidated because my level of training was so much lower than everyone else's, but I got great support from everyone. The one thing I wish I had done differently is find the time to train more. I could have done so much more if I had only had the time - and it really was the time, it's not just an excuse! I have an incredibly busy schedule being on call at the hospital, and I missed some crucial long runs due to being at births. But I did my best, and I am overwhelmingly glad I did it. I'm still on a high!
49. It was great! Everything ran smoothly and although I initially thought it was expensive I've learned it's one of the cheapest ways to run the Boston Marathon
50. It was really amazing. It felt like I was back on a cross country team. I met so many people, learned more about running, and was able to finally push myself to complete a new race.
51. A great experience. Running a marathon was one of those things that I always wanted to do, but wasn't sure I could or would. HCMC was the perfect way to start what may very well turn into a habit (as long as the legs hold up). It was much easier to tackle knowing that you were a part of a group and that there were lots of others people in the same boat. Great all around.
52. It was great - got me off my ass to run a marathon.
53. I wasn't really involved with much of the HCMC stuff. I joined late and followed my own training schedule.
54. I had so much fun doing it, and the fundraising part never was that big of a burden. It was great meeting people and knowing that you are not the only one doing it, and that there are others who are committed and willing to put in the time with you.
55. I had a wonderful time. I met many new people, got back into running on a regular basis, and accomplished something I will never forget!

2006 HCMC POST-MARATHON SURVEY – RESPONSES

2. How, if at all, did participating in the overall HCMC experience affect your *general mood*?

1. I sensed that my mood and general outlook on life was more positive soon into my training.
2. I always looked forward to getting up from the desk and going outside to run along the river or through the city.
3. I think that the group made me feel more confident in my ability to finish the marathon, so overall, better.
4. I think I was a lot happier. I walked into lecture feeling a little high off running all March.
5. it made me proud to say i was not only running a marathon but that i was raising money for causes i believe in as well. i was quite glad about it.
6. The running helped me clear my mind and ease stress, and HCMC helped me prepare (mentally) for the marathon itself.
7. Great. It was fun being part of a group that wanted to accomplish the same thing. The group runs put me in a good mood and made running a fun activity rather than a painful experience.
8. None
9. HCMC kept me positive overall. I definitely noticed the difference. I've been a non-competitive, recreational runner for a long time, so I already realized the positive effects of running on my mood. The structure of HCMC provided me with the means to achieve these effects more easily and consistently.
10. it improved my mood somewhat, i'd say. i like giving myself goals to work towards, and this particular goal was enabled extremely well by the hard work of everyone who helped organize it
11. In a very positive way!
12. To be honest, not much.
13. HCMC definitely brightened my general mood. I've always loved running, but the fundraising experience in and of itself was enough to make me feel optimistic. I was overwhelmed by the number of people who responded to my call for donations. And I was pleasantly surprised to see which people emerged from my past to give their share. People I haven't talked to in years were exceedingly generous. It's hard not to be in a good mood when you realize how many people care about you.
14. After runs, my mood was improved, no doubt about it. Running's a really great way to clear your mind of problems, and I'm glad I had a sink for my stress :)
15. I had me looking forward to weekends when it was easier to run with a group.
16. Not significantly.
17. I always feel happier when I run and I love having people to run with.
18. I felt great because I knew I was working towards something very concrete. When I went to bed every night, I would say to myself "That run felt really good today...you're improving." That's certainly more than I can say for the majority of my classes.
19. In general, I was in a much better mood while training. I felt a little rushed most of the time, but it made things exciting.
20. I was nervous and worried a lot of the time but I would not change anything. I doubted myself most of the time and was fearful but I feel a deep sense of pride that I stuck with it and no one can ever take that away from me.
21. HCMC made me feel great. having the goal of running a marathon kept me motivated.
22. sometimes I found it stressful, trying to [personal information deleted] amidst other responsibilities this year was often difficult. When [personal information deleted], I definitely felt some extra pressure, but I wouldn't trade any experience I had working with HCMC
23. I felt better when I ran, but I was also really stressed out a lot cause I didn't have enough time to do all the running, sleeping, and work that I wanted.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

2. How, if at all, did participating in the overall HCMC experience affect your *general mood*?

24. I liked feeling like I was a part of a team effort. Marathoning could be such an individual thing--it helped to know that I was not alone.
25. Running has always been something that has made me feel better about myself. In fact, every single day, I never really feel right or good about myself until after I work out, whether it be running or lifting. When I don't have time to work out, for whatever reason, I generally feel a lot more depressed and a lot less happy. Also, I have never been overweight, per se, but I probably had about 10 extra pounds of fat or so that training for the marathon helped me to shed.
26. Training made me a bit busier, but it was satisfying so I was happy.
27. HCMC got me that much more excited for the marathon. The marathon, especially Boston is something I have wanted to run ever since I took up running my freshman year in high school. Sometimes it stressed me out in terms of fundraising, but it wasn't ever too taxing.
28. Generally, exercising frequently put me in a better mood. Running is good!
29. Mostly it was a positive influence. When I got busy and fell behind in my training I got a little stressed about whether I would feel ok during the race. But I did!
30. I was definitely in a better mood over the course of my training. Running is a stress management activity for me. So, the HCMC really helped me keep check on anxiety.
31. Tons. and positively. I'm not the kind of person who can work consistently (or work-out consistently) if I don't have a goal in mind. Working toward the marathon, and redefining myself as an athlete, was very important, and it really shaped my senior year at Harvard in a way that I would never have thought possible. Even if I still am shy, and did most of my actual training on my own, I enjoyed the listserv chatter and coming out to the pasta parties and movie nights to hang out. I was also a celebrity for a day among my friends in the house, before and after the race, and *above all* it felt great to raise a lot of money for charity --- more than I thought one person could do. And I ran longer than I thought I could, too.
32. Running has always positively affected my mood. On some days I considered a relaxing run along the river to be the high point of the day. The great thing about HCMC is that it motivated me to run nearly every day, so I'd say it had a positive affect on my mood. And actually finishing the marathon was one of my proudest moments this year.
33. I'd say it helped it. Running a marathon feels like a great healthy goal, and it also elicits positive support from others.
34. Yes, I found that running regularly (at the beginning of my training before I got injured) made me feel better in general. I worked better, slept better, and found myself to be happier.
35. Regular exercise certainly lifts my spirits!
36. Very much. Without it, I'm pretty sure I would have failed to run as a bandit. Knowing that I (and others) would definitely run put me in a good, self-confident frame of mind.
37. It had its ups and downs. At times, the pressure from fundraising deadlines or the feeling that I HAD to go for a training run could be depressing. But generally when I got out and started running with others, it was always an enjoyable experience and energized me for the day. Post-marathon, its made be quite proud of myself and what I've accomplished.
38. I definitely felt happier about things throughout the semester because of all the running and training. Endorphins? Self-esteem? Whatever it was it made the semester go more quickly and more enjoyably.
39. My mood was positive. I was proud of myself.
40. Especially during winter, the outdoor activity and exercise most definitely kept my spirits high.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

2. How, if at all, did participating in the overall HCMC experience affect your *general mood*?

41. Running on a continual basis has a marked effect on my mood stability throughout both Fall and Spring semesters. I found that as I became fitter, so I became less stressed or rather, less susceptible to stress. I imagine that my body's general fitness had something to do with it, but I also believe that having a long term goal toward which one works 4 or 5 days a week lends stability to one's life.
42. It was an incredibly steadying influence. My experience is perhaps not the most common one because I joined late, and I was carrying an injury and wasn't able to go on most of the training runs, but just knowing that I was preparing (mentally, nutritionally, etc...) for a big event and that there was a group out there who were doing it with me, made me calmer and more balanced in the rest of my life.
43. The HCMC experience was definitely mood-elevating. Yay for endorphins!
44. My mood improved! I felt really good about myself for undertaking the training.
45. No effect.
46. It was great for my mood. Luckily I had no last minute issues w/ fundraising, and enjoyed the training up to the race. The race experience of course was amazing, and made this post race week rather euphoric.
47. Joining HCMC encouraged me to run more, and exercising gives me more energy and makes me feel better about myself.
48. You know, it actually made me more stressed for some weeks leading up to the marathon, thinking how am I going to do this, why am I doing this, there's no way I can do this, etc etc etc - but raising those funds with almost no effort at all made me follow through and give it my best shot. And afterwards, of course, I am just ecstatic.
49. Positively. Running as much as we did boosted my mood and running for charity was icing on the mood-boost cake.
50. I was always happy to get HCMC emails. The only time it hurt my mood was the sometimes stern emails about making the registration meeting. I had to move my exam, which was rather frustrating.
51. Well the exercise was certainly great-- got a whole lot of the post-running high throughout the training. It was also tiring. I slept more than I ever have and ate a lot more. Mentally it got pretty tough to get yourself out the door and go run 16 miles when you had a lot of other things to do. Again, being part of a group helped a lot.
52. no effect.
53. It was nice to know that there were a number of Harvard students training their bodies in the same way as me.
54. It made me feel so much better about myself and be more cognizant of my surroundings.
55. Endorphins are awesome! Training definitely put me in a better mood, except when I was injured. I have always loved the way running helps me clear my head and focus.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

3. How, if at all, did participating in the overall HCMC experience affect your *self-perception* (confidence, self-worth, perceived abilities, etc.)?

1.	I had gained a good deal of weight in recent years and felt more confident about my body image.
2.	Hmm...not really sure. I was already confident in my running abilities.
3.	HCMC greatly helped my self confidence in my abilities as I understood that everyone else was struggling with the same problems in training as I was
4.	Positively.
5.	continued a positive view of myself. it is always satisfying to undertake a task and to accomplish it. hcmc played a helpful and important role in completing this task, and boosting morale throughout the months leading up to the marathon, be it by the anecdotal stories, runs together, etc.
6.	Confidence definitely went up with such an accomplishment.
7.	Participating in HCMC didn't truthfully have a direct major effect on my self-perception. Finishing the marathon gave me great confidence, however, to which I can thank HCMC for helping me finish.
8.	None
9.	I've run distances before, but it's hit-or-miss regarding how good I feel. Running consistently with HCMC made me feel better, which in turn boosted my self-confidence.
10.	not very significantly, i think, although it was definitely cool to finish my first marathon
11.	It improved it!
12.	It motivated me to prepare more because I saw how hard other people were training. However, in some ways it just contributed to my anxiety, but this was probably a good thing. :)
13.	Although I had run another marathon before Boston, I can honestly say that completing a second one was a huge confidence booster. I think your mind tends to forget what your body is capable of until you put it to the test. That I could run 26.2 miles continuously was again made clear to me. I have felt an enormous sense of accomplishment this week after the race.
14.	Certainly didn't think I could complete a marathon beforehand :) I guess I've increased in confidence perhaps as a result of the praise I've received from other non-runners. In terms of my self-perception, as a runner, I certainly believe I can achieve more in the sport than I used to. I now see myself as a "legitimate" runner, so to speak :)
15.	I can't believe that I actually ran that far. I think I still prefer the 5 km runs, but its nice to know I can do this length.
16.	Running any marathon is a confidence builder.
17.	
18.	Again, the feeling of improvement had a profound emotional effect on me. I felt like I was spending my time well, and that I was doing something that would pay off in the end.
19.	I feel so good about myself. I'm psyched that I was able to complete something that I never thought I would be able to do.
20.	My job involves me getting the brightest kids in the world doing my work for me. As a manager, I get people to do work that I am not sure I can do. No one could run marathon for me but me. I stuck to a program and am glad that I did. My confidence is at an all time high. I want to do more, not more marathons necessarily, just more in general.
21.	i like testing the physical limits of my body. thus, running 18, 20, and eventually 26.2 miles was something i really enjoyed despite the pain. it helped my mental strength.
22.	well, it makes me continue to want to get faster at running marathons. my Boston time was even slower than the first time I ran a marathon. there were other factors involved (i.e. sickness) but the race reminded me how much fun it will be trying to get better all the time.
23.	Completing the marathon made me feel much better about myself and what I can accomplish.
24.	Given that I had never run more than 5 miles before I started training, running 26.2 has definitely changed my perception of my long-distance running ability...and my conception of what is in running/walking distance!

2006 HCMC POST-MARATHON SURVEY – RESPONSES

3. How, if at all, did participating in the overall HCMC experience affect your *self-perception (confidence, self-worth, perceived abilities, etc.)*?

25. The feeling of finishing the marathon was unbelievable. I think maybe the best thing about it, too, is that even ten years from now, if I'm no longer running at all, I'll still have that accomplishment in my back pocket, which is pretty cool.
26. I think training and running the marathon is a huge boost to confidence. Also, it puts minor difficulties and daily hassles of life into perspective and helps you to stop sweating the small stuff.
27. I always believed that i would be able to finish the marathon. At times I was concerned I wouldn't have enough time to put in all the training necessary, but hearing and seeing how other people were able to fit it into their busy schedules reassured me that it was possible. Hearing people who had never even run before this and hearing about all of the improvement and success they had throughout the entire experience made me really proud of them and made me proud to be part of HCMC. Also, the people who joined late and were still able to finish and have the guts to take up completing a marathon without necessarily doing all of the training that is recommended also inspired me that it was possible.
28. I can't say that it did a whole lot for me during the actual training for the marathon, but my confidence and sense of self-worth went through the roof after I finished the marathon.
29. Mostly unchanged, except for my running abilities. I was reflecting on the fact that before my senior year of high school I had never run more than 3 miles at a time and now I have finished a marathon!
30. The marathon training made a major impact on my confidence in running. I had a much better training for this marathon and when I ran ten miles and thought it was a cake walk, I really achieved a new level of conditioning. The training programs, discussions by email, and the cause for which I was running all helped me stay on track with my training mileage.
31. Redefining myself as an athlete, and training for an event was really key. I tend to think of myself as the kind of stop-start project person, or the kind of person who gets really excited about something and is all until, until the next morning when I've moved on to something else. In fact, when I first started this process, back in October, one of my roommates, said to me, "I want to see you stick to *anything* for 6 months. " It felt really great not to 'drop-out' on the marathon, and to complete the fundraising community initiative and the personal goal of proving it to myself that I could train for and run a marathon.
32. As I said earlier, finishing the marathon was one of my proudest moments this year. At times during the year training became stressful. I was worried that I hadn't done enough training and that I would be letting down the people who donated to my fund. But in the end I'm very glad I did it.
33. It helped solidify my self-image as a distance runner, which has positive value to me.
34. It definitely raised my perception of my abilities and self-worth.
35. I never thought I could run over 3 miles, so this experience showed me that I could do that even if it meant going very slowly. Having been a sprinter it wasn't always easy being one of the slowest, but I got used it!
36. The marathon itself was a great self-esteem adrenaline shot. HCMC, in that is "pressured" me into training/running/finishing, was pretty central to that change, even it was not the direct cause of it.
37. It didn't change my self-perception much until the very end. Once I finished the marathon and realized the magnitude of what I've achieved, its boosted my confidence quite a bit. Twenty-six miles, which seemed (and still does, honestly) daunting proved to be conquerable, and now I'm left wondering what else I can achieve.
38. I was absolutely more confident while participating in the training. Having continual challenges to meet and surpass is very inspiring.
39. No change.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

3. How, if at all, did participating in the overall HCMC experience affect your *self-perception* (confidence, self-worth, perceived abilities, etc.)?

