

RBRC NEWS



Interview: Bruce Clayton

In the three years since Bruce Clayton discovered multisport endurance racing at the age of 50, he has completed two Ironman and three half Ironman triathlons, plus three of his eleven lifetime marathons. RBRC talked to the co-owner at TriCoach, a triathlon coaching firm in Rehoboth Beach, DE, about his first Boston Marathon, four days after the race.



Rehoboth Beach Running Company: What is it like to add a Boston Marathon finisher medal to your collection? **Bruce Clayton:** I have it

right out on top. It's pretty awesome. It represents a milestone for me because it's something I've been wanting to do for a long time. It's significant because I'm foremost a runner and love running marathons. But it's also significant because of what happened there in 2013. I was really driven to qualify last year for Boston this year.

RBRC: Where did you qualify? **BC:** Long Island Marathon. I needed a 3:30 and ran a 3:25.

RBRC: Have you been following a specific recovery plan this week? **BC:** I did not write out a plan. I'm just listening to my body. I've done some indoor cycling, some outdoor running, and some swimming. Not intense or long workouts, but just enough to keep my body moving. My body definitely felt the marathon, though. I ran today about 5 miles and really did feel it.

RBRC: What was your strategy going into Boston and did it change at the start or during the race?

BC: Everybody I talked to who has run Boston gave me the advice to take it really easy in the beginning because there's Heartbreak Hill to look forward to half way through. And I took that advice to heart but maybe a little too much. So, because of the rolling hills, I went out easy in order to have enough energy to take Heartbreak Hill when I got there. It wasn't particularly a great strategy because I went off a little too easy, and my overall time (3:51:07) did suffer. In fact, by the time I got to the top of Heartbreak Hill I asked one of the runners next to me if Heartbreak Hill was coming up. I had run Heartbreak Hill and I didn't even realize it. So, my strategy was to take it easy, and that was probably a mistake on my part. But it's something I learned and will think about next time I do Boston.

RBRC: What were some of the course highlights? **BC:** One of the significant aspects of this race is going past Wellesley College, before Heartbreak Hill. Have you heard the stories about the girls at Wellesley College on race day? About a half mile before you get to the college, you hear the faint sounds of a roar and as you get closer and closer the roar gets louder and louder until the entire right side that course is lined with women, six deep. Screaming at the top of their lungs, looking for hugs, looking for kisses. There was not a break of the roar in that entire stretch of Wellesley girls. It was almost deafening, it was so loud.

Turning on to Boylston was a great experience. You know that its coming up, and when you make that turn the adrenaline just goes through the roof. That’s when I really picked up my speed and ran as fast as I can. Interestingly, once you turn on to Boylston Street you can clearly see the finish line, but it seems so far away and seems to take forever to get there. And obviously when you get there, it’s just an incredible experience.

RBRC: What parts of your training program worked best and least? **BC:** My overall training was good, but I didn’t train as well for this race as I should have in order to do really, really well. I didn’t do the longer distance leading up to the race. My main focus was to experience the marathon, so I was fine with that.

“It’s just an incredible experience.”

-BRUCE CLAYTON

RBRC: Do you plan to run Boston again? **BC:** I would really like to qualify this year. It’s daunting to think you have to re-qualify, because you’ve got to find the right marathon at the right time. If I have to wait two years, that will be okay too. But I’m definitely going to do it.

RBRC: What did you learn about yourself as a runner at Boston? **BC:** I learned that if you really want to excel, training is really important. Sticking to a really strict training program is important. I also learned that I have to train beyond Rehoboth Beach. This is a really flat area and most of the races that I do are pretty flat but they’re not all flat. Boston is certainly not a flat course. I think I need a more diverse terrain to train on. 🏃

Summer Hours Starting May 1

Monday 10-6	Tuesday 10-6	Wednesday 10-6	Thursday 10-6	Friday 10-7	Saturday 10-7	Sunday 12-5
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[Coming in June: Interview with CW Moran and schedule for youth/juniors triathlon clinic]