

NEW YORK CITY MARATHON



Kathleen O'Rourke/Staff photo

THEN . . .
Facts from Arturo Montero's first New York City Marathon in 1970:
 ■ Age: 35
 ■ Starters: 127
 ■ Finishers: 55
 ■ Time: 4:05.57
 ■ Place: 42nd
 ■ Course: Several loops around Central Park

ARTURO MONTERO
One of 55 finishers in the first New York City Marathon in 1970
 ■ Hometown: Stamford
 ■ Age: 73
 ■ Previous marathons: 150
 ■ Previous best: 2:51, Toronto
 ■ Projected finish: 4:30

AND NOW
Facts from Arturo Montero's New York City Marathon on Sunday:
 ■ Age: 73
 ■ Starters: 40,000 (approx.)
 ■ Finishers: 38,000 (projected)
 ■ Time: 4:40 (last year, 4:40:45)
 ■ Place: 28-29,000 (last year, 28,920)
 ■ Course: All 5 boroughs, beginning in Staten Island

GOING THE DISTANCE

AREA RUNNERS SHARE THEIR STORIES AS THEY PREPARE TO RUN NEW YORK

BILL BOHDAN

■ Hometown: Darien
 ■ Age: 53
 ■ Previous marathons: 12; 1990, 1991, 1992, 1993, 1994, 1995, 1998, 1999, 2000, 2001, 2002, 2003
 ■ Previous best: 3:24:46
 ■ Projected finish: 4:20:00
 ■ Memorable Marathon Moment: In 2001, there was a tremendous amount of unity and camaraderie as the runners showed their support for the victims of 9/11. It was a very emotional marathon.

BRIAN FOLEY

■ Hometown: Norwalk
 ■ Age: 41
 ■ Previous marathons: 60 plus
 ■ Previous best: 2:43
 ■ Projected finish: Hoping for a good time
 ■ Memorable Marathon Moment: When it has gone well, it feels like you could keep going. It is a pretty exhilarating rush. In the bigger races it is the thrill of the crowds and the energy of the bands and noise that make it seem like the best party you have ever been to and taken part in.

DOUGLAS SCHWARTZ

■ Hometown: Stamford
 ■ Age: 35
 ■ Previous marathons: Philadelphia, Toronto, NYC (2)
 ■ Previous best: 3:39
 ■ Projected finish: 3:30
 ■ Memorable Marathon Moment: Running with Fred's Team last year. I ran with 5 guys to start and we ended up with three of the five side by side. It was truly inspiring when we passed Sloan-Kettering and saw everyone outside the hospital in orange and cheering us on! It truly gave all three grown men goose bumps and made us even more aware why we raise money to run to help a great cause! To make a donation go to: <https://fredsteam.msccc.org/fundraising/Controller?action=userHome>

ONE WOMAN'S COURAGEOUS JOURNEY

DEBBIE MORAN

■ Hometown: Norwalk
 ■ Age: 40
 ■ Previous marathons: 8; New York (2002, 2004), Lake Placid (2004), Rock and Roll San Diego (2005), Marine Corp, Washington, DC (2005), Chicago (2006), Boston (2007)
 ■ Previous best: 4:09 (San Diego)
 ■ Projected finish: under 4 hours
 ■ Memorable Marathon Moment: The most memorable was my first due to the circumstances that brought me to the starting line in New York City in November 2002.
 In August 2001, at the age of 33 I was diagnosed with life-threatening stage 3 Breast Cancer. I was a married mother of three, ages 3, 4, and 8. My prognosis was 50/50. Between September and December 2001 I underwent six rounds of debilitating chemotherapy. My last chemo treatment was on Dec. 31, 2001, New Year's Eve day. As I lay in bed that evening, reeling from my treatment that day, I opened my eyes to see the ball drop in Times Square and I made a New Year's resolution. Relieved to be done with chemo but facing 35 rounds of radiation next, I resolved that I would do something that would bring my weak and broken body back to life: I would run the New York City Marathon.
 I began my training by walking a four mile route on my way home from radiation each day. It was grueling because

I was exhausted and it was the dead of winter. I would bundle up, put a fleece hat on my bald head and walk the windswept miles. It was literally putting one foot in front of the other, but by spring I had begun a slow jog.
 In June I received word from the New York Road Runners club that I had secured a space in the Marathon from a lottery of over 75,000 entrants. I took that as a sign that it was meant to be. To add further meaning to my run, I decided to run on Fred's Team, a group from Memorial Sloan-Kettering Cancer Center that raises money for cancer research. I sent letters out to family and friends and raised over \$20,000.
 On race day, family and friends came out to cheer me on. My children and my husband, Bill, were my greatest fans on that day. Bill and my oldest son had their own marathon of sorts, as they raced throughout the city and held giant neon pink signs cheering me on at 7 different locations on the route. I had the time of my life. That race felt almost effortless; I felt like I was running on air the entire time. I had marathon fever!
 That marathon truly changed my life. I continue to run for cancer charities. This year I will run on Fred's Team again. Holding a master's degree in education, the teacher in me wanted to share my realization of how important exercise was to my cancer treatment and survival. I became a certified personal trainer and developed an exercise program, Weacancervive Fitness, that I offer to cancer patients and survivors throughout Fairfield County.