40. Completing the marathon was certainly a powerful validation of my ability to work towards and accomplish long-term goals.
41. This is without doubt a great builder of self-esteem. Challenging myself to complete a marathon and then achieving it proved to me that if I put my mind to something I can do it. I feel great about my fitness and health, and love that I can go for a 10 mile jog and enjoy the entire run! Training for the marathon required discipline and guts at times (running through snow and slush in sub 30 degree temperatures!) but each time I completed such a run I knew I was one step closer to completing the marathon. The marathon end goal was thus a great motivator and helped me to remain disciplined throughout training.
42. When I joined from the waitlist, for weeks, I felt elated and "superman-like." I really felt that I could do it and was looking forward to the challenge. One of the really big positives that came out of joining was the feeling that I was no longer waiting to do something I had dreamed about, but that I'd actually started taking the first steps.
43. Running Boston gave me a great sense of accomplishment
44. Confidence is way up!
45. No change.
46. Running the race was a great boost for my self-confidence. I was worried going into the event that I hadn't put in enough training, but crossing the line was great. Really an incredibly positive experience.
47. Before the marathon, I felt very apprehensive. I wasn't sure I'd be able to finish, and I was afraid that I'd be the slowest kid from the group. Plus just about everyone in the HCMC seemed to be in great shape, which of course is a good thing, but was a little intimidating too. After the marathon, though, I think the fact that I was able to run the whole way and wasn't the slowest person after all definitely boosted my self-esteem. For the rest of my life, I'll be able to say that I finished Boston, and for me that's a huge confidence booster. I used to think my running a marathon was literally impossible ("I could never do that!"), but since I was able to, now I'd be more willing to take on other challenges I once considered impossible.
48. As I said, my confidence went down as I trained so much slower than everybody else out there, couldn't even find the time to train properly, and I had such a hard time in the marathon (naturally), but now I feel as if I can do anything!! You know, I ran the last five miles, I have no idea where that came from, but I did it and I'm amazed.
49. Increased it significantly for many reasons. First and foremost, running a marathon is no small accomplishment--it is a feat of which I am tremendously proud and finishing has boosted my confidence in my ability to achieve other audacious goals. Also, running as much as we did it's inevitable to be in SICK (good) shape.
50. Hearing everyone else's tribulations really helped me get through my own. It's always good to feel like you're part of a support group, and HCMC was exactly that.
51. If I can run a marathon, what can't I do?
52. no effect.
53. I feel more like I can accomplish anything I set my mind to.
54. It definitely improved my confidence level, and realized that I really love to run, and running as a charity runner made it even much better.
55. I definitely feel like I can be proud of what I accomplished :)

2006 HCMC POST-MARATHON SURVEY – RESPONSES

4. How, if at all, did participating in the overall HCMC experience affect your *time management and organizational skills*?

1.	Although I understand that the discipline of training for something such as a marathon is often cited as improving time management/organizational skills, etc., in my own case this transfer did not happen. The marathon required a great deal of my time which led to sacrifices in my other time and organizational commitments--worthwhile sacrifices, however!
2.	Forced me to cut out little things that I do to waste time during the day, like aimlessly surfing the Web.
3.	The marathon was a huge commitment, and I didn't realize that mileage/time per mile is not even close to the total weekly commitments for training. It was tough to juggle everything
4.	Not really at all - I'm already pretty organized, and training didn't take that much time.
5.	no real change here. being a varsity athlete i have always had to manage my time and workouts, as well as deal with doing my school work an other commitments while being physically exhausted on occasion. being an division 1 varsity athlete here at harvard probably made this task much easier in terms of the time management and organization
6.	The addition of a time-consuming (and tiring) activity forced me to improve my organization.
7.	I don't think HCMC played to much a role in affecting my time management skills. I sign up for too much stuff as it is so I am forced to always plan my days ahead of time.
8.	None
9.	They're pretty good anyway. HCMC might've had a slightly positive effect here -- definitely not a negative effect.
10.	not really at all - i wasn't involved long enough for there to be any serious impact on my painfully abysmal time management and organizational skills
11.	I am a [deleted] in [deleted] school so time management is not such a concern. I have tons of free time anyway. I did spend more of my free time running, though, which was positive.
12.	Not much.
13.	My spring has been pretty crazy. I think that running has always been my way of staying sane, but this spring I found it even harder than usual to make time for everything. Honestly, I probably didn't run as much as I would've liked to in the weeks leading up to the marathon. I don't really think, however, that it had anything to do with HCMC. In fact, I was more than happy to add a little extra time to my long runs by making the trek out to Wellesley.
14.	Well and badly. On the one hand, spending time running forced me to better allot time for other activities, and thus improved my organization. However, my issue was I'm an afternoon runner. I would get out of class, have lunch, then wait (digest) till late afternoon to go running. I tended to waste a lot of time between noon and running, but I guess that might just be an adjusting to college thing, not necessarily relevant to training for the marathon.
15.	I certainly had to re-organize my day to fit in my runs. Although I usually run a few times a week, this was a different level. It took a lot more work on weekends with long runs especially, since afterwards I was really too tired to do anything else too active.
16.	Not significantly. I was already allowing time to run.
17.	
18.	I always made time to squeeze in my runs, so sometimes things had to suffer for it. I was already pretty busy, so I wasn't wasting time before I started training.
19.	I was able to get a lot more done in a given amount of time. Knowing that I had to run a fixed number of days per week, made me streamline my work. I felt like I did a lot less goofing off in lab.
20.	I told my wife after I ran that now I feel as though I have so much more time. I have been rewarded in knowing that I can do more with the same amount of time. I will be a better manager because I prioritize better now. I also want to exercise regularly and keep off the 30 lbs I lost

2006 HCMC POST-MARATHON SURVEY – RESPONSES

4. How, if at all, did participating in the overall HCMC experience affect your *time management and organizational skills*?

21. i really had to budget my time well with school and the longer runs and yes, sleep. if anything, HCMC made me more conscious of time; i had to think about how to fit in those really long runs.
22. i got up early a lot of mornings this year to [run], that was good for me as well even on those days when [personal information deleted]. next year, I'm really looking forward to having even more time to devote to HCMC
23. I definitely had to manage my time much better cause my schedule was always crazy busy, but this also caused me to become somewhat burnt out. I probably would have done that to myself anyways, regardless of whether or not I was planning on running the marathon.
24. It was nice to have a schedule to stick to--I could structure my homework and other extracurriculars around my running schedule, and overall, I was definitely more productive.
25. I've always tried to dedicate some time each day to work out, so I didn't see any real effect on my time management.
26. it helped because I was often working to wedge my runs into my schedule.
27. Participating in HCMC increased my time management skills. I always knew marathon training was a huge commitment, but I never realized how much it would affect other areas of my life. It forced me to be more organized in completing my assignments, more strict in regards to my social life and how much I was going to drink the night before I was supposed to go on a long run the next day, and force me to get more sleep.
28. My time management skills and organizational skills weren't affected that much by the HCMC.
29. No effect.
30. n/a
31. I had to get up earlier. I learned quickly that if I didn't run first, I probably wouldn't run, or that I'd be down in the house gym at midnight. I had to plan how to be consistent and run almost every day, and how to pay attention to my body. I also had to plan, for the webpage, how to advertise my efforts to a larger network, and organize a broader initiative for the marathon. I still can't believe how much money our team raised together.
32. I don't think the running aspect affect my time management skills one way or the other. The only effect was that sometimes I would have trouble estimating how long it would take me to stretch, run, shower, change, etc. The fundraising aspect helped me flex some organizational muscles.
33. Not a whole lot - it might have added a little structure as I had to make room for significant running in my schedule, but it wasn't a dramatic change.
34. I definitely managed my time better, as it was always important to get my work done efficiently, get to bed early, and get up to run in the morning.
35. Fitting in runs after a long day of work wasn't always easy, but I started looking forward to my runs rather than dreading them (like I did at the beginning of my training).
36. In theory training helps regiment your time, but honestly it just made me busier. But I'd do it again, no doubt.
37. Heh... not very much. If anything, it meant more odd hours for me, incorporating midnight and sunrise runs into my day. Then again, I'm generally not good at organizing my time, so there was no hope for me anyway.
38. To be honest, I felt my time management and organizational skills suffered as a result of participation. I put so much energy into the training that it often made me want to relax more than I usually would, causing me to lose time for other things.
39. It made them a little better, but there have been too many stressful moments.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

4. How, if at all, did participating in the overall HCMC experience affect your *time management and organizational skills*?

40. I learned to set apart a large time block once a week, but otherwise I did not have to adapt my scheduling very much, though walks from the quad take less time now.
41. Training for the marathon is essentially equivalent to having an 8 hour per week extra-curricular. As such it is not very time intensive and does not require highly efficient time-management skills. However, given that I was running almost everyday, it provided a constant thread of activity through the fabric of daily life that helped hold all other things together.
42. It challenged them. Towards the end of the program, I was doing the things I used to do in less time, but I still felt there was not enough time in the day for everything. I learn a lot about setting priorities and being able to do things quickly even if the deadline was a few days away. That said, in the last few days before the marathon, I was so nervous that I couldn't really do anything at all!
43. I had to plan my time more carefully to schedule runs.
44. Reserving big chunks of time for long training runs forced me to compromise sometimes on other time commitments. This probably wasn't good, nor did it really build my time management skills, but I learned when I should make compromises.
45. No change.
46. Fundraising was simple, it really only took a mass mailing email, and that was that. Incorporating training into a busy academic schedule took a little juggling, but was beneficial to my time management skills.
47. It's strange--you'd think devoting lots of time to something non-academic would have decreased my success in school. But actually, I think knowing that I would have to block off most time every day for running made me work and organize my time more efficiently.
48. Oh it was terrible. I just was never able to get a full week's training. It always fell down to the bottom of my list of priorities.
49. I had to make running a priority and it became habit. Overall I fit in exercise time like I've never been able to do before.
50. Not really at all. I was still able to get my work done just fine.
51. Ups and down. Occasional high-stress periods due to the amount of time and energy that go into training. On the flip side it forces you to manage that time more efficiently.
52. improved slightly
53. Whenever I add anything new into my schedule, basically I lose out on sleep.
54. It helped me organize my school work around my runs and kept me more aware of time management.
55. I definitely had to factor in time for the long runs, which was sometimes difficult, especially on weekends where I had a lot of work or rehearsals (I'm also a musician).

2006 HCMC POST-MARATHON SURVEY – RESPONSES

5. How, if at all, did participating in the overall HCMC experience affect your *academic performance (or job performance, if you're an employee)*?

1.	see above--some tasks did not get done due to time given to training.
2.	Did not have a significant impact on my academics.
3.	I think my academic performance may have struggled slightly because of the time commitments and because of increased fatigue
4.	Maybe it helped me focus. Hard to say.
5.	hmm, well it was tough at time to get some stuff done, but i found a way to make it work and balanced it fine
6.	Not sure. It probably helped it, just because I had a routine and the running itself probably eased some stress.
7.	HCMC took time away from me sitting around. It had no negative affects on my grades or anything of that nature.
8.	None
9.	I'm became more efficient in several ways. If I knew I was going running at a particular time (because I had told someone else on the listserv I'd run with them), I'd be forced to complete whatever I was doing before that time. This was GOOD! And I'd feel better, more productive, after the run (except for the really long runs -- dead tired after those, but in a good way).
10.	well, over spring break i was supposed to be training and studying for the [deleted] GRE, and i usually erred on the side of training without studying. i haven't gotten my scores back yet, though, so for now: no comment
11.	No impact
12.	Not at all.
13.	I think that my academic performance might've suffered a little bit. I was glad to make the sacrifice, however. Who wants to do work when you can go for a 20-miler?
14.	While I thought it might have made me more focused, I'm pretty sure I ended up running more and reading less :) Again, that's probably a personal thing, though.
15.	I limited my extra hours at work a bit. While normally I may stay late a few nights a week and work weekends, some of that time was taken up by running instead. But I think I was more efficient in the time I did spend in the lab.
16.	None.
17.	
18.	Long saturday runs made it difficult to study on those days, just because I would get so tired. Otherwise, not too much of an effect.
19.	see above
20.	My job suffered a bit at times because I was a little consumed with marathon challenge. However, I still did a fairly decent job and did not get too much behind. It was a trade off that will pay dividends because of my experience.
21.	i don't think HCMC negatively affected academics or my job tutoring kids. i've been used to balancing school and athletics [personal information deleted] so training was not something that abnormal to me.
22.	it had little or no effect on my academic performance.
23.	Just like playing any sport, I sacrificed some of my work for sleep and/or running, but overall, I don't think it had a huge effect because I would have been just as busy without the training (i.e.- I would have occupied my time with other activities unrelated to work).
24.	Honestly, probably not too much...it did give me an outlet to get away from studying for a while.
25.	Probably not at all.
26.	I think I slacked a bit in classes in order to train, but I knew I had an easy semester, so had planned to do this. Luckily, overall I did very well even with my slacking.
27.	I think it helped me become more organized, but there probably were a couple instances where I could have devoted more time to a paper or studying if I hadn't been marathon training. I think overall it was worth it though and I wouldn't have not participated in it for anything.
28.	A negligible affect.
29.	Not much of an effect, possibly kept me more focused sometimes, possibly distracted me others.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

5. How, if at all, did participating in the overall HCMC experience affect your *academic performance (or job performance, if you're an employee)*?

30. The HCMC definitely assisted my job performance. With a very long day in the office, it was always a release to go for my night jog or morning run. It really helped me manage my anxiety.
31. I don't think that it did. I had something to talk about --- a new identity to bring to class and work, but I think I kept my school performance in a separate category from HCMC. I'm not going to say that there weren't side benefits to eating better, sleeping, training, and listening to my body, but those are the obvious pluses of having a healthy year.
32. I don't think running or fundraising had a significant impact on my academics.
33. I don't think it affected it much beyond the positive effect any exercise has.
34. I don't know how much it effected my actual grades, but I definitely felt more organized and better about how I was using my time.
35. n/a
36. As I said, I was busier. However, the brain-clearing effects of running and the social interaction left me primed to buckle down academically during the rest of my day.
37. Not very much. To be honest, academics always came first, and so if I felt that I didn't have enough time to run and finish an assignment, I skipped the run. Ultimately, that did not help me for the marathon, but I feel, for me at least, that academics first was the right choice.
38. It was challenging. All the training was difficult to do when facing strict academic deadlines and competitive classes. I usually like to do my assignments as soon as I get them--even my long research papers. I found that I was abnormally behind where I would like to be as a result of all the training, and often had to get things done closer to their deadlines than I would have liked.
39. It was okay, but next year I am not going to do so many things at once. It was really too much to handle.
40. Better mood leads to better grades...
41. It certainly didn't detract from my academic experience but I'm not sure it affected it directly. It helped to keep my stress levels low, which is obviously good for school in general. Being so fit also meant that my thoughts were clear most of the time which does help when concentration/focus is required.
42. I don't think it affected my grades at all: I still got the same amount of work done. However I did notice that I was a little less attached to them and if a 59/60 would have stressed me earlier, I simply said, that's ok now. The marathon became my goal for the semester, and classes were something that I also had to do, but they were no longer the centre of my life - that meant that if things weren't going well, life could still be ok, but if things did go well, life was especially great.
43. No effect
44. No change.
45. No change.
46. I wouldn't say that the event enhanced my academic performance, but I'd say that the benefit from better time management indirectly boosted my academic output.
47. see above
48. Didn't really affect it.
49. Maybe kept me slightly more organized but didn't have a huge effect. Exercise is great for mental health so it probably helped.
50. It really didn't - I was running on my own anyway. The only time it had any affect was right before the marathon when I was trying to get lots of sleep, but this would have happened anyway, it wasn't HCMC in particular.
51. Positively on the whole.
52. no effect.
53. I did worse in a couple of classes.
54. I'm not sure how it's affected YET, but I don't think it had any negative consequences.
55. Especially when the long runs got really long, and there was a lot of weekly mileage, my sleep became much more vital (I can't get by on little sleep as it is, and with the running I often needed more.) In general though, I don't think it had too huge of an effect on my work, just when I could get it done.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

6. How, if at all, did participating in the overall HCMC experience affect you *otherwise* (your thinking, interpersonal relationships, daily routine, drinking/partying, eating/sleeping, etc.– whatever)?

