



SUMMER MARATHON TRAINING: WEEK 17

Last training Run: South (8/8/10)

Hydration in the Parking lot



Let's celebrate our last training run! Join us for our second annual Pancake Breakfast in the parking lot after the run.



2024 Boston Marathon Cut off time announced!

11,039 runners who achieved the famous "BQ", one of the most coveted goals for any avid long-distance runner woke up to news they didn't want to hear this morning. Due to record applications, The BAA was forced to apply an additional 5 minutes and 29 seconds to the qualifying time for all age groups-- the strictest cutoff time the BAA has had to impose in the decade since it began doing so, except for the 2021 race and its restricted field size of just 20,000.

Road racing appears to be emerging from a slump that began during the pandemic, when most events were canceled, and extended through 2021, even as races returned to the calendar. Now many races are seeing registration numbers that match or exceed their pre-pandemic totals.

I am sharing an article from the September 24, 2023 edition of the New York Times. This supports the theory that more people are joining our sport! Thanks to Reena for forwarding this article to me.

The New York Times
The Morning

September 24, 2023



Photographs and Text by [Lauren Jackson](#)

Good morning. Running clubs have become popular in cities around the world, helping people make friends and even meet spouses.



Running clubs from around the world meeting in Berlin. Lauren Jackson/The New York Times

Social running

The marathon runners were wearing neon and sipping beers.

They had flown from as far as Seoul and Cape Town for the Berlin marathon, which is happening this morning. While professionals are racing to break records, these runners were there for the party.

Berlin has become a destination for social running clubs from around the world to meet up and hang out. In the days leading up to the marathon, runners danced to D.J. sets, visited galleries and ate brunch together after jogs. Today, the clubs are supporting their racing members on route sidelines as rowdy as American tailgates.

“It takes over the city,” Ainoa Ryll, 33, from Barcelona, said over music playing at a marathon photography exhibit. “So many people run now, it’s one big party.”

Running clubs are popular in cities around the world: Berlin, London, Los Angeles, Houston and New York, where Alyson Krueger reported [on their rise](#) for The Times. These clubs help people build communities in cities that can feel alienating. At the runs and the hangouts afterward, members have met best friends and even spouses.

“Running was once seen as a nerdy, solo sport,” said Joey Elgersma, the founder of the Berlin Braves. “These clubs are showing how cool and social it can be.”

Creating community



Many running clubs started during the pandemic, when people were looking for opportunities to exercise and safely spend time with others outside.

Justin Shields, 33, founded the Venice Run Club in Los Angeles in 2020. The club grew into one of the largest in the world as people sought out friendship during lockdowns: Recently, more than 1,000 people came to one of the group's runs (there are three a week). The club hosts community service opportunities, 5Ks and parties for its members, who are mostly in their 20s and 30s.

Despite its size, Shields said the club still maintained a sense of community by having newcomers introduce themselves at the beginning of each run. "I understand how hard it is to make friends now," Shields said. "I want to help people make a real connection."

Shields himself made one: He met his wife, Erin, 28, on one of the club's first runs. They now manage it together.

Quick bonding



A mural of Eliud Kipchoge, who won the Berlin marathon today.Lauren Jackson/The New York Times

Run club founders say the groups are popular because running facilitates deep connections. Unlike in most social settings, members see one another exhausted, struggling and sweaty — a vulnerable combination.

“We’ve found that people bond really, really quickly,” Matt Horrocks, 33, a co-founder of the Your Friendly Runners club in London, said.

Ryo Yamamoto, 47, a creative director who co-founded the Old Man Run Club in New York, said his running community once rallied behind a member who was experiencing health challenges. And Erin Shields, from the Venice Run Club, said that the community felt similar to the one she had found at church as a child.

“Religion gives you a group of people who are willing to take action and help you at any time, be there in your corner and support you and celebrate you,” she said. “The run club gives you that, too.”

“Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.” — Gautama Buddha.