MELISSA MACCHIO

■ Hometown: Stamford
 ■ Age: 28
 ■ Previous marathons: First marathon
 ■ Previous best: Best 1/2 Marathon 1:52:00 (approx.)
 ■ Projected finish: 3:45-4:15
 ■ Memorable Marathon Moment: I am dedicating my marathon to 10-year-old Maddie Savoie of Boston. She was diagnosed with Ewing's Sarcoma, a rare form of bone cancer, when she was eight. A friend told me about Maddie when she heard I was running for the Children's Hospital Miles for Miracles charity. She recently passed away. Learn more about Maddie at moreaboutmaddie.com

SISTER MARY GLADYS

■ Hometown: Wilton
 ■ Age: 76
 ■ Previous marathons: 29, 25 in New York
 ■ Previous best: 5:20 (approx.)
 ■ Projected finish: 5:30
 ■ Memorable Marathon Moment: In 1989, I dedicated the run in New York to a friend who had died. She passed away in February, and I dedicated that run to her.

PETER PFISTER

■ Hometown: Darien
 ■ Age: 48
 ■ Previous marathons: 9; Boston (4); New York (1); Marine Corps (1); Chicago (3)
 ■ Previous best: 3:25, Chicago '06
 ■ Projected finish: 3:35
 ■ Memorable Marathon Moment: Anytime you can qualify for Boston.

KATHRYN (KATE) STOKER

■ Hometown: Norwalk (born and raised in England)
 ■ Age: 41
 ■ Previous marathons: Las Vegas Dec. 2005, Long Branch, N.J. April 2006, Vermont City May 2007, and Lake Waramaug Ultra 50k April 2007
 ■ Previous best: 4:21
 ■ Projected finish: 4:15
 ■ Memorable Marathon Moment: Completing your first marathon is an amazing experience. Las Vegas was my first and I smiled through the entire race and then cried for joy when I crossed the finish line.

KIRSTEN SALLEY

■ Hometown: Stamford
 ■ Age: 32
 ■ Previous marathons: NYC (2), Chicago, Paris, France, San Diego, and Ironman Canada 2003 (part of it was a marathon)
 ■ Previous best: 4:58:59
 ■ Projected finish: 5:00
 ■ Memorable Marathon Moment: My ten month old son just learned to clap a few days ago. My most memorable moment has yet to happen: When my little boy claps for me as I run the marathon!

LISA TUFFY

■ Hometown: New Canaan
 ■ Age: 42
 ■ Previous marathons: NYC '93, NYC '94
 ■ Previous best: 3:27:57
 ■ Projected finish: 3:30-3:40
 ■ Memorable Marathon Moment: Completing off the 59th St. Bridge onto 1st Ave is quite a thrill. I had spent years standing there cheering on the runners. To then be one of those runners and hear the roar of the crowd was just overwhelming.

AMY LYNN DENICOLA

■ Hometown: Stamford; formerly of Ossining, N.Y.
 ■ Age: 34
 ■ Previous marathons: Disney '06 '07 '08, Lake Placid '06, San Francisco '07, NY '07
 ■ Previous best: 4:36
 ■ Projected finish: 4:40
 ■ Memorable Marathon Moment: Running across the Verazano Narrows Bridge for the first time knowing you have finally reached a dream, a dream you have persevered to accomplish. As a New Yorker, there can not be a more amazing experience than your first NYC marathon.

RUTH HERNANDEZ

■ Hometown: Norwalk
 ■ Age: 46
 ■ Previous marathons: 2 New York City Marathons, 2 Burlington, 3 More Magazine half marathons
 ■ Previous best: 4:10
 ■ Projected finish: 3:45 or 4:00
 ■ Memorable Marathon Moment: My first marathon at Burlington, Vt. The atmosphere was festive, bands in the streets serenading runners and when you reached Battery Street you can hear the sound of drums as you approach a steep hill. Very motivating.

JIM SANTORA

■ Hometown: New Canaan
 ■ Age: 43
 ■ Previous marathons: 51 (attempting to run a marathon in every US state)
 ■ Previous best: 3:08
 ■ Projected finish: 3:20
 ■ Memorable Marathon Moment: Running the 2001 NYC Marathon on Nov. 4. How incredibly moving it was to view lower Manhattan from the Varian Bridge and seeing many, many runners dedicating the run to those who perished in the attacks on 9/11.

Compiled by Tom Penner