1. I became much more conscious about my eating and drinking habits--both excessive eating and drinking loomed as negative impacts on my training and were not difficult to give up.
2. The more time I spent running, the less time I spent napping!
3. Made me very hungry and tired in general.
4. I slept more deeply, though sometimes it was hard for me to fall asleep. I think I ate better, and I definitely ate more.
5. i felt really healthy leading up to the marathon because i was really in tune with my body. i wasn't drinking as much, was eating well, and getting enough sleep (which harvard students tend not to do)
6. It gave me a goal.
7. While doing HCMC I ate a whole lot and went out less. Knowing what was expected and that I represented something bigger than me forced me to make sure I was training well and ready for the task ahead. It focused me on what was important for the time being.
8. None
9. It gave me something to look forward to.
10. i got back into running for a while (i've been basically running only about once a week since I graduated high school), and hopefully that boost will last - i've missed the sport
11. No impact
12. It didn't really.
13. The marathon was something that was constantly on my mind. Whatever I was doing, I was always thinking about how it would affect my performance on race day. I think it's part of my obsessive, single-minded nature. Believe it or not, I enjoy this frame of mind. I like the feeling of being driven. However, now that it's over, I'm definitely appreciating the eat-anything-I-want phase.
14. Less sleep... I got time to think while on the runs, and it definitely improved interpersonal relationships. As a freshman, meeting as diverse a group of people as the HCMC gang was awesome. House tutors, grad students, upper classmen, Bureau of Study Council employees... :) I feel much better equipped to interact with people beyond the freshman class.
15. I had to start resting more as the miles added up. I eat a lot more than I used to as well.
16. I have eaten much better during the 2nd semester.
17. I slept a lot more when I was running 40 miles a week. I stopped drinking as much.
18. Much less drinking, and this is a hugely positive effect. I don't plan on bumping up my drinking anytime soon.
19. On some days, i was very tired and that was not a good thing. I think that you have to sleep a little bit more.
20. I made changes in my lifestyle. Once I told people I was running, i became more serious and more focused. The work needed and the training humbled me. I started to do the stuff I knew I should be doing and always talked about doing, like eating better, sleeping, less drinking, I opened up to more people as well and got ideas from many people who have run before.
21. i actually think i overextended myself during my first weeks of training since i came down with a pneumonia-like illness that set me back for the rest of training.
22. i met some great friends, and I include [name deleted] at the top of the list. working with him (you?) was an unexpected huge selling point of this program and I can't wait to do it again next year.
23. It helped me make my daily routine more consistent.
24. While training with HCMC, I felt like I was leading a more healthy lifestyle all around...I hope to keep these habits going by continuing to run regularly.
25. Well, this is probably a little backwards... But I really enjoy eating a lot. Likewise, I also enjoy going out on the weekend and drinking a lot. So, I guess I enjoy doing both a little excessively. Since I've been training for the marathon and running countless miles each week for the past few months, I actually probably did more of each because I just wasn't as worried about putting on weight and getting fat. So go figure.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

6. How, if at all, did participating in the overall HCMC experience affect you *otherwise* (your thinking, interpersonal relationships, daily routine, drinking/partying, eating/sleeping, etc.– whatever)?

<p>26. Running became one of my number priorities, in a good way. It felt very good to finally lead a life that focused on being healthy and in shape, even if this meant some sacrificing in other areas (less partying, less school work).</p>
<p>27. HCMC increased my overall confidence in my physical capabilities. I feel very proud to have been part of such an effort and to have accomplished such a feat as a marathon. It also gave me more confidence and happiness in regards to my body image. I liked being and feeling strong, particularly after knowing all the hard work I had been putting in.</p> <p>It was also very interesting to see how impressed people were with the fact that you were running a marathon. It inspires this awe in people. I can't tell you how many people said to me "oh man, I could never run a marathon!" I don't really believe that's true because I know a lot of people who participated in HCMC who would have said the same thing before they took up this challenge. It was also nice because after the marathon, a lot of people came up to me saying how much I inspired them to take up running and possibly train for a marathon. People were really excited with the option. I was also surprised at how much support people came through with. It really let me see how strong some of the friendships I've formed really are.</p> <p>I really enjoyed how marathon training really forced me to go running. Some days I didn't feel like running, but I knew I had to go because I had this long term goal I was working for. Marathon training prevented me from slacking on days I felt tired.</p> <p>Like I said before, marathon training forced me to cut down on my drinking and partying. At first I was a bit reluctant to since it is my senior year, but the benefits from training outweighed what I believe I was missing. I was still able to hang out with everyone and it's probably better in the long run for my body not to drink and party as much.</p> <p>Marathon training didn't really affect my diet too much. I feel I eat pretty healthily in general so I was just a little more conscious of ensuring that I was eating a balanced diet.</p> <p>My mother was also pleased that marathon training made me more careful and cognizant of my sleep behaviors. I still don't get as much sleep as I need, but during training, my body would just give into sleep more easily and force me to get that needed sleep.</p>
<p>28. It was awesome to go out or a run and think about things and clear my head. After going for a run, my body felt better and my brain functioned better. I was more alive. I also ate better meals.</p>
<p>29. I slept more this week post-marathon and let myself. I drank less in the few days leading up to the marathon.</p>
<p>30. There is no doubt in my mind that running a marathon is a lifestyle change. The Friday night parties need to end earlier so that you can run the 18 miles on Saturday or the late night pizza is replaced by a banana. Also, in really closely monitoring my food and following the nutritionists advice in the last week I really began to think of my body as a machine. I'd recommend having marathoners "experiment" with the food proportions and types earlier in their training. It really helped me think about eating a healthy diet and minimizing the unhealthy snacks that can creep their way into my diet.</p>
<p>31. I gave up drinking all together, in 2006, and I gave up a significant amount of parties and late-nights out with friends in the weeks before the marathon. I'm actually not a big party person, but even so, the focus on my health and taking care of my body for this event shifted me away from even the smaller, now and then habits of staying out to late and drinking or eating when stressed. I had a whole other layer of personality to talk about, to replace the partying, if you will; my friends and family really respected the athletic achievement of running the marathon, and they weren't going to push me to stress or party or drink, when I wanted to be serious about the marathon. In fact, they were much more interested in asking how my training was going --- what was my longest run.</p>

2006 HCMC POST-MARATHON SURVEY – RESPONSES

6. How, if at all, did participating in the overall HCMC experience affect you *otherwise* (your thinking, interpersonal relationships, daily routine, drinking/partying, eating/sleeping, etc.– whatever)?

32. The biggest change to my daily routine was that a daily run became more necessary than it used to be. On weekends I wouldn't stay out as late so I'd be able to run the next day.
33. As per 1), training for the marathon elicits support from those around you. Also, my daily routine was affected inasmuch as running became a priority (i.e., "I've got X, Y, and Z to do tonight and it's been raining all day, but I need to train so I'm going running") which is great because I like the experience of running distance and wouldn't do it as much as I like without some extra reason - like the marathon.
34. I made some new great friends that I never would have made as well if I hadn't trained for the marathon. I drank and partied much less when I was training for the marathon, and I also ate much more healthily. As I said before, I was also always trying to get sufficient sleep so that I could run well.
35. It has motivated me to get into better shape and start eating healthier. I want to do another marathon!
36. See 4,5
37. It definitely made me eat more/healthier, ensuring that I always got lots of water and 3 meals a day. HCMC pretty much ensured that I was always thinking about my health and staying fit, something I definitely would not have done otherwise.
38. It helped me to be more motivated and determined throughout my daily activities.
39. ??
40. Nothing comes to mind.
41. It helped me keep positive. When other things were not going so well, I always fell back on a healthy training run to keep momentum. It meant I could eat a lot and as much as I liked and feel GOOD about it! Importantly also, training helped me maintain a regular sleeping pattern; since problems with sleeping are often at the root of stress/depression, or at least exacerbate them, the regular 8 hours helped keep me positive.
42. A lot changed: <ul style="list-style-type: none"> * As soon as I knew I'd have an official entry (when I joined HCMC, not when we finally got our numbers) I quit drinking. Saying "I am not drinking till after the marathon." was a great excuse. However, now people are very used to me not drinking and I don't think I'll resume: I love not being hung over. * On the flip side, I feel that I drifted away from some of my less healthy friends a little. I couldn't enjoy as much sitting in a bar till 3am, eating greasy food and drinking, when I could be waking up early the next morning to exercise instead. Eventually though, things adjusted and I was able to have a balance where I still spent time with people who drank a lot: I just had to learn how to not drink in those situations, and how to leave early. * My sleeping schedule shifted forward - I woke up earlier and went to sleep earlier. I also became much more aware of my food intake. Unfortunately, eating well in the dining halls is a nightmare: everything is deep fried and coated in fat - even salmon has globs of butter on it! I ate a lot of salads, bananas etc... I went out to eat much more than I otherwise would have because running gave me an excuse to splurge a little. * I also quit caffeine for the marathon, and I doubt that I'll go back. It began with being concerned about the diuretic effect and the sugar, and drinking vitamin water or gatorade seemed easier. It was really hard to break it in the first few days, but after a week, I started feeling much better. * Since I'd quit coffee and drinking (multiple cups a day, substantial tabs) I had more money to spend on healthy food in restaurants and on running shoes/shirts/socks etc... * Ok, I'll stop rambling about how great it was, but in summary, knowing that I was officially running made making other changes in my life much easier, and I am extremely happy I was able to make them.
43. I didn't stay out late or drink as much on weekends.
44. I think my health and immunity has been much stronger. I haven't had any kind of respiratory problems (common cold, etc.) throughout the winter months.
45. No change.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

6. How, if at all, did participating in the overall HCMC experience affect you *otherwise* (your *thinking, interpersonal relationships, daily routine, drinking/partying, eating/sleeping, etc.– whatever*)?

46. It was great meeting new people, and especially training for such an impressive event- there's always relevant conversation matter w/ a marathon coming up!
47. To some extent, before the marathon, it increased my stress level because I joined late in the game and wasn't sure I'd be able to finish. It also affected my relationship with my boyfriend a little because I'd typically run late in the evenings, when we usually talk on the phone. There was a little conflict there.
48. Well, I changed my behaviour at least partly, being more conscious of nutrition etc, but not totally. I had no control over my sleep schedule, due to my work. But it did make me slightly more conscientious, and more aware of my body.
49. I didn't drink/party as much. Eating was fun b/c I was eating fuel, not for pleasure. I like a more organized life and having to schedule long runs made me more organized.
50. I drank and partied less, ate better, and tried to get more sleep. I'd say it generally improved my health.
51. again, positively. Definitely makes you get into a daily routine.
52. it made me a healthier person, in nutrition and lifestyle.
53. I went running more :-)
54. I've always been a runner, so there wasn't that much change.
55. I think it made it more vital that I get an adequate amount of sleep, and it definitely affected the amount of time (and energy) I had on the weekends, when I was doing my long runs.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

7. Thinking back, what initially led you to participate in HCMC?

1. fund raising opportunity for PBHA, desire to get back into shape
2. I wanted to run the marathon before graduation.
3. I had wanted to run the marathon last year but was injured. I do work for PBHA, HCMC was the perfect combination of my goal to complete a marathon and my interest in social service.
4. My father.
5. i have always wanted to run a marathon. i grew up around boston and have watched it for 21 years. my dad has run boston 3 times and i admire him a lot.
6. I was running a lot over the summer, and I figured that I might as well make something of it...HCMC seemed to be a great opportunity for that.
7. I wanted to run a marathon for charity. It was perfect. I found out about it through [name deleted] who had a spot but got injured and knew I wanted to run.
8. Opportunity to run the marathon officially
9. I wanted to run the Boston Marathon with an official number, and I wanted to practice running with a Harvard group.
10. again, always wanted to run a boston marathon, and thought the HCMC with its charity component and community spirit was a great way to go about doing it. also, the deciding factor was the fact that its my senior spring, and it was pretty much my last shot
11. My desire to run Boston Marathon with entry #
12. The opportunity to raise money for an organization (PBHA) that I care about.
13. [name deleted] and I had wanted to run the Boston Marathon and maybe do it for charity. A few days before I was set to run another marathon to try and qualify for Boston, I got my bid from HCMC. I decided to do it whether or not I qualified and I'm glad I did. It was a much more rewarding experience than going it solo would have been.
14. Going on group runs while I was still a leisure runner was probably the catch. It's really nice to find some running company. Days on end of running alone can actually reverse the endorphins effect :(
15. It seemed like a great opportunity to help PBHA and run Boston, which I never would get to do otherwise.
16. I wanted a chance to run the Boston marathon.
17. I wanted to train for this marathon more seriously than my first and I really wanted a real number.
18. I've always wanted to run in the marathon, and I've worked with PBHA since freshman year. I'm well aware of their financial problems and I thought this would be a great way to help them out.
19. my desire to complete the boston marathon
20. I made a goal of being in the best shape of my life at age [deleted]. Even though I made the goal, I was not doing anything. I weighed over 250lbs and was a slug. I needed and wanted desperately to change my image of myself. HCMC came about and I decide to grasp for it in the hopes I could change.
21. i have always wanted to run the Boston Marathon. my dad is a 25 time marathoner and has run Boston 10 times so i have been surrounded by the glory of the Boston Marathon and marathoning in general since i was really young. i watched the Boston Marathon last year and was completely overwhelmed by the human strength i saw. i thought the fundraising component was a great way to combine a passion for running with community service.
22. i have close ties to both PBHA and Project Health. I have devoted much time to [name deleted] which is a PBHA program as well as the [name deleted] program (also PBHA). also, my cousin worked for Project Health when she was a student and loved it. on top of that, I have always wanted to run Boston as an official member and really want to do it again!
23. I've always wanted to complete a marathon.
24. I wanted to run the marathon, so I figured I might as well raise some money for charity in the process.
25. Being a runner all through high school, I've always wanted to run a marathon. And being from Massachusetts, the Boston Marathon has always been the ultimate goal. So, when this opportunity presented itself, I did not hesitate to take advantage of it.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

7. Thinking back, what initially led you to participate in HCMC?

26. I had already run Boston bandit and thought it would be really great this time around to run officially.
27. I had always wanted to run the Boston Marathon and when presented with the added opportunity of raising money for Project HEALTH, an organization which I had dedicated so much time and effort to throughout my college career, I couldn't say no. it was two of my main passions and interests being combined.
28. Consistent pestering by [name deleted]. The desire to finish a marathon was always on my mind...I just needed that final push.
29. I was hoping to finish the marathon, up my running abilities in general, force myself to keep up my work-out schedule through my whole thesis-writing process.
30. I was definitely initially led to participate in HCMC by wanting to support Project HEALTH.
31. I had wanted to run a marathon. Marathon-running was listed as an interest, my sophomore year, way before it was true. The end of my Junior year, I bought a copy of the runner's world, Boston Marathon issue, and I actually had that detailed map with me on race day and all the weeks before it. So, every time I look back, I find a clue that leads me farther into this being a dream of mine, further back in the past than even I had suspected. One of my biggest donors, a corporate attorney, with whom I had worked, said to me, on marathon day, "Remember when you asked me, if I would come out to Boston, if you ran the marathon? Well, you were only a Freshman then, and I'm so proud of you now." As a Senior, realizing that I had something like that four years ago, really shocked me --- I didn't even remember that. So, originally, I did it for myself, and I just kind of got tossed into the lottery by a roommate who does Project HEALTH. Now, I'm so glad for all the friendship and the fun that I have had training and fundraising with HCMC. I wouldn't have done it, alone.
32. Definitely the challenge of it. I'm drawn to seemingly impossible challenges like climbing a mountain or running a marathon, so the ability to run my first marathon as an official runner in the boston marathon seemed too good to turn down.
33. I had run some half marathons and I had the goal of running a marathon before leaving college. The Boston Marathon seemed cool, so HCMC was the obvious choice.
34. On a whim, I joined up with a couple of buddies who were running for [deleted] in early February and I found out about the opportunity late to get an official registration.
35. I have always wanted to run a marathon someday, so when a friend signed me up for the HCMC lottery and I got a spot I thought "why not?" Also, I had participated in PBH some in college and think it's a great organization to support.
36. 1. failure to actually train thoroughly on my own in past years 2. Official number. Yeehaw.
37. I took a look at the table during the activities fair, and I wanted to participate in some extracurricular at Harvard. The fact that I enjoyed running and like challenging myself led to my signing up for the HCMC lottery.
38. I wanted the challenge. I wanted to have the opportunity to push myself in the training to become strong and enduring. I also work with PBHA, so it was a great combination.
39. I wanted to run the Boston Marathon for fun, and get a little credit for all the running I do anyway.
40. I had just quit crew and was looking for an athletic outlet. I had done some distance running, and enjoyed the prospect of being outside during the winter.
41. Met [name deleted] at the activities fair and entered the lottery. I wanted to do the marathon ever since I went to spectate last year. I think I also wanted to challenge myself physically, since all we do at Harvard is challenge ourselves and each other academically ALL the time!
42. I ran in high school, rowed here, and have been running on the Charles. I always had a mental aura around the marathon, and dreamed of doing it. I pulled out from banditing due to injury two years ago and really wanted to put those regrets out of my mind. Banditing didn't feel like "really running" so, while it motivated me to train a bit, the incentive increase from an official entry was immense.
43. A good friend talked me into it :)
44. I wanted to run the marathon, and this seemed like a great vehicle to do so.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

