

**THE ENDURANCE 50 - NEW ENGLAND 6 Pack**  
- Bekkie Wright, Joe Poliquin (& Dean Karnazes)

**Reports from the Road:**

Greetings from Maine

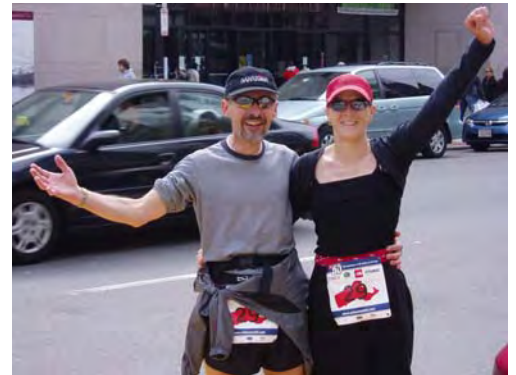
I don't want to jinx things, but so far the weather has been perfect. 40 degrees at the Start and 60 degrees at the Finish with a light wind all 3 days.



Dean K ran a 3:29 in **Hartford** (all by himself), since this was a real marathon, and not one of his "recreations." I was the 4:15 Pace Group Leader, but due to most of my ducklings falling off the pace after about Mile 18 I decided to reassess the remaining ladies, and see if 10 minute miles was their "real" goal. They both achieved chip times of right around 4:20, so I think both were happy with the pacing effort.

After the Hartford Marathon Joe & I took a nap, packed up the truck, and headed up to Massachusetts for the

**"Boston Marathon."** Wow, how many people get to run the Boston Marathon twice in one year. Well, there were about 50 at the Start Line in Hopkinton ... maximum allowable, however, another 2 dozen fell in behind us anyway. Some had no intention of finishing the entire route ... but just wanted to be part of the action. The Police Escort stuck with the lead pack, so when we began to fall off the pace we lost Police and Official support by the time we got to Wellesley. So we never saw the entire Wellesley Cross Country Team jump in with the lead pack to tag along with them all the way to Boston. Luckily we knew the route, and got some Vitamin Water and other stuff from crews supporting other runs ... and keeping mostly to the sidewalks, finished in 4:55. Dean and lead pack finished just under 4 hours.



From there we went to **Newport, RI** to run the **Breakers Marathon** course. Only about 30 people in the road show this time, but no way to get lost as the course loops around 3 times. Which also means that you can stash stuff in your car to pick up after each 8 miles loop (+ there are real bathrooms right there near the Middle School track where the race finishes. So, we hung with the pack for most of the first loop, and then let them drift away, as we walked up the hills in true "ultra" fashion. The main pack finished in 4:14, and Joe & I finished in 5:17.

So, we keep losing a minute per mile each day, but we keep going. Halfway through New England.

- Bekkie & Joe (on the Road with Dean Karnazes somewhere in New England)

Greetings this time from Stowe, VT ... 5 down 1 to go.



We continue to finish about an hour behind Dean each day. **Portland, Maine** was a pretty flat course, and we felt surprisingly good. Finished in 5:06 ... yes with a cartwheel through the magic red Timex arch ... all caught on videotape for posterity.

Today was a little tougher ... the **New Hampshire Marathon** around **Newfound Lake** in **Bristol**. For those of you who may know the course there are some "rolling hills" ... some too steep for these tired legs to run up or down. As usual, felt pretty good for the first 8 miles before things started to drop off. The

event only was able to get a permit for 5 runners, so we were among a select group. Slapped hands with Dean near the turnaround between Mile 13 & 15 ... and told him we'd see him again around 5 hours and 15 minutes. Things warmed up a bit, and we ended up strolling home in 5:22. A new personal worst by 4 minutes. I'll probably beat that tomorrow.



Look for my 6th marathon in 6 days to be about 6 hours!

Thanks to everyone for their well wishes. Keep the positive vibes coming our way. Pics and links to any relevant YouTube video clips to follow as they become available.

- Bekkie & Joe



Well ... we made it ... finished our last marathon with Dean today in **Stowe, VT** in 5:29. The weather was perfect ... overcast and 50 degrees. Most of the party had packed up by the time we arrived, but we still managed to get a few minutes with Dean before he had to get back on the bus and head to Cleveland.



It was an amazing experience. One I know was a once in a lifetime.

- Bekkie & Joe

The Endurance 50 – a limerick

A marathon runner named Dean  
thought that long distance races were keen.  
"I'll run all 50 States  
on consecutive dates!"  
And The North Face endorsed his bold scheme.

The "New England Six" looked like fun,  
which included Hartford and Boston,  
Newport and Portland, Maine;  
then around Newfound Lake (NH),  
and at Stowe we were finally done.

But for Dean it was just "33"  
so back to the Mid-West he did flee  
Chicago ... Marine Corps ...  
Then just one week more.  
He'll finish in New York City.

- Bekkie Wright & Joe Poliquin  
"The couple from New England"

What a great event. The entire road crew was excellent. They became like family. We miss them already. We couldn't have asked for better running weather or better support. Even though we finished well behind Dean every day for six days the staff and local Race Directors were always there to make sure we made it to the Finish Line, and "lived to run another day."

Hey, after all, it was just a "training run" for the JFK 50 Miler.

- Bekkie & Joe

**Dean's Blog:** <http://enduranceis.typepad.com/>  
**See Day 33 - Stowe, VT ... pics & story**

### **Video Links**

<http://www.trainright.com/info.asp?action=display&uid=3813> Carmichael (E50 Clips)  
**"No Child Left Inside" - Bristol, NH**

Look for a brief clip of Bekkie & Joe running along Newfound Lake.

<http://www.youtube.com/watch?v=ZR0gLmyL1A8> **Stowe, VT**  
Look for Bekkie in the yellow shirt & red hat in the first 2 1/2 minutes.

[http://www.youtube.com/results?search\\_query=Journeyfilm+Endurance+50](http://www.youtube.com/results?search_query=Journeyfilm+Endurance+50) JourneyFilm  
Some clips from other E50 Events around the country.

NOTE: JourneyFilm Documentary to be distributed Spring of 2007.

## 5 Boroughs - 5 Bridges

to the tune of Simon & Garfunkel's *59th Street Bridge Song - "Feelin' Groovy"*

10:10 - It's time to go  
from **STATEN ISLAND** on the **VERRAZANO**  
North on 4TH to **BROOKLYN** HEIGHTS  
now you're runnin' NEW YORK CI TY

First though, Red Hook - that's the 10K  
And Fort Greene Park - that's at Mile 8  
Take a Right on Lafayette  
and you're runnin' NEW YORK CI TY

Ba da, Ba da, Ba da, Ba da...NEW YORK CI TY

Williamsburgh South & North, and up to Greenpoint  
The 20K's past now, a bridge is in sight  
It's **PULASKI** this time - Halfway -  
now you're in **QUEENS**  
3 Borroughs down in NEW YORK CI TY

**QB** to 59TH Street  
The East River under your feet  
1ST Ave, you're in **MANHATTAN**  
in the heart of NEW YORK CI TY

Randall's Island off to your right  
**WILLIS AVE** - Mile 20 flies by  
Now the **BRONX** to 21  
Yeah, you're runnin' NEW YORK CI TY

Ba da, Ba da, Ba da, Ba da...NEW YORK CI TY

**MADISON AVE** then 5TH takes you South to Midtown  
Through Harlem, the East Side, and Central Park South  
The Statue of Columbus - Tavern-on-the-Green  
and you've just run NEW YORK CI TY

**CONGRATULATIONS, 50 STATES, DEAN!**