

# The Semper Fi Fund Marathon Training Program

October, 2012 by Corey Petersen

## The final days....

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We are coming into the final stretch for preparation for the marathon. Hopefully your training over the past couple of weeks has gone without any issues of injuries or training complications. Whether you are an expert, novice, or first timer, participating in the Marine Corps Marathon can be intimidating. You may be going for your personal best time or just want to say you finished a marathon, there may be some tips I can provide that help assist you along your path towards the finish line.

### Some Runner's Etiquette/Advice

- My number one advice: **WEAR YOUR NAME SOMEWHERE!** Whether you chose to create a shirt, write it down your leg, or use the MCM available bib change (available at the expo), either way I highly recommend it. I say this due to it allowing all the spectators along the course to cheer you on, either provide them with your name or they will construct their own version of your name..."Go girl in green shirt" "Go addidas boy" It is much better to have possession of how they motivate you.
- Along with your name being visible. Place the bib where it can be seen. Along the course photographers take pictures but if unable to see your bib it makes them difficult for MCM to filter them to where you can look them up after the race. Careful with placing it on your shirt where you might take it off or place a shirt on top. Placing the bib on your shorts can take away this problem. No one wants to look through the thousands of no bibs photos for theirs and these photos are great for yourself or for others as gifts.
- Arrive early for the race with proper warm gear (supposed to rain this year?! Oh no!) . Trash bags or items that can be thrown away are recommended. They recommend two hours prior, meaning 6 am since the race begins at 8. This allows you to have time to warm up properly, take care of gear, and find your start point which leads to...
- Choose the suitable corral finish time start. Many runners attempt to choose time frames that are faster than expected time. This affects the race start being runners are



passing slower runners due to incorrect start times. Below are the provided corral designations so you can choose appropriately.

<b>Expected Finish Time</b>	<b>Pace Per Mile</b>	<b>Expected Finish Time</b>	<b>Pace Per Mile</b>
Hours:Minutes	Minutes:Seconds	Hours:Minutes	Minutes:Seconds
2:30 - 2:59	5:43 - 6:50	4:10 - 4:29	9:32 - 10:15
3:00 - 3:19	6:52 - 7:36	4:30 - 4:59	10:18 - 11:24
3:20 - 3:39	7:37- 8:21	5:00 - 5:29	11:27 - 12:33
3:40 - 3:59	8:23 - 9:07	5:30 - 5:59	12:35 - 13:42
4:00 - 4:09	9:09 - 9:30	6:00 plus	13:44 - 14:00

- Plan ahead with family and friends. There will be thousands of people at the race. I recommend checking out the map ahead of time to decide where they will be so you can be on the lookout along the course and at the finish point for them. MCM provides a recommended route with points with recommended space at [http://www.marinemarathon.com/MCM\\_Runner\\_Info/Spectators.htm](http://www.marinemarathon.com/MCM_Runner_Info/Spectators.htm). There are 13 foot high poles at the finish line with alphabet listings so you can choose to meet by last name but I recommend using our tent. We will be hosting a tent near the finish line that will have free food, beverages, and massages! Much less crowded. Plus we'd love to see you!
- Water Stations are quite busy in the beginning miles. If you don't need the water try to go out of the flow of the ones coming in and when you do, you can try wait to the latter portion of the station or go to the left side if available. Beginner runners try pinching the cup to sip. Runners are also asked to throw out at the waste station if you can (that comes from my husband who was stationed at MCB Quantico and was volunteered as active duty personnel to pick up those cups up...haha).
- When crossing the finish line...smile. You are done! (Plus they take photos when crossing) Also, don't stop right as you cross if you can. There are others behind you and you do not want to get run over by someone who is finishing hard.

## Race Day Preparation



- Don't change anything from your typical routine. Race day attire should remain similar fabrics and styles as training. Use the same shoes, do the same warm up, eat the same food. This allows for no surprises in chaffing (watch out guys for the chest area) or medical issues. Fix any clothing issues you feel, rock in shoe or laces too tight, quickly. Chaffing can be prevented with Vaseline or Body Glide. An ounce of prevention is worth a pound of cure.

- Top off the tank before hitting the start corrals. Meaning pee before hand. Although there are many potty stops available along the course it is not as available for the female runners or for other causes. So prepare.
- Careful with your start speed. Whether you start off too fast due to the adrenaline or due to the temptation of catching up your time due to a slow start, you will regret it if you burn out quick or hit the wall in the latter miles. Allow yourself to take in the first couple of miles of the feeling, the spectators, and the other runners. Some runners will be talkative and others won't. Find your pack of similar runners.



- Use some gels and sports drinks. I recommend sport drinks first since they have great carbohydrates and other essentials and gels for later miles. I suggest this due to high concentrated form of the carbohydrates which are needed since the body is starting to deplete its resources faster. The MCM provides Gatorade at 12 water points, some gels (Clif shots at water marker 6), and sports beans (Jelly Bellies at mile 19) along the course for you but you may need more, so come with your own. Even Dunkin Donuts is handing out sweets at mile 24 (flavors of glazed, jelly filled, pumpkin, old fashioned and cinnamon and chocolate glazed)!

### For Family and Other Spectators

- There are suggested routes to view runners that may use the metro. Buying prepaid cards is recommended and routes, fares, and times are provided at <http://wmata.com/fares/purchase/store/>.
- Whether attending to cheer on a runner or if unable to attend, family and friends can check out where their runners are by live splits by using Multiple options! Including a mobile app, a booth, or social media. By checking out the MCM locator at [www.mcmlocator.com/online](http://www.mcmlocator.com/online) at [www.marinemarathon.com](http://www.marinemarathon.com), at the HP booth provided at the finish festival, or sign up for phone message, email, twitter, and facebook updates at [www.marinemarathon.com/Community/Social\\_Media.htm](http://www.marinemarathon.com/Community/Social_Media.htm).

### Finish Line Entertainment

- When finishing runners are presented a finishers medal and have a photo taken in front of the Iwo Jima Marine Corps War Memorial.



- Runners also get a hospitality bag including food items by FitFul which provides specific race portioned nutrition suggests to help revitalize runners. This includes: hummus and crackers, pretzels, Dole fruit, dark chocolate and dry roasted edamame. Bagels, fresh fruit, water and Mixed Berry and Orange flavored Gatorade also will be available at the finish.
- Finish line festival and our tent are providing runners with a post race massage. Helps with all the lactate acid build up! Plus it's free! Ours may not be as congested.
- In addition, there is Finish Apparel, Uddercream, restaurants, and music by multiple bands. Check out whom at [http://www.marinemarathon.com/MCM\\_Runner\\_Info/Entertainment.htm](http://www.marinemarathon.com/MCM_Runner_Info/Entertainment.htm). But please join us at our tent which will have food, massages, and thank you's provided!

Although everyone is excited with the marathon training coming to a close, expectations and concerns may arise. I hope this may assist with providing you with a little insight and helps prepare you for race day. The Marine Corps Marathon provides support through 13 aid stations, 12 water points, and 3 food stations but I highly encourage you to check out their expo. The expo will have everything from running attire, gels and foods, expert advice, and information booth such as ours. Take care of yourself, stay healthy, stay hydrated and most importantly enjoy your run! If you have any further question or concerns, please feel free to contact me by cell or at my email which has changed to [ssgtpetersen@gmail.com](mailto:ssgtpetersen@gmail.com). Thank you and Good luck!

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