7. Thinking back, what initially led you to participate in HCMC?

45. It was a chance to finally run boston after missing qualifying by 10 minutes before.
46. I really wanted to run the race, and was uber excited to see the venue at the freshman fair. Running the race was definitely an experience I wanted to enjoy while at Harvard.
47. In October or November, one of my friends told me she was running through HCMC and asked me to sponsor her. My reaction was, "WOW!! That's amazing! I could never do that!" But then I started to wonder whether I actually could, and I began jogging and ellipticaling much more. I wasn't training for any marathon, but the idea of running one still inspired me. When the last-minute spots became available, I decided to try to do what I once thought was impossible. I wish I'd joined sooner!
48. I just really wanted to run a marathon to see if I could do it, to raise money for Project Health which I love to pieces, and to do something meaningful for my dad.
49. Wanting to complete a marathon. Knowing I wouldn't if I ran bandit.
50. The desire to complete a marathon.
51. Because I saw it as an opportunity: to run a marathon and do it for charity!
52. I always wanted to do a marathon, but wasn't able to do it alone.
53. I wanted to run in the Boston marathon- this seemed like the best way to do this.
54. an opportunity to run Boston
55. I had been thinking about running a marathon ever since I ran a half marathon last summer. I never imagined that my first marathon would be Boston! But I was really excited to participate, and later became excited to raise money for PBHA when I got involved in their programs.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

10. What was the *best* part of your HCMC experience, and what made it so great?

1. The sense of accomplishment when crossing the line was tops. The sense of common goal with others and new relationships a close second.
2. Training with good people and getting to see parts of Boston that I've never seen before.
3. The marathon itself for obvious reasons
4. The running.
5. the best part was the email list, it made me very aware of all of the people, right here at harvard, that were training and working toward the same goal.
6. The community.
7. The group runs and getting to know people I would have never met otherwise. I've always played sports and been around athletic people. The thing I love about sports is that it brings totally different people together for a common interest with very little real pressure. The best part of HCMC was just being part of a team that had a goal in mind.
8. Running the marathon. The weather and people were awesome this year.
9. Running with other folks on the training runs -- getting to know people -- was by far the most fun part of HCMC for me. Well, maybe the second-best, just after feeling FANTASTIC throughout pretty much all of the Marathon route (because I didn't push myself beyond my limit).
10. the community was great - very supportive, the marathon was a very fun experience on the whole as well
11. The friendliness of [name deleted], the enthusiasm, a supportive group of runners...
12. Running the marathon itself; the sense of accomplishment was so great.
13. The race itself, I'd have to say. Starting out with friends from HCMC and meeting more along the way was really encouraging. Not to mention the 500,000 screaming fans. It's something that will take me months if not years to process.
14. The documentary style tours, courtesy of [name deleted]. I kid :) Although they were pretty interesting. Again, I think it was just great to find company to run with. My issue was that coming to Harvard, I wanted to do cross country so I'd have some sort of camaraderie, but I wasn't sure I was quite ready for that intensity of running. HCMC provided a great group to run with, while being kind of low-key, so it was a nice compromise.
15. Finishing! It was great to meet some of the really nice students and run with them. Sharing the stories with everyone was fun.
16. Marathon day.
17. The training runs in the woods and the actual marathon.
18. The last six miles of the marathon. I knew it was new territory for me, and I was in a lot of pain, but I also knew that I had to finish. It was a very powerful and emotional experience.
19. Running the actually marathon with the team. I loved running into people on the course. It was awesome to cheer people on.
20. being part of something that was doing a lot of good. The bus out was good. I became a doer and not a watcher of others. I had other reasons more important to me, but HCMC gave me a chance to do something that I always wanted to do. Now I can say I did it, or even just know that I did it and not have to say anything.....the crowd was awesome and made me feel so good.
21. the best part was just being a part of a community within Harvard that was using physical activity for a good cause. i also loved running the marathon itself; i'm still trying to grasp the entire experience.
22. long runs with [name deleted], what was so great was that I knew the finish line and the actual race would be great, hitting the fundraising deadline etc, all the obvious high points, but it was the more subtle great parts that I'll think back on.
23. Crossing the finish line.
24. I really like being able to run with the Harvard logo on my jersey...the fan support was awesome, really made the experience memorable.
25. Just getting back into good running shape and feeling better about myself and my body.
26. See number one. Also, I know it was a bit separate from the HCMC, but having the bus from Harvard to the start was very very nice.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

10. What was the *best* part of your HCMC experience, and what made it so great?

27. Having that added support of other runners was really great in assuaging my fears and concerns. it was also great to have the advice of so many veterans so readily available. also, finishing the marathon and reflecting back on it with other runners was absolutely amazing and just makes me realize what an accomplishment it is to have finished the boston marathon.
28. Knowing that I was able to set a difficult physical and mental goal, and then accomplishing that goal. I pushed myself, and it eventually made me a better person.
29. Finishing the marathon.
30. The organization to the event was amazing. I would definitely say the extensive information provided was definitely the best part. The ability to be part of a team that was running it together and for such great causes. Ultimately, I think the best part was the open list serve, marathon insights for other runners, and the ability to have an open communication flow between runs. [name deleted]'s support of this process was essential.
31. [name deleted]. He emailed me when I was unsure. He emailed me when I had questions. We met in person, now and then, at pasta parties, and he just reminds me of my dad. [name deleted] is so organized, and so giving, that I was just inspired to keep going by all the energy and the vision that he had for each of us. I really appreciate the hours upon hours of hard work he put into every detail of the program. It was thoughtful at every bend and I felt cared for and supported every step of the way. All of the other great experiences I had connecting with people and goals in the program were because of [name deleted]'s foresight.
32. The best part was race day. All the hard work was finally paying off, and the energy of the crowd was infectious. Crossing the finish line knowing you had just run one of the most famous marathons in the world is a feat I won't soon match.
33. I like the experience of running/running community/running culture.
34. Having a long term goal, working hard towards it, and accomplishing it.
35. The actual marathon was the best part because it was great sense of accomplishment and the people along the route were fantastic.
36. Running WITH people in the race. I've never run a marathon before, so I can't compare to running lone-wolf, but having some dudes with me (through the first half, anyway) was a most excellent moment of camaraderie.
37. Definitely the best part was running with other people and developing running partners who I became friends with. While I only really have one consistent running partner, it really makes the whole experience that much more enjoyable.
38. Staying in shape. I enjoyed the constant training, day after day. It gave me something to look forward to in the doldrums of daily activities and homework.
39. The actual marathon itself.
40. As a transfer student, I have at times felt slightly removed from Harvard, particularly from the university as an institution. Both through participating in the organization throughout the year and especially by running as a representative of the marathon challenge, I have found a sense of community and a place in the university.
41. The community of runners that taught me so much over the last 5 months. The e-mail list must contain several hundred, perhaps a thousand, email exchanges with advice, thoughts, ideas. It's so good to hear someone else complain about blisters when you yourself are suffering from them. Then to have several other people give a spectrum of solutions that they found useful ... well, HCMC just provided a lot of support. I enjoyed the group training runs and the communal events like dinners and movies.
42. The best part was knowing other runners and feeling a solidarity from wearing the same singlets on race day. It was great to have 60 instant running buddies and to spot them in the pack. The HCMC camp at the athletes village was a great resource for markers/advice/reassurance. Going together on the busses was a big plus as well.
43. The marathon itself was amazing.
44. Building up my training runs and convincing myself that I could run really long distances.
45. the boston marathon
46. The race was of course amazing, but the best part for me was running the finish area beforehand, feeding off of the pre-race energy, absolutely amazing.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

10. What was the *best* part of your HCMC experience, and what made it so great?

47. I have three. 1. I loved having the crowd cheer my name as I ran by during the marathon. I'd never done an athletic thing in my life, so I thought this was basically the coolest thing ever. 2. Crossing the finish line! Achieving a goal that I'd thought was impossible only 6 months before meant a great deal to me--it made me feel that I could tackle anything. 3. Seeing that I'd been running at a pace of 10:17/mile. Of course that's not fast by most people's standards, but for me, just 6 months ago, I could probably have only done 2 or 3 miles at this pace.
48. When it was over! And of course by that I mean only the incredible feeling of accomplishment of finishing a marathon. I also really liked the fundraising and being able to connect with people about what I'm doing at Project Health.
49. Running, getting into the running/training, learning how to run.
50. Finishing Boston.
51. Finishing it. Seeing all that hard work pay off. Awesome.
52. Long runs.
53. Running in the Boston marathon and actually finishing- I hadn't thought that I could run that far.
54. Knowing that I am running for a cause; it made me feel good about my commitment to athletics.
55. Running with other people :) I definitely wouldn't have been able to train by myself. Although I ran mostly with [name deleted], HCMC made me branch out and meet and run with other people at Harvard, and I hope to continue going to runs posted on the marathon list.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

11. What was the *worst* part of your HCMC experience, why was it so bad, and how could it have been better?

1. Knee pain during marathon and not accomplishing my time goal. I was still, however, proud to cross the finish line!
2. No complaints.
3. Shin splints... but nothing HCMC could have done :)
4. No bad parts.
5. mmm, i can just say that i had one really rough training run...but not sure that hcmc could have changed that!
6. That most people took it a bit slower than I did on race day, so I didn't have anyone to run with.
7. The worst part was walking into the meeting right before the marathon and not knowing many people. I feel as if at that point we should have known each other more. It also annoyed me that people just left and seemingly took the numbers for granted and didn't appreciate how much HCMC gave us.
8. The singlet back to the jersey bothered by back a little (rubbed into my shoulder blades), and the seam across the front bothered my chest.
9. I was irritated when folks would say on the listserv, "I'm running at X time or place" or "I'll be there!" and then they wouldn't show up AND wouldn't apologize – as if it's okay to blow others off, which is poor form. This didn't happen every day, but it happened often enough to warrant some remedial attention next year. But hey, that's pretty minor, ain't it?!
10. the last 6 miles of the race were pretty unpleasant physically and mentally. my legs began seizing up on me around mile 15-16, and by mile 20 i was doing a lot of walking/stretching just in order to be able to keep on going. it was extremely frustrating to get into the crowds of Boston and to not be able to run when they cheered for you.
11. Nothing. The only negative I could point out (which didn't affect me personally b/c I have run several marathons before and know how little you can train and still run a marathon!)... some people were pretty intense re: training, and our inboxes were flooded with emails about training runs all the time. Were I a first time runner with not tons of training, I may have been psyched out.
12. No real bad part.
13. I guess the worst part were the long runs. I should clarify, though, because the long runs are, in my opinion, the worst part of running. And that's why I chose to do them with the HCMC group so often. Being around others made it go by a lot faster.
14. At the end, I kind of injured myself and couldn't go out on the group runs and really experience the pre-race excitement. I was kind of anxious and nervous.
15. I didn't get to make it to many runs, other than on weekends.
16. Stress over fundraising, but I think this is just part of the process.
17.
18. Getting injured in the middle of training. I thought I wasn't going to be able to run on Marathon Monday, but I got better pretty fast.
19. The initial signing up. I felt very rushed. but I don't think it can be fixed b/c I got in so late.
20. I was overwhelmed with all young kids doing it. I wish I had more confidence in myself to go on more group runs. Until I finished, I doubted my ability to do it. I did not want to embarrass myself.....It could have been better had I not chosen to do most of training alone.
21. i wish i could have joined in September. i entered the lottery but did not get in. i wish i could have had more time to run with the group and learn more tips on marathon training.
22. not doing as well in the race as I would have liked.
23. I was sad that I was unable to go on most of the group runs, but that was mainly cause I was on such a tight schedule and none of the runs left from the quad (where I live) so if you factor in commute time, I just didn't have the time to go on group runs.
24. I did not know very many of the other runners other than my roommates. This situation was probably not a fault of the HCMC as much as my own problem of not going on too many group runs, etc.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

11. What was the *worst* part of your HCMC experience, why was it so bad, and how could it have been better?

25. Probably the fact that I got injured a couple weeks before the big day, which hurt my preparation. But these things happen.
26. I didn't realize how quickly things would add up: HCMC registration, running shoes, cold-weather running gear. But, this wasn't so bad and the cost was totally worth it.
27. The worst part was not having as much time as I wanted to dedicate to HCMC. It was frustrating because I wanted to do so much more in regards to fundraising and getting to know the other runners
28. I felt pressured to run with people, when really I wanted to run alone most of the time.
29. Just nerves about the race, I think they'll always be there.
30. I think the worst part of the experience was realizing that the mailings for fundraising were going to return later than I expected. I would be absolutely sure to give three months for mailings to be returned. Immediately from October post those fundraising letters. People take a while to get to the request. Also, it will help to get the letters in before the fiscal year ends so people can acquire tax deductibility.
31. Difficult to say. There weren't many, at all. I had such a positive experience with HCMC. But, once, I went out on an 'unofficial' group run, lead *not* by one of the training czars, and I just got crushed. The other runners were all guys and well beyond my ability level, so it was physically and somewhat psychologically damaging to run with them and do what I could to keep up. It's a longer story, and I was in the company of some really great guys, especially the run leader, but I really struggled, and basically I would advise novice runners against running with these sort of 'rogue' type runs, when you are just getting your running legs in the first month or two. Because I know it kind of scared me away from group runs for a long time. New runners should stick to runs sponsored by [name deleted] or the training czars who are better willing and able to take care of fledglings. I went because I was excited to meet new people and needed an evening run (this was back when we only did morning training runs and I was a sleepy head). On the other hand, I was really glad that I met the guys from HCMC that I did that day, and they really pushed me farther/harder than I thought I could go, back in November. Still, I wouldn't repeat the experiment --- I'd just like to have met them at a pasta party or something.
32. The worst part was the stress around early march when I wasn't sure if I would be able to do enough training to finish the marathon. I really doubted myself and I didn't know how to handle my race day plan. It ended up working out very well, but those few weeks were unpleasant.
33. Really, the only bad thing that happened was that I got injured, which can't really be attributed to HCMC but rather my forgetting to buy a new pair of shoes in time.
34. Getting hurt. It was really frustrating to get injured after my first three weeks of feeling invincible during my training. I finished the marathon, but my knee was not happy with me.
35. As I said above, I felt bad for not being able to be a big part of the group since I often would run in the late evenings whenever I got home from work.
36. Sometimes I resented the fundraising benchmarks, but I acknowledge that they are a necessary evil. Like mosquitoes.
37. One-man long runs. Never do it by yourself. And, as a related point, lets have some word of honor on the e-mail list when posting runs. Don't post then not show up, or say that you change the time of the run to the next 5 minutes. People plan their day around these things.
38. It was difficult to both do the training and put in as much time to schoolwork as I had wished. The solution is simple--don't take too much onto your plate at once. I should have probably limited my other extracurricular activities before participating.
39. The long training runs that took up too much time when I had so much homework to do...I don't know how that could be improved.
40. My training program broke down shortly before spring break and never quite recovered - I would, in the future, take care not to make this mistake.
41. Every time I felt knee pains or other pains I got quite worried that I would have to pull out; this added an ounce of stress to my life, but nothing significant.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

11. What was the *worst* part of your HCMC experience, why was it so bad, and how could it have been better?

42. It was hard reading the emails about people going for runs and not being able to go due to my injury, but that is specific to me. I am glad I could join off the waitlist, but am sorry I didn't hear about HCMC at the start of the year. I didn't go to the activities fair, and I would have really liked to see a message about it on the house list or some posters maybe.
43. I'd have joined HCMC earlier if I had known about it.
44. The worst part was the pain in several body parts during the last 8 miles of the marathon. If I had trained more, I probably would have felt better.
45. none really, i was very satisfied with the program
46. Training organization was a little less helpful than I thought. Next year, I'd feel like specific training plans would be really helpful. Otherwise, I think it was great.
47. The only bad thing I can think of was worrying that I'd get the slowest person (under 6 hours) award. I'd get rid of this award, honestly. Now I know entering was voluntary, but I was afraid that it'd be announced to everybody that I was the slowest one in the group. Which would not have made me proud. Everyone says, you should be proud just to have finished. But still, I would have felt very insecure about everyone knowing I was the slowest one.
48. Not enough time for training, and that couldn't be helped.
49. It's expensive but worth it.
50. Fundraising. I feel bad asking for money. But it felt good to help the charities. I just wish there had been other ways to do it then ask all my friends.
51. Getting out of bed on a crappy saturday morning in a snowstorm and having to run 15 miles.
52. The emails warning of being kicked off if we didn't meet targets. Necessary emails, but one was worded incredibly harshly.
53. I started training only 6 weeks out, which gave me a number of leg problems. More training would have been helpful, but at the same time, I'm not sure my academics could have taken more training.
54. I guess the fundraising stress, but it all worked out in the end.
55. Being injured in January was definitely not very fun (for obvious reasons). It would have been nice if there was more connection with UHS about how to get sports injury care...it took almost a month to get a podiatry appointment, and by then I was already running again, and not as concerned about the injury (fortunately, it got better by itself).

2006 HCMC POST-MARATHON SURVEY – RESPONSES

12. In retrospect, what (if anything) could/would/should you have done differently to improve your HCMC experience?

1. BEGAN TRAINING EARLIER!!! I increased mileage way to rapidly too close to the marathon and developed a pain in my knee during the marathon.
2. Maybe more organized "long" runs.
3. It was unavoidable, but had I had a different personal schedule, I would have tried to make more group runs
4. I could've gone on more group runs, I suppose, but I actually really valued just running with my friend - it was a great time for us to be together.
5. i was not a part of hcmc from the start, but if, at the beginning hcmc did not offer a training schedule, that would have been beneficial. i did find one online that i followed, but think i might have overtrained.
6. Not much. Probably gone on more group runs.
7. I would have gone on more group runs, but I don't think it would have been possible with my time commitments.
8. I should have gone on more HCMC runs to get to meet more runners.
9. I might've tried to follow a more structured training program, although realistically I don't know if that would've been possible, and it worked out great anyway (just running consistently, building up mileage while not overdoing it).
10. i would have signed up much earlier than a month before and done a serious training program for the marathon. also, i would have participated on more group runs / activities, since the ones i was able to make were a lot of fun.
11. Nothing!
12. Nothing much. Maybe gone on a few long runs with other participants, but I'm not sure.
13. I would've gone on more group runs. I feel like I realized too late that it was always better to be with people on a run.
14. If I'd had the opportunity, start doing longer runs earlier (aka before mid-February, as most training plans recommend).
15. Posted more night runs. The problem was that I never really knew when I would go, it just depended on when I got home, but I should have still posted, maybe I would have gotten running partners on short notice.
16. I could have done more to be socially involved with the HCMC runners. I wasn't overwhelmingly comfortable at the group runs/activities I attended.
17. The training runs from the fall were WAY TOO EARLY. I think we realized in the spring that everyone runs in the afternoon. Also, the leaders disappeared after Christmas which was sort of disappointing.
18. Encouraged more of my friends to do it. I love talking to other runners about how great of an experience it was.
19. nothing
20. I would be more vocal and would have gotten to know group better by running with them. I ran for another charity too and always was conflicted about that.
21. i probably would have trained differently during the beginning of March. I think I overtrained and thus made myself sick, which hindered the rest of my training. I'm still recovering from lingering congestion.
22. don't travel to Latin America and get ill three weeks before the marathon!
23. Gone on more group runs.
24. I should definitely have participated in more group runs to get to know the other members of the team a bit better.
25. I guess maybe I wouldn't have gone for such a long peak training run (24 miles). I think that this run probably had a lot to do with my getting hurt, and in retrospect, I probably would have been just as prepared for the race had I only gone for a peak run of, say, 20 miles.
26. I would have planned my training to do one run out on the course on the Newton hills. I would have trained my long runs up to 22 miles instead of 20.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

12. In retrospect, what (if anything) could/would/should you have done differently to improve your HCMC experience?

27. I would have gotten to know the other runners better and gone on more group runs. I also would have liked to have been more instrumental and have provided greater fundraising opportunities and avenues
28. Nothing.
29. Stick to my training plan a bit better, would alleviate some anxiety.
30. I would have gone on more group runs. When i did go on group runs, they were a great opportunity to know the other runners. It made a big difference to join those that I ran with in training runs on marathon day. It was really helpful to know that we had all made it to this point and that we were all nervous despite preparations.
31. I wish I had taken the opportunity to meet more people *in person.* I got over being shy about posting to the list or attending social gatherings (parties/events), but I never really got over my fear of group runs (see above trauma). I didn't want to be slower, and I also felt uncomfortable on runs where I was the only girl, and, at times, the oldest student/only ex-athlete (a Senior among Freshman who were right off the cross country team). While I know that those fears are based in some real concerns, I also know that the time I went out running, and it was just me and [name deleted], we had a fantastic time, and talked all about Harvard and home, and so I should have taken the chance to go out and meet people more often. I also know that if I had, I would have been able to do more long runs, which I just couldn't get it together enough to do on my own time. Had I made friends with a group of running buddies, maybe I actually would have been better prepared for race day (I never got out and did a 20-miler by myself).
32. I regret not going on more group runs and trying to get to know the other runners. I never posted my runs on the listserv, but I always enjoyed the few times when I ran with some of the other runners.
33. Bought a new pair of shoes in February. Also, I would have enjoyed going on more runs with people - every time I did decide to go on an HCMC run it was a good choice.
34. I would have started training earlier, increased my mileage more slowly, and taken even better care of myself in the days leading up to my long runs. Enough sleep is key, and I didn't always get it.
35. Maybe posted more of my runs in Newton
36. Participated in more of the group runs.
37. I probably would have tried to participate in many more group runs and be a little more pro-active in advertising my HCMC participation to others (for fundraising purposes).
38. I wish I would have taken advantage of the group runs in the fall.
39. ??
40. See above.
41. Not all that much I don't think.
42. I think the best thing would have been to join earlier and participate in more non-running events. I should have probably gone to the post race massage party - but my friends wanted to take me out to dinner. I know that it needs to happen on the evening, but perhaps there could be a follow up event in a few weeks?
43. I'd have participated in more group runs.
44. I should have peaked my training at longer distances.
45. started training more than 3 weeks in advance
46. More meetings to meet other runners. Meeting other HCMC runners at the start of the race was fun, but I would have loved to know everyone before the event.
47. see above
48. 25-hour day?
49. Joined earlier.
50. More organized fundraising events.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

12. In retrospect, what (if anything) could/would/should *you* have done differently to improve your HCMC experience?

51. Probably a better training plan... or at least some more advice from experienced runners... looking back I really had no idea what I was doing some of the time (though perhaps that's par for the course your first marathon)
52. Run more.
53. Hard to say, if I had trained more, I wouldn't have come close to getting shin splints and hurting something in my knee, but I would have been more sleep deprived and I would have started the semester with lower grades, so I'm not actually sure that would have been better than how I did.
54. Nothing!
55. I think it would have been good to start participating in more group runs earlier. They definitely helped, and meeting new people made running (especially 10 mile + runs) much easier and more enjoyable.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

13. Organizationally or administratively, what can we do to improve HCMC next year (for example, training program, fundraising support, communication, meetings, events, contests, other stuff, etc.)?

1.	A strong first effort--everyone appreciated the organizational efforts and [name deleted]'s commitment. The lack of training groups or training schedules could be improved. We could form teams with captains to provide similarly skilled runners with opportunities to train together. I also had some anxiety about people joining late and my own rapid training pace--we might start earlier to prevent injuries.
2.	Everything went smoothly from my perspective.
3.	The formal training program kind of broke down. I think next year, there should be training czars set up for three groups: fast medium and slow and have conveniently scheduled long runs to encourage group participation. Realistically, running in groups is often inconvenient if the runs are short, so perhaps lay out the training program and a set of runs that will occur, but avoid emails for 6 mile impromptu runs.
4.	No -
5.	perhaps more concretely scheduled long training runs. a volunteer day or two would have been really cool, with either one of the pbha programs or project health.
6.	Not much...you've done a pretty good job this year.
7.	I would say we should have more social events to get to know everyone. I would also say that people HAVE to go on a training run. Once they do, they will see how nice they are and keep going. This will build the team a lot more.
8.	I think it would have been good to have an intro meeting in the fall to have runners establish their goals for the year and to have people get to know one another and foster the formation of training groups. Maybe a social chair should be created to help people meet other runners and foster an HCMC community
9.	Realistically, it's difficult to get groups of Harvard people (especially students) to assemble voluntarily in the same place at the same time. Maybe a few more community events, especially tied in with the charities (PBHA and Project HEALTH), could help, if the charities initiated those events. Overall, I was very pleasantly surprised at how well the organization/administration turned out.
10.	i thought it was excellent
11.	Nothing - [name deleted] is THE BEST! So professional, organized, responsive
12.	I thought it was extremely well run and can think of very little to improve it.
13.	I think it would be good to try to have more of the formal group runs. It was pretty much every day that someone would post one on the listserv, but having a specific time each day might be worth a try.
14.	Maybe a more structured training program. Try to get a single meeting spot and a single (afternoon) time, so that people would routinely go on group runs. It would also give us some sort of a center, a base.
15.	I found myself constantly going on line to check training plans, if we could have a site with a plan posted that would be great. It seemed like this year everyone was just on their own to come up with their own plan.
16.	I feel like HCMC was well organized.
17.	The contests are great!!!
18.	Have more group runs not just with the training officials. Also, I think there should be more publicity about fundraising. Maybe handing out flyers in front of the science center?
19.	i liked the idea about making it mandatory to post a run to the list serve. Maybe next year, you could have people in the community who are runners mentor people who are training. I think that TEAM in training does something like that.
20.	Not sure , but I will think of ways to help since the HCMC did so much for me and I feel as though I owe them and [name deleted] for doing so much. Now that I finished I feel I earned the right to be more vocal and I want others to experience the feeling of accomplishment that I had when crossing the finish line.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

13. Organizationally or administratively, what can we do to improve HCMC next year (for example, training program, fundraising support, communication, meetings, events, contests, other stuff, etc.)?

21. Even though I joined late, it would have been nice to have been provided with a training program for the month and a half that I was a part of HCMC. i really wasn't sure how much training i should do in the short amount of time i had before the marathon.
22. with the training program, plan to lead more runs, on a more consistent schedule and get people into posting more of their personal runs for everyone. additionally, more events to get people together would be great too. [personal info deleted]
23. ?
24. Maybe have more social events besides just the running groups for people to get together and meet initially.
25. One thing that you could try would be to have weekly or bi-weekly speed-oriented workouts. I realize that for most people in HCMC, this was their first marathon (including myself), so most people probably did not even bother to do any speed workouts. However, I tried to do one or so each week - either a hill workout, repeat 800s, or just a tempo distance run, and I think they were absolutely great for training. However, for whatever reason, these were the hardest workouts to motivate myself to do, so having them structured, even if it was only every couple weeks, would have been very helpful. Also, I would definitely say that we should make the HCMC open to alums. Of course, this may or may not be because I'm going to be an alum next year...
26. Honestly, everything was so competently done I have no complaints or suggestions.
27. Maybe have different times for training runs. In the beginning they were just in the morning which I think was hard for a lot of people. I think more social events would have been useful, maybe like watching a Prefontaine movie together or something. Maybe there could be a social events coordinator for next year to help generate group morale and get more people involved.
28. Not much in my opinion. The contests were fabulous.
29. I think that it would be easier for the fundraising staff if there was a more defined job and if there was a lot more communication about what had already been done. Maybe have one chairperson and several other volunteers, it's hard with everyone being so busy to do everything as a committee decision.
30. I think we should make a better effort to show individuals the work of Project HEALTH and PBHA. I think it would be helpful to replace the "soft" organizational support with expectations required of the czars and organizations. For example, I would consider requiring that PBHA and Project HEALTH hold: a parent weekend or homecoming social (that present HCMC and the organization's work to get parent investment in the event). I also think training runs that go to the various sites of Project HEALTH and PBHA could be a lot of fun and require minimal additional investment (only a PH or PBHA volunteer).
31. Get people to meet each other. The contests were great, and I would even suggest doing a contest named something like 'HCMC speed dating' where the participants have to learn things about other participants to win. Something like those people-bingo sheets that sometimes get passed out at mixers --- find someone in the room who is left-handed. Find someone who is from the Midwest. Have someone sign your sheet who has a birthday or the same concentration as you do. Someone who runs at the same rate you do, same time of day that you do, etc. Wears the same brand of shoe, etc. Things like that. I feel like this year was amazing as a start-off year, because all the energy was focused on the process of getting people to run a marathon and supporting them from start to finish; but, I also feel like next year could bring the addition of more of a real team feel, and less of a virtual-team-I-know-your-name-from-the-list-but-we've-never-met feel. It would help, especially for people like me, again, who never really knew their pace (don't have a watch, and don't really mind), and were shy about group runs.
32. I think after the winter break the official training program got kind of clouded. I wasn't sure what distances I was supposed to be running that week and what the future outlook was. I also think it would have been helpful to have had more program wide fundraising events. Something like a valentines day card sale (just an example) or some other group fundraising event would have been much appreciated.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

13. Organizationally or administratively, what can we do to improve HCMC next year (for example, training program, fundraising support, communication, meetings, events, contests, other stuff, etc.)?

33. Formalizing the fundraising advice might be nice - have a prepared document saying "people tend to get the following categories of people to donate by using these methods...". Also, the contests were good – keep them next year.
34. More info about it early on so that we have people committed to the training from the beginning and not trying to get into shape too quickly like I feel I did.
35. maybe have set weekly runs planned (days and times would not change)
36. Actually, I was massively impressed with the training program. I did NOT expect the sort of dedication that the leadership showed in that department, yet it was never pushy. No complaints in that department.
37. Honestly, this worked pretty well for me. It was fairly well-organized but yet low-key so as to not be daunting by being overly official and whatnot. I'm pretty good with the way things are (and appreciate all the contests and offers and whatnot).
38. I think having a group training program through the spring with group runs would be nice. I really enjoyed the snowy Wellesley run.
39. ??
40. Perhaps a more organized or collective fundraising program could help raise money from sources that would not otherwise have known about the marathon challenge.
41. 1) Notify HCMC runners of races that take place in and around Boston. Some of my most enjoyable training runs were the Boston half marathon, an 18.6 miler on the north shore, a ten miler in Providence. It's just a great way to keep motivated, run a good time without thinking about the pain, and getting used to running with other people. HCMC could notify people of times and dates, costs, registration deadlines and perhaps even organise buses to and from the races.
42. Since I joined a little late, I can't speak about the training plans etc... but I did feel the community running atmosphere and felt very welcome :) I'd love to see a few post marathon events - why should we have to end this good thing when the marathon ends? I am very happy that people are talking about the NY marathon and continuing to run together.
43. Here are some things that might be cool (assuming infinite time & resources): Organized weekly hill workouts or track workouts, bringing in a personal trainer to talk about strength training
44. [name deleted] sent out lots of information over email. Maybe the more useful bits of information should be archived and easy to find on the /~marathon website. I know that the archives of the email list are searchable, but I tried it once and it seems complicated.
45. organization is excellent
46. Listserv was great, contests were cool but I wasn't as involved as I should have been, but more meetings/ social events to meet other runners would have been great.
47. Maybe have some more social events? I'm not sure what all went on before I joined, but perhaps some meals together or something?
48. Nothing, it was lovely.
49. I joined-on late and didn't get to see the organizational aspects as much. Maybe compiling simple informational booklets on marathon training would be helpful...or have the option to purchase the "Non-runners Marathon Guide" through HCMC.
50. More clothing :)
51. I thought this went pretty well.
52. One or two group events earlier on.
53. A more complete list of info for late-comers. For example, I didn't know you could get T-shirts for donors until I heard that they were running out.
54. Maybe more events..?
55. Make sure that people know to post runs to the listserv. More group activities in general would have been helpful.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

14. HCMC had three stated purposes: training for the Boston Marathon, fundraising for PBHA and Project HEALTH, and building a running community. With this in mind, and considering your own HCMC experience, what (if anything) comes to mind?

1. A home run on all three!
2. I wonder if people who trained for the marathon will continue to run together for pleasure?
3. I think I succeeded very well at the first two and pretty well at the last one
4. I'm actually pretty cynical about communities at Harvard, though I think that if this works for some people than it's great.
5. off to a great start
6. Successful in all 3.
7. All of these were done and done well. It is obvious that there is a running community now as people are still posting on the list a week after the marathon.
8. Personally, I only need a few weeks to fundraise and to train for the marathon. I don't think the fall semester would have been productive for me, so it was good that I had the opportunity to jump in so late.
9. The fundraising benchmarks forced people to meet the fundraising minimums by themselves, without prodding, or else they'd lose their spot. This was a pretty good system. For training, at the beginning of next year, consider having a community meeting at which folks can choose their training programs depending upon ability level (beginner/intermediate/advanced, etc.). That way, we'll meet people of similar ability earlier. To build community, people need to be willing to show up and volunteer their own efforts, meet others halfway. The part about building a running community worked well for me because I was willing to put myself out there repeatedly, by posting to the listserv and by going on group runs that I or others would post.
10. i don't really have anything for this one
11. Running the most famous marathon in the world!
12. I thought it was great on all those fronts. Really well done.
13. I think it accomplished all three.
14. Bravo [name deleted] and all his helpers.
15. Training I think could have been more structured. Maybe with weekly tips emails or emails telling people what kind of weekly mileage they should shoot for.
16. I was not successful at building a running community, but not for lack of opportunity from HCMC.
17.
18. I think the least fulfilled of those was building a running community. There was definitely a solid group, but this group didn't include everyone. There are a lot of people who I never met.
19. I think that all three were accomplished.
20. i finished, i raised money, and I ran with people.....All purposes of HCMC were attained. I hope to run more with people and be part of that community or at least get others involved.
21. Helping one another push through and succeed in one of the hardest mental and physical challenges in athletics.
22. i think we still have more work to do on the last of the three purposes. and the training program can always be more comprehensive. on our fundraising efforts, I think a greater emphasis on making concrete connections with what we are raising money for would be helpful. next year, runners should know more about both PBHA and project health.
23. I think it did all three, and even though I only did one group run, I still felt a part of the running community on marathon day.
24. I felt like the first 2 were accomplished with flying colors. For whatever reason, I do not think that a running community was established as strongly as it could have been.
25. Pretty much a success.
26. All three accomplished.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

14. HCMC had three stated purposes: training for the Boston Marathon, fundraising for PBHA and Project HEALTH, and building a running community. With this in mind, and considering your own HCMC experience, what (if anything) comes to mind?

27. for me, HCMC provided all of these opportunities. Whether or not I capitalized on all of these opportunities is a different story.
28. Fundraising for Project HEALTH comes to mind -- I was thrilled to do something for a charity. The running community will come with time -- I thought it was a little forced.
29. I think it was hard for a lot of people to participate in training runs, and I was always shy that i would slow everyone down if I posted runs. But if the HCMC is out there, I feel like this would improve over the years.
30. I think it would be great to have a really clear set of deadlines to facilitate the fundraising czars in their role. In the same way that runners have deadlines, I would give the fundraising czars deadlines. (I think it could be helpful to get specific ideas from the current fundraising czars.) Also, I would really prioritize the role in story and data collection. Also, the czars could also lead runs that go to the community sites for PBHA, Project HEALTH and organize other events to bridge the service programs with the runners.
31. Success on all three parts. Larger success in the first two (training us to run and mega-fundraising mobilization). Future success will come in building the community, and making this more of a team --- one that gets recognized on campus, not just on race day.
32. I think HCMC did a very good job with the training and running community aspects. However, I think more could have been done to raise awareness about the charities we were running for, especially project HEALTH (since it seemed to be less well known than PBHA). Also, I noticed that there were students from tufts at various points along the course cheering their school on. I thought the movie vouchers incentive was a good idea (although my family didn't get any), but it would have been nice to have harvard supporters all along the last few miles.
33. It was a success.
34. I think it did very well with all of these objectives, although since I joined late, I didn't run much with anyone from HCMC until Marathon day.
35. ?
36. Three cheers for a job well done on #1 and #2. It remains to be seen if the community holds together in the post-marathon twilight, but I have hope.
37. I find it interesting in the two weeks after the marathon that people are starting up about future runs and posting (a select few) runs. In that regard, I think it's a good first step to building a running community.
38. I feel the second succeeded well, the first succeeded during the first semester and okay during the second, and the third item was less than successful. I wish there was more group training and group activities.
39. I am glad the benchmark is only \$500.
40. While the community building certainly occurred on a micro level among runners with similar schedules/times, I felt that at no point was there ever a completely cohesive group feeling among the runners.
41. Well, now that we've established a running community, I wonder how much interest there would be in making this a Harvard running club. The Boston marathon is obviously a focus, but there are tons of other fun 5 or 10 milers which we could do as a group. One more goal I think HCMC can claim: To build the self-esteem and self-confidence of its participants through their athletic endeavour
42. I was very inspired and glad that I could use my drive for the marathon to help out a very good cause that I was involved in earlier. I thin you succeeded in building a running community - I really felt that at the starting line. I think [name deleted]s emails over the list calling us a community, made us feel a community. I felt ok talking to and hanging out with other HCMC runners in the athletes village, even if I had never met them before.
43. It seems like HCMC did succeed in building a running community.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

14. HCMC had three stated purposes: training for the Boston Marathon, fundraising for PBHA and Project HEALTH, and building a running community. With this in mind, and considering your own HCMC experience, what (if anything) comes to mind?

44. I think all the goals were met. Maybe there should be additional modes of communication to educate us about the activities of PBHA and Project HEALTH, in case we're not intimately involved with those.
45. I don't think it helped me build a community just because in running i am better focused as an individual and other people running it didn't seem to be doing it quite at my pace. otherwise, i think it had the potential to build a community, did an excellent job raising money, and of course running the race
46. I think that HCMC succeed on all levels. Everyone finished, I had a great race, fundraising went really well, and I think that I connected with the newly founded running community.
47. I think the group did a great job with all those goals. For me, I wasn't really into the fundraising aspect, but it was worth it to be able to run the marathon.
48. nicely done.
49. It's all true.
50. Success. Success. Success.
51. Those are good goals.
52. the first two worked. I didn't see the 3rd component, but we were all independent so I could have missed it.
53. Eh, not sure what you are asking.
54. HCMC=great people, great supporters, and great cause
55. I wish there had been more focus on fundraising. I just barely met my fundraising goals, and I felt bad about this, because I work for one of PBHA's programs, and know how important they are. But I actually had a lot of trouble raising money. I guess it would have been helpful to get a bit more info about how to go about fundraising more successfully, so we could make this a more integral part of the program.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

15. Please comment on the listserv (e.g., why you did/did not feel comfortable posting, how the listserv was most or least useful, whatever else comes to mind about the listserv, etc.)

1. Perhaps this is just me, but the constant chatter of e-mails made it difficult to know when to read the important ones. There might be some sort of agreed upon "ALL READ" subject.
2. Invaluable resource for people to organize runs and share tips.
3. The listserv was very useful for information but sometimes got clogged with run requests. I think next year, training czars should post something like official long runs early in the week that they encourage everyone to attend. I felt comfortable posting, but a lot of times, people would ditch my run time for one a little earlier or a little later which made getting group runs together very hard.
4. It seemed fine.
5. listserv was great, as mentioned above
6. It was perfectly fine, I just often felt like running alone.
7. I felt comfortable posting. I think it was too formal at first but then people got the hang of it at the end.
8. listserv was very helpful in fostering a community. It started out a little slow but became used more as it got closer to the marathon. (Participation may need to be encouraged earlier next year.)
9. I felt fine posting and enjoyed reading what others posted. At times the volume was a little overwhelming, but much of that involved logistical posts about running at X time, etc., so it wasn't a big deal.
10. i felt comfortable with posting on the listserv, and i thought it was very helpful in creating a sense of community
11. I liked the listserv, minus the comment above (which didn't affect me personally, just made me laugh on occasion)
12. I liked it, although at times the 10-20 posts a day got a little annoying.
13. I didn't do a lot of posting, but I always felt comfortable when I had something to say. It was actually one of the few times in my life that I didn't mind getting dozens of e-mails every day. Normally I'm irritated by it, but I think the posts were generally short and to the point, so I didn't mind.
14. Great for organizing runs. Would be a great resource if kept open. This is the kind of running club dynamics Harvard needs (the running club didn't entirely work out this year...).
15. I thought most of the time it was great information. I was always a little hesitant to post though, I don't know why...
16. The listserv was useful. When I did have occasion to use it, which was rare, I received helpful info.
17. Great--I like how much it was encouraged to use it.
18. I felt really comfortable, but again there was a group of people who posted all the time, and there were some people who never posted at all.
19. I liked the listserv. I found it nice to know that other people were worrying about injuries, ext. I liked knowing that other people were running even if i couldn't make the group run that day, it helped me stay honest.
20. i read all emails. I may not have responded a lot but I am glad the list was there. The info on list was very useful.
21. I thought the listserv was very helpful. I posted during my first few weeks as a latecomer and no problem. It provided a great venue to post group runs as well as air complaints and concerns.
22. happy to see that traffic picked up as the year went on, next year we should consider mandatory quotas for run posting on the listserv. next year, I also want to post more ideas to get conversations going, keep people up to date, etc. still an untapped resource.
23. It was very useful.
24. The listserv was helpful for the most part...I appreciated the training, nutrition, injury advice that people had to share.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

15. Please comment on the listserv (e.g., why you did/did not feel comfortable posting, how the listserv was most or least useful, whatever else comes to mind about the listserv, etc.)

25. I definitely did not utilize the listserv - not really sure why. Perhaps partly just because I was hesitant to go run with people whom I did not know at all.
26. It got a little tedious to get so many emails sometimes, but I was glad I was on it. Mostly it was nice to see what kinds of runs other people were doing (to compare my training) and was very useful in those last few days to answer questions.
27. The listserv was especially useful for injury advice and assuaging fears and concerns that other runners had about marathon training. Sometimes it was frustrating to receive so many emails from people who were trying to set up runs that you knew you couldn't already go on. It just got to clog the inbox after a while
28. n/a
29. see above...
30. The listserv was great.
31. It was very useful. Members were very open and respectful in the discussion, and it made me feel comfortable. The tone of the listserv was very casual and chatty, and I enjoyed it. It was also a great way to share information, and I was really glad when running pros would post tips that I had never even thought about (as a first time, any distance runner) --- like what to eat, how much to train, things about shoes, etc. Especially right before the event, I needed to have Emily's Powerpoint on hydration, sleeping, BodyGlide, etc., because I was very ignorant about the concept of how to take care of myself for the marathon --- I'd never done anything like it, and I'm glad to say that I ran race day feeling great. My legs were sore afterward, but I had no other pain or hydration issues. Definitely keep up the good work on encouraging the listserv, next year. I don't know what haphazard things I would have unwittingly done with the information and psychological support/safety of having the running community on my desktop.
32. I thought the listserv was overall very helpful. I liked having an answer to a question whenever it popped up (or when someone else asked it for me). It was also very helpful to go back and find the routes for runs that I wanted to do. My only complaint is that it clogged my inbox, but that's probably more of a product of indolence on my part.
33. Very good. It's always hard to find someone to run with otherwise. Also, the conversations about running challenges and status probably help with the community building.
34. It was great. I thought there was a lot of helpful info, and not too much junk coming into my inbox.
35. sometimes there were a lot of emails that flooded my inbox, but I usually didn't mind. Perhaps, a message board is something to think about for the future.
36. What is more motivating than a 20-e-mail deluge? In addition to providing actual info, the list's ability to remind me that people were out there training, injuring themselves, healing and otherwise living the runners' life was incredibly (and surprisingly) galvanizing.
37. The listserv was useful, but a problem I found was that when someone posted a run, a lot of people replied in private, so it was impossible to gauge if there was any interest or if there was some change of plans. I got caught by that once, and was left by myself on a run because others privately decided to change the run time (and didn't give a lot of heads-up on the listserv).
38. It was helpful as it was. Maybe have both an open and an announce list--one for advice/discussion, the other for group runs?
39. It was fine.
40. The listserv was very useful.
41. listserv was awesome and essential too; it was what made us a community and made collective training runs and distribution of advice possible;
42. The listserv was AMAZING!!! I learnt a lot of useful info for training, running and about the logistics of marathon day. It built community spirit (see question above) and motivated me to exercise: even though I couldn't run, it encouraged me to swim or cycle.
43. The listserv was, and continues to be a great forum for all sorts of running-related discussions.
44. Listserv was great.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

15. Please comment on the listserv (e.g., why you did/did not feel comfortable posting, how the listserv was most or least useful, whatever else comes to mind about the listserv, etc.)

45. the listserv was helpful but when people responded individually it began to clog my inbox and i stopped reading some emails.
46. It was great.
47. It was useful to see approximately how far and fast other runners were planning to go.
48. Perhaps there could be something like a board on which people could post their suggested running times - I don't know if that would work, but it would save the inbox flooding about runs I know I can't go on. Other than that it was lovely, I really enjoyed what people posted and learned a lot.
49. The listserv was incredible. Again, I joined late so it would have made sense to feel uncomfortable posting on the listserv but I wasn't at all. Everyone was very open and active on the list and I found some of the most vital information on the list.
50. Amazing! What a great resource! It should stay open all the time.
51. definitely helpful - though sometimes I got a little tired of opening my inbox in the morning and having 12 emails about running shoes. Felt very comfortable posting.
52. It was great -- and will be used a lot even post-marathon.
53. I didn't post because my schedule was generally fairly tight, so I went running when I had the time without wanting to wait for other people to get there. Since I started training late, I was also running very slowly, and I'm too competitive to run at my slower pace if I run with someone, so it was better for me to go on my own.
54. didn't feel too comfortable posting...
55. The listserv was awesome, and I wish more people had used it (I guess I shouldn't talk, because I didn't really post most of my runs, but I did use it to find training partners sometimes, and I wish I had more often.)

2006 HCMC POST-MARATHON SURVEY – RESPONSES

18. Please share any comments you have about the specific deals that various businesses offered us (e.g., the New Balance discount, the fruit shakes at b.good, the Hilton’s Tent City discount, etc.).

1. I felt that students should win these deals and did not personally focus on them.
2. I benefited from the New Balance discount and the shakes at b.good. The more deals the better!
3. I think they were very good and am upset I did not have the time to take full advantage of them. Many thanks for setting them up
4. They actually made me really uncomfortable - made HCMC seem really corporate-y in a way that I didn't like. I understand if we need them for financial reasons, but if they were just deals for the sake of deals, I think we should stay clear. They gave me the creeps.
5. i don't know of any personally, but i think they were great ideas
6. I didn't take advantage of them, but they were pretty cool (I do have a New Balance discount certificate).
7. I didn't go to anything except b.good. That was awesome. I love those guys and it was great going in there and feeling like part of a community and a small town where it seemed like they knew you.
8. Great that there were so many deals. Did not really take advantage of them personally though.
9. I took advantage of all these deals at least once. I'm now a customer for life at b.good and at New Balance. These were awesome.
10. i didn't actually take advantage of any of these mainly because of laziness, but it was very cool that there were so many offers out there
11. They are fun ideas, although I personally didn't take advantage of any of them.
12. I did not avail myself to those discounts, but I thought they were a great idea.
13. The New Balance discount and the B.Good shakes were the things I took advantage of the most. They were awesome. I made sure to rub them in to my friends. Free stuff is always good. I was amazed at how many businesses were willing to support us like that.
14. Wish I had picked up more b.good... :)
15. I took advantage of the NB discount and the b.good smoothies. Both were great, though I felt somewhat strange just getting a free drink and nothing else, a bit guilty I guess, like I should have bought something.
16. I didn't use any of the discounts.
17. They're great!
18. Fruit shakes were awesome. I'll definitely go there more often now. I didn't use the discounts.
19. the b-good fruit shakes were awesome!
20. i bought New balance sneakers and gear. I was happy to do so. I ended up running in other sneakers but I am glad that community was supported and am appreciative of that fact.
21. I did not take advantage of any of these offers.
22. the fruit shakes were great. i wish i had taken advantage of more of the other discounts at some of the other stores.
23. I never took advantage of them, but I wish that I had.
24. Awesome! the more the better.
25. The fruit shakes a b.good were awesome.
26. They were all very nice, but I didn't actually use any of them.
27. They were all great ideas, but a lot of the time I didn't have time or didn't remember to participate in them.
28. I didn't use the Hilton's Tent City discount, but I did use the b.good fruit shake deal once and the New Balance discount was great.
29. I loved the free B.Good smoothies. Yum!

2006 HCMC POST-MARATHON SURVEY – RESPONSES

18. Please share any comments you have about the specific deals that various businesses offered us (e.g., the New Balance discount, the fruit shakes at b.good, the Hilton’s Tent City discount, etc.).

30. I think deals were a great offer. I got to Hilton's tent City but never had a chance to take advantage of new balance and b good. I think they were a great added incentive!
31. I was impressed by the amount of deals that the organizers ([name deleted]?) managed to swing for HCMC! I made use of everything that I had the available cash to take advantage of. And I thank every donor.
32. I didn't use the running product discounts because the stuff I used I either bought before HCMC or at the last minute. However, I loved the free b.good shakes and got them often.
33. the fruit shakes a b.good are a great idea :)
34. I didn't take advantage of any of these.
35. good idea since running gear can add up
36. These were cool. Unfortunately, I didn't take much advantage of them - simply due to me own needs/time constraints/blah.
37. I didn't really use any of the deals expect the b.good shakes. And that, I must say, was more than enough. Here's hoping for future runners that HCMC can strike up a deal wit b.good again!
38. I think they're great ideas, and should be continued.
39. --
40. I did not, unfortunately, take advantage of any of these deals, as I already had running gear.
41. I really liked the Tommy-B-Good smoothies - However did you organise that?
42. The NB discount didn't affect me because I wear Asics, but if you had had a discount on Asics, I might have picked up second pair. The fruit shakes were an amazing offer (too bad I couldn't use it since I couldn't run outside). An idea for the future would be to have a discount on Nike Dri-Fit stuff - when the email went over the mailing list that it was on sale at city sports, I bought three.
43. The deals were fantastic...I went to New Balance three times!
44. I didn't use these discounts, but they're all great.
45. unfortunately i didn't use any of these
46. Loved the shakes, didn't buy and shoes though. Next year!
47. I really liked my one shake from b.good. If I'd joined earlier, I'd probably have taken more advantage of the other deals.
48. I got some shoes with the New Balance discount, thank you so much, and I probably would have got some fruit shakes too but I didn't get around to it.
49. The shakes at B. Good were great! The other offers didn't motivate me...I'm so busy and the running took-up so much time that I didn't want to focus on getting friends to donate during a specific period of time. I looked more for total donations over any period.
50. Great offers, thanks so much!
51. Awesome! What a great way to be motivated. Thinking about those fruit shakes got me through the very end of a few long runs.
52. AMAZING! I became regular patrons in some of the Harvard Sq businesses because they gave us free stuff (or discounts.)
53. I didn't use any, but they sounded cool :-)
54. the fruit shakes at b.good deal is amazing!
55. Free shakes at b.good were excellent, and also the New Balance discount. I didn't take too much advantage of the other discounts, but I'm glad that they were available :)

2006 HCMC POST-MARATHON SURVEY – RESPONSES

19. What brief advice or words of wisdom would you give to someone who is considering participating in HCMC?

1. Take it seriously as it is not easy and requires time and dedication. If you can make this commitment it will be one of the most rewarding experiences of your life.
2. Develop a training plan and stick to it!
3. Go for it, but understand that training and fundraising are huge commitments not to be taken lightly
4. Running a marathon is no problem.
5. to definitely do it
6. Have fun!
7. Train properly. It's simply not safe to do otherwise and it will make the marathon a great experience rather than a painful endeavor.
8. Write paper letters to people back home to get money, and have them send you checks. Many people prefer donating that way than over the internet.
9. If you're on the fence, you should do it, especially if you're an inexperienced runner who has never run long distances. It DOES take time and dedication, but as we all proved this year, it's DEFINITELY doable. If you're happy being a really solitary person and have no desire to run with other people, then you probably shouldn't join HCMC, because HCMC is designed more for people who want company running.
10. sign up early and put in a solid couple of months of training!
11. DO IT!
12. DO IT!!
13. Participate. Do it with a friend you already know if it helps, but somehow try and be a part of the group. It's worth it.
14. Run with the wind (honestly, the headwind down by the river sometimes was problematic). :)
15. You really can run that far. It seems unlikely that first week when the 'long run' is 6 miles, but its amazing how your capacity to run distance grows.
16. The more you train, the more fun you'll have.
17. Anyone can run a marathon!
18. Train well, train SMART, and try your hardest. It's the best thing to do at Harvard.
19. take the beginning of the marathon slow. it is so nice to finish with style and grace.
20. Do it....Get involved...If I can do it, anyone can. The benefit of my experience, I hope, will be long lasting..... Don't watch others do it but do it for themselves. I would say the feeling I had the last mile and last few blocks were worth all of the hard runs and cold nights training.
21. Be sure you are up for the challenge of training for and running a marathon. You really have to have the proper training to have an enjoyable marathon experience.
22. don't get behind on training, staying on top of both training and fundraising (even when things get crazy) will pay off so much in the end.
23. You can do it! And have fun... that's always the most important thing.
24. Really get involved, don't hesitate to meet new people.
25. Do it. 23,000 people ran Boston this year - some very slow and some very fast. And I guarantee you can too.
26. You can do it! It is almost entirely a mental exercise. It is useful early on to read about training strategies on websites to plan your training sooner before it gets too late. If I did it again I would considering having a friend jump in at around mile 20 or 21 to motivate and pace me out for those brutal final miles.
27. Listen to people with experience. Get to know the other people because it will only make the entire experience better. Believe that is possible to finish the marathon and that it is possible for you to finish the marathon.
28. Go for it. It's a great experience.
29. Do it. train a lot. raise a lot of money. put your name on your shirt.
30. Running a marathon is a lifestyle change. I think it's 95% about the training, diet, the early night's of sleeping, and 5% about marathon day. If you've done the 95%, you've succeeded. Don't think of it as a race; becoming a marathon runner is a lifestyle. The 5% on marathon day provides incredible validation but it's a fraction of the whole experience.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

19. What brief advice or words of wisdom would you give to someone who is considering participating in HCMC?

31. Do this. You're probably scared, intimidated, uneasy, or completely ignorant, of things that lie ahead, and that's both completely fine and normal. You will be taken care of. This is achievable. And, if you think you're getting into this for yourself, just because the Boston Marathon is your dream, you have a whole team and a community that you are about to discover. And your greatest joy and accomplishment will be in the time you spend working with them.
32. Definitely go for it, and don't feel pressured to finish the marathon. Running any part of it is a great experience. Also, volunteer for a PBHA program if you have the time. It really motivates you to know where the money is going.
33. Use the listserv to meet lots of people and run with people. Buy new shoes. Do it.
34. Start your training early and get some good friends to do it with. Even though it is possible to train very little and run the marathon, DON'T DO IT. The likelihood of getting hurt and frustrated is much higher. Take care of yourself and have fun.
35. Don't worry about being a slow runner!!! There are a lot of us.
36. Do it. You'll be annoyed at yourself when you need to raise \$100 in three days, write a paper AND run ten miles, and you'll probably curse your own soul at mile 24, but it's worth it when you bare your teeth at the universe upon crossing the magic line down at Copley.
37. Don't take training lightly and don't be afraid to run with new, strange people. It'll be worth it in the long run.
38. Plan ahead--it's a lot of work if you do it right, and make sure you do it right. Train a good deal for the marathon--it WILL pay off, and you will be happy with the results. Specifically, train for long distances. You may be fit to begin with, but even the most fit people still need to build up endurance for pounding their legs and feet on asphalt for 26 miles.
39. Big time commitment...
40. Once in a lifetime. Do it.
41. I'd never run more than 7 miles before I started this, but I did fine - you can do it, you should do it ... with a bit of discipline and guts you'll cross the finish line and be very glad you did it
42. It was the best day of my time at Harvard! (I am a senior.)
43. Definitely do it.
44. Make sure you plan to train seriously -- your longest run should be 20 miles.
45. nothing, just make sure that you enjoy running and i recommend following a set plan, whether its your first, second, or third marathon. these are easily available online.
46. Go for it. Fundraise early, get that out of the way. In terms of training, don't overdo it! Get out on as many group runs as you can, great way to meet folks and discover greater Boston
47. It's worth it! It will be an experience you'll never forget.
48. 1. Do it! 2. Cut your toenails before the marathon or they will FALL OFF. 3. Do your training, don't be an idiot.
49. Do it. Throw your bag over the wall...if you want to run a marathon you will and can. YOU SHOULD DEFINITELY DO IT WITH A FRIEND!!! I WOULD NOT HAVE DONE THE TRAINING/FINISHED WITHOUT MY ROOMMATE
50. Definitely do it.
51. Do it. You might never get another chance to run Boston, and you get to do it by raising money for a good cause.
52. Don't fight with your parents right before a fundraising deadline.
53. Either train more or less, I trained just enough to mildly hurt myself. I would have been possibly better off not running my 20 mile run previously and starting the Boston marathon without injuries.
54. it's now or never.
55. Make sure you get in the long runs!! Towards the end of HCMC (the last few weeks) I was busy/trying to avoid injury, and most of my mileage was on Saturdays, when I did my long runs. Some weeks, I only ran one or two other days besides Saturday, and cross trained on others, and it worked out fine! I guess I believe that the long runs are really the most (if not only) important part of any training program. The other thing I would say is to make sure you run with other people. You get in more quality miles, and you have more fun this way. It is much easier to get discouraged and not put in the miles when you train by yourself.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

20. Please describe any mental and/or physical strategies that you used on Marathon Day (for example, adhering to a particular running-to-walking ratio, thinking certain motivational thoughts, saying things to yourself, visualizing certain images, performing some sort of pre-Marathon ritual or routine, etc.). Be as specific as possible.

1.	I walked a minute after every mile which I had not done in training--I thought it would help me feel strong towards the end since my longest run had been 20 miles around the Charles without hills.
2.	During the last mile, I kept saying "1 more mile!" to myself.
3.	stay hydrated after mile 16 and make sure you slow down to drink, get into the crowd and let them help you. don't be afraid to stop briefly and re-stretch. Ignore the clock if you can and just do what feels right
4.	I didn't really have any strategies, but concentrating on the crowd was certainly helpful towards the end.
5.	not to set a time goal if it is your first marathon. run the first one to enjoy and get a sense of the energy and excitement. if you set a time, and do not meet it, you may find yourself disappointed, and that would be a shame...to cross the finish line of your first marathon and be disappointed. you are kind of setting yourself up for it.
6.	Just telling myself that I was going to finish whether I liked it or not.
7.	Run with a partner. If I wasn't with [name deleted] to start, I would have gone out too fast and died. If [name deleted] didn't pick me up and stay with me I don't think I would have finished. Find someone that you know is a similar speed and set up at least starting with them. Also, have people you know run with you at the end. My brother ran with me for a couple miles and it was an amazing experience and it was fun to share with someone else. It also makes the marathon more fun for them as they get to experience a little bit of the insanity.
8.	stay loose have fun enjoy the crowd take it one mile at a time (and take walking breaks)
9.	I've run marathons before, but this one felt best by far, mainly because I ran with another HCMC runner for the last 17 miles. I had never run so long with another person. And the experience of running the actual Boston Marathon, with a supportive crowd of spectators transcends words. The crowds make it SO different from running in other contexts, including on long-distance group training runs. On Marathon Day, I found that high-fiving the hands of little kids was a major energy boost -- it was like I took energy from them when I really needed it. My main strategy was to start slowly, consciously throttling back during the first few miles because they're mostly downhill, so I could conserve my energy for the Newton hills. This worked, because when I got to the top of Heartbreak Hill, I felt fantastic. But I also knew that with 6 miles left, I still needed to be conservative. I knew it worked well when, after crossing the finish line, I could bend down and untie my own shoelace to remove the ChampionChip!
10.	i just went into it irrationally optimistic to start, and having made the firm decision that not finishing was not an option (barring ambulance-worthy injury, of course)
11.	Don't get nervous! sleep well the night before, bring reading to do pre-marathon b/c you're there for a while, bring music (shuffle) while running, read the inspiring Adidas billboards
12.	I ran 10 mins, walked 2 mins, and by doing so was able to maintain a 12-13 min/mile pace throughout the whole race. I also stretched and took 2 IB tabs before the marathon, 2 during, and two after.
13.	Having my friends waiting for me near Heartbreak Hill was a tremendous motivator. In fact, I would say that it was even more helpful because they didn't tell me exactly where they were going to be. As a result, I was motivated to continue running up all the hills because I didn't want to be walking when I saw them. It worked. I didn't stop on the hills and I felt great when I got to the top of the last one. Also, writing my name on my arm was a great idea. The encouragement I got from the crowd was a tremendous help.
14.	I think, as strange as it might sound, the ChampionChip thing really motivated me. Knowing that my family knew that I had passed the half mark but were waiting for news of my crossing 30K kept me going for them. I could picture them clinging to their cell phones, waiting for any news whatsoever. I wanted to relieve their concern.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

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15. I didn't really have any other than to stay calm and relax before the race. I think that is why I had trouble with the last miles, maybe some thoughts about this would be helpful to runners for next year.
16. I didn't use any particular strategy.
17. I imagined that my friend (who was too sick this year to run) was running right in front of me and pulling me along.
18. I just kept saying to myself "you can finish this." It worked really well. Also, I think it helps to give high-fives to the kids. It's good motivation.
19. For every mile that I ran, I dedicated it to someone (my mom, my niece, my friend, ext). I read about this in runner's world and I really like it. it help the miles go by.
20. I dedicated each mile to someone close to me and thought of why they were close to me and why I loved them. I dedicated a mile to myself as well for all my work. I got involved in crowd and chatted with other runners. I viewed the route as one long parade for me and other runners.
21. I just tried to enjoy the crowds and the experience. I made friends with other runners around me and we helped each other through the tough patches and the early miles of the race when thinking about running for 26.2 miles can seem overwhelming. When I had my roughest patches around miles 14-16, I kept saying to myself "left right left right" and I was able to push through.
22. my roommate and I discussed the show 24 to take our mind off running for a while. additionally, when I was really struggling, I thought how I would feel if gave up this opportunity to finish Boston. who knows how often I'll get this chance during my life.
23. I had a friend join me for the last 5 miles, which made a world of difference. I also was unafraid to walk if I needed to. And I kept telling myself that "impossible is nothing" over and over in my head :)
24. I listened to country music the whole time (on a low volume so i could hear the crowd too) to keep myself chilled out and in a groove. I did not drink as much water as I should have bc I never drank on my training runs and I was not sure how I would be affected.
25. I actually made it a point to not do anything at all. I just approached it like I would any other long run. I made sure I got enough sleep and ate the right stuff beforehand, but I did not obsess about it by any means. My theory was that I had felt fine for all my long runs, so why do anything significantly different? If I had done a lot of pre-race strategy stuff, I think I would have just psyched myself out more than anything else. In fact, if anything, I tried to lie to myself and tell myself that it was just another long run - nothing special.
26. Imagining the friends waiting at the last mile is very motivating. I really use my music to help keep my mind off the running and pain or to motivate me. It helps to imagine that you are running very smoothly and efficiently when things get rough. Mentally during training I would say things like "if training for a marathon were easy, everyone would do it." I also liked mentally writing the email to friends telling them to come watch me run the marathon. Or, on long runs, it would help to think when I wanted to stop that I would be home, showered and resting in X minutes and while I might want to stop now, I know I would regret it later that day.

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<p>27. Gu gels are key and really helpful. I took them at miles 9, 17, and 23. Place your friends strategically. My friends were at mile 22 and I was really starting to need people at that point. The definitely helped me finish the marathon at a better pace and gave the me inspiration I needed to actually finish overall. One mental strategy that helped me throughout the race was remembering how much hard work I had put in over the last 5 months. There were so many other runs I had been on that had been just as difficult than this (at least that's what I thought until I got to mile 24) or that had been a lot harsher than this in terms of weather or how I was feeling that day. I also altered the phrase from Finding Nemo "just keep running, just keep running." It was short and sweet and simple. it was also very focused on the short term of just keeping my legs moving which was key. My difficulties stemmed from my leg muscles feeling weak, not from being out of breath so this phrase was particularly useful. I don't like walking on my runs, but eventually by mile 17 it became necessary so I could actually ingest water or gatorade and not become dehydrated. If you can drink without having to stop, I would recommend that because it's hard to start up again but sometimes it can definitely help to stop and walk. I alternated drinking every other mile up until mile 20 where I started drinking every mile and I always alternated between water and gatorade. I would definitely recommend having a watch so you can record your splits and keep track of your pace. It's really useful to be able to monitor yourself so you can keep track of your goals. Also, remember that it's ok to alter your goals during the race. don't be so stubborn that you blow too much energy in the first half and then tire yourself out for the second half. The second half is not only harder because you have already run a bunch of miles, but because that half actually is harder in terms of hills etc.</p>
<p>28. I walked about 100 yards every 5 miles. I never looked at the finish line on TV the morning of the marathon, and I never tried to visualize the finish line. I wanted to use that desire to see the finish line as my motivation.</p>
<p>29. I think the people really kept me going. And having my friends cheering and spaced along the route really helped.</p>
<p>30. I thought about the reasons why I was running the marathon. I think this is why it would be incredibly helpful to facilitate more story telling and exposure to the organizations that are being fundraised for. I</p>
<p>31. I didn't plan this, but I turned into an high-five marathon runner. Before mile 2, I was an absolute addict, and I made it my mission to high five every little kid and avid fan along the right side of the course. By mile 25, I was running over to the sidelines of adults and asking for support, "I need a high five -- who's got me? Back me up, here. Thank you!" It made both of our days (spectator/runner), and the crowd will carry you on, if you adopt this strategy (or at least if you're somewhat extroverted). When, I got to Wellesley and BC, I cheered for the crowd, "Yeah! I love you Wellesley/BC! Let's do this! Yeah! High five!" And I got so much support as a Harvard runner, and so many hand-slaps that the energy just transferred to me. At BC, one guy crossed over from the left to the right side of the course just to meet me because I was cheering and being received by the crowd with such enthusiasm; so he was jogging forward with his hand outstretched for me to meet him, and he said (admittedly there was a beer in his other hand): "Yeah, Harvard! You're worth it! I ran over here for you. I ran for you, now you run for me! Go, HARVARD! All the way to the finish line!" I should add that my name sticker fell off at before Mile 1, and, without a first name pasted on me, I was 'Harvard' for the rest of the day, in spectators eyes, and that kept me going, too. The kids and their families, and all the college students were cheering for Harvard, and I had to represent. Sometimes, the parents were so happy to see me come over and high five their kid, and I had at least two boys tell me, during quick high-fives, "Hooray for Harvard! I'm going to your school some day." [That, and the elitist in me said that Harvard doesn't walk, so I had to keep going, even when I was tired, because the crowd was watching. Hooray for Harvard!] :)</p>

2006 HCMC POST-MARATHON SURVEY – RESPONSES

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32. One thing that helped tremendously was having people coming out to watch. It definitely kept me going so that I'd look strong as I ran by them. While running I guess I used water stations as a kind of marker. Towards the end when I needed to walk parts of the course I'd run to the next water station and then walk for a few minutes.
33. n/a - injured
34. I just tried to stay relaxed and centered, even when I was having a ton of pain in my knee. At several points I thought I'd have to drop out, but whenever that happened, I just slowed my pace down as much as I needed to, and ended up finishing.
35. ?
36. Drink and walk at least every other water station (approx. every two miles). You will feel like a weakling for the first ten miles or so, but it will keep you strong in the second half. Furthermore, the hope of that reprieve will keep you going from mile marker to mile marker once you reach Boston. Without the prospect of those moments, I do not think I could have survived the despair of mile 21.
37. I didn't really have any specific motivational thought. If anything, I simply kept telling myself that this is one day of my life, and the pain I feel now will be a tiny forgotten speck in the years to come. After all, all you remember is the good times.
38. Try to pace as consistently as possible. It works very well. The more you train, the better idea of your pace you will have--so come in being ready. Also, I find it very useful to sing songs in your head while running--not listening to music, but singing them in your head. It passes time very well.
39. I did nothing. I just ran the Marathon.
40. As recommended, I kept a slow pace through the first 15 miles, then dropped my pace by almost 2 min/mile for the remainder of the race. I ran through crowds of people walking up heartbreak hill and felt great almost all the way to the finish. In retrospect, I may have been able to push harder earlier, but I was very glad not to burn out.
41. 1) I told myself that I had plenty of energy in my body from carbo-loading so I was not afraid to push my pace quite hard 2) I told myself that I had done the necessary training and that I was ready for the race ... nothing for it but to run and enjoy 3) At mile 24 I really felt like I wouldn't make it. But flashbacks of the 5 months of hard work wouldn't let me quit then, so I carried on and finished.
42. I set conservative goals. I was carrying an injury, so I wasn't sure how I would do. I ran it a mile at a time - it wasn't really 26 miles: I tried to run the first five to see how my knee would do, then I tried to make it to 10. From 10, going to half way wasn't that bad, and once you are half way, there is no way anyone should ever give up. As I started getting in to the teens, I realised I might finish without walking so that was my new goal. When I hit the wall, I kept thinking about running and keeping moving. Motivational things I thought about included: family, friends, sponsors, other inspirational runners (I read Dean Karnazes book a few weeks ago), I thought that "pain is temporary and glory is eternal", I also really enjoyed the adidas signs with the numbered reasons. Other people's shirts had cool slogans and messages as well.
43. In the morning we did yoga to stretch out and focus. During the race, my strategy was to just settle into a comfortable pace and then focus on the crowd and the scenery rather than worrying about the race.
44. I rewarded myself at various intervals. I said: OK, three more miles and you can run into the woods to pee. 2 more miles and you can eat this strawberry Power Gel. 10 more minutes and you can walk for a few seconds. Et cetera...
45. I had my watch set to pace at 7:35 per mile loop and I tried to stick to that training goal

2006 HCMC POST-MARATHON SURVEY – RESPONSES

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46. I stuck with a guy shooting for my pace. It really helped working with someone, as he was keeping close track of splits. Otherwise, I just stuck on pace, forced myself to eat and drink, and just thought of eating the post race dinner! That always works with me, thinking of the big post event dinner. One just needs to have faith in the training.
47. I stopped at each station for water/Gatorade and walked a bit while drinking. I also ate a lot of Gu during the run.
48. Wow, I just prayed a lot at the end, and cried. At one point I was saying you can totally do this, you can do this, you can do this, for a good few miles (while crying). I thought a lot about the ladies I've helped through childbirth and how I ask them to float above the pain, to breathe, to let themselves go... (very hard sometimes!) I also really dug the interaction with the crowds, they would yell and I would yell back (thank you, I love you Framingham, etc) and I loved smacking the little kids' hands, that made the first half great. I had my name written on my arms, so hearing everyone yelling my name was great. And they all said I had a great smile, and if I was still smiling I still had something in me. But by the end, I really didn't have the energy. I did tackle some guy at mile 24 who was running backwards up the BU bridge trying to see if I could catch him - a surge of energy came over me.
49. Envisioning the finish line...'knowing' I would finish (confidence in my goal)...during training I often imagined crossing the finish line and how amazing it would be.
50. Remember, it is just another long run, but with food and water and fans along the way. It's EASIER than your standard long run.
51. Don't leave your brain at the starting line. Go slow to begin. And get plenty of good hill work in beforehand. Other than that just focus and feed off the crowd's energy when you're feeling crummy.
52. Run with someone or a group, and eat bananas whenever they are offered.
53. I paid attention to the crowd and focused on them. My knee also cramped up horribly if I took more than a step walking, so I knew I either had to keep running or be in a lot of pain. It was actually a really good motivator.
54. go out slowly, and just keep on passing people.
55. I didn't really have too many race strategies, except to hydrate at least every other mile, and alternate with water and gatorade. I tried to find as many friends/people as I could to go out on the course and cheer me on, especially after mile 12 or so. I was lucky to have several friends at key places (mile 17, mile 20, after heartbreak hill, and near the finish). Also, around mile 17 or so I noticed that I had been running at the same pace another runner for the past 5 miles or so, and I introduced myself. She ended up pacing me for much of miles 22 to 24, just when I felt ready to give up.

2006 HCMC POST-MARATHON SURVEY – RESPONSES

21. What else is on your mind about HCMC? Radical ideas, idiosyncrasies, etc., are all welcome here – anything goes!

1. I hope it can be done again!
2. It might be nice for all of the HCMC runners to start the marathon together. Is that logistically possible?
3. HCMC is great
4. Being completely honest, I was actually pretty unmotivated and uninterested in the fundraising. The listserv was nice to have access to, but I think next time I might just run as a bandit.
5. Cant think of anything at the moment
6. Thanks [name deleted]!
7. Not too much, it's late.
8. [personal information deleted] People seemed to find the ARC buses helpful. HCMC might want to have its own bus next year.
9. I LOVED running with others throughout the months preceding the marathon.
10. i'm wondering how long the open-list will be active. there's been some talk of people wanting to get together for some random future races, which might be a lot of fun.
11. I wish this had been around for me to take advantage of for all 3 years of [name deleted] school - what a wonderful opportunity and amazing, inspiring experience!!!
12. Not much.
13. "Hell yeah" is all I have to say.
14. How feasible it makes running the marathon. I keep telling people that with this group, if you're willing to put in the hours, you can most likely finish it. It's amazing because I always thought that marathons were the calling ground of the elite, olympians or 60 miles/week runners. I now see that you don't have to be *quite* that intense :)
15. Thanks!
16. .
17.
18. [name deleted] is so wonderful for putting this on. He should get a raise. Seriously.
19. The HCMC would not be possible without a person like [name deleted].
20. I would like to hear what was done with money raised and maybe even hear of who benefited: A kids name, personalizing the money into how it affected billy, joanie and bobby and not just how money went to help kids.
21. Marathons are such a unique, indescribable experience. HCMC got me hooked! I want to run more! I now have a lifetime goal of actually qualifying for Boston.
22. [name deleted], I would like to come back! I want to look back on my college career and remember HCMC as one of the principal things I spent time and effort on. I want to consider HCMC the capstone of my college career!!!! This really means a lot to me. Thanks.
23. It was awesome. I am officially a marathon runner! And I'm already thinking about doing another one :)
24. Great job! Thank you for your help!
25. Nothing in particular.
26. I joined late, so not sure if you did this, but would have been helpful around January to have an optional session where people could bring calendars. Someone can summarize some of the basic training strategies. It takes forethought to begin ratcheting up your long runs to slowly reach your longest run about 2 weeks before marathon day.
27. I really like how the listserv has continued to stay open and that people are posting about other races and discussing the loss that comes after completing a marathon and not having that big goal to work towards. I hope it continues to stay open.
28. A very, very strong first year for this program. The HCMC will only grow from here.
29. I loved how supportive everyone was on the route. Matching HCMC shirts were key for this.
30. Thank YOU [name deleted]! It's no small feat to plan such a well organized event. I think this is an amazing opportunity to afford undergraduates. As an undergraduate who ran a marathon, I can't imagine how much a better experience it would have been with a structured and engaged community like the HCMC. This is an amazing training opportunity for individuals interested in distance running!

2006 HCMC POST-MARATHON SURVEY – RESPONSES

21. What else is on your mind about HCMC? Radical ideas, idiosyncrasies, etc., are all welcome here – anything goes!

31. Tell people about the "marathon moment." I read this in an article, and the alleged "marathon moment," is when, as a charity runner, the reason why you are running the race, on race day, all becomes clear. For me, it was a woman that I met on Mile 8. I had seen that, up there with Dana Farber, one of the larger charity groups were the orange-shirted 'Run for Research' Liver Foundation runners, and there were three of them running just in front of me. As we came over an elevation, there was a fairly thin, 55-ish year-old woman, standing on the sidelines, right on the right side of the course. She was wearing one of their orange shirts and a hat, and she started cheering frantically as she saw her runners coming up the hill, just in front of me. She was waving a huge orange sign that had only four words on it: "You run. I live." I choked up a bit. And she and I locked teary eyes as I ran just past her, and I said, "Thank you." She looked into me, and said, "No. Thank *you.*" And, at mile 8, just when I was starting feel the first fatigue, I knew that I was bound for the finish line. I had had my moment, and knew that that one woman had shown my why charity racers run --- to make life possible. I'll always remember that, and I remember it more clearly than I do crossing the finish line.
32. I think we should get custom HCMC GU pouches for next year. That's about it.
33. Can I do this next year?
34. Hmm... it's a great program. I hope it's even more popular next year (but not so popular that I can't be a part of it).
35. ?
36. The singlets were awesome. Do not be swayed by the naysayers. The pride of a team uniform cannot be overestimated, even for the most rigidly self-absorbed individualist.
37. One thing is that we might perhaps look into including other runs in the HCMC fold. I don't know how the schedules work out, but adding 5k, 5 mile, half- and other full-marathons to the possibilities might help keep the motivation going strong in the earlier/mid training months.
38. Just a few points to emphasize. Train consistently, and always get in a long run every week while intensively training--it will help in the end. I ran the full distance in training, and I found it helpful for knowing how I could expect to do on race day.
39. --
40. The Marathon Challenge really would not have been successful without dedicated and effective leadership. Thanks [name deleted].
41. -
42. Thank you so much for doing this and organising the events. I learn a lot about myself and feel that I contributed to a good cause. THANK YOU
43. It would be cool if we got to pick our own charities.
44. Perhaps we should have offline fundraising events, such as a dance, cookie sale, et cetera...
45. na
46. More group activities, dinners, training groups. I feel that the group wasn't as cohesive as it could have been.
47. I really like our singlet. I think I'll keep it forever as a functional souvenir. Joining this group, taking on the challenge of running 26.2 miles, and being able to do it, was life-changing.
48. more funny costumes - it's for charity after all!
49. --
50. Loved it!
51. Thanks for everything!
52. It was great!
53. HCMC is a great program, I liked how it got so many of us running the marathon. The singlets could have used a couple of fewer seams, however.
54. I'm sad that it's over :(
55. I just want to thank [name deleted] and all the others [names deleted] who organized various parts of the program!