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# INTERVALS

Merrimack Valley Striders Newsletter

Welcome to the May issue of Intervals.

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[The next races in the MVS 2011 Super Iron Runner Series](#)

[The Rhody 5K](#) Sunday June 5, 2011 Men's @ 9:30 AM, Women's @ 10:00 AM, Kid's @ 10:45 AM Lincoln, RI

[The Plaistow Old Home Days 5K](#) Saturday June 25, 2011 @ 9:00 AM Plaistow, NH

## Pass it on

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## MVS General Meeting

*Our last club meeting before Summer is our always special scholarship night on Wed. May 25th! 7:30 PM - 10:00 PM, Salvatore's Restaurant 354 Merrimack St Lawrence, MA. Gather with your running pals and see what's happening. Club news, events, club programs, race stories, guest speakers, and camaraderie. Pizza and popcorn are provided. Adult beverages are available. Don't miss this fun night out!*

## MVS Spotlight on Jim Laprel!

**10 Questions with ...Jim, Merrimack Valley Strider**  
**Hometown: Haverhill, MA lifelong resident**  
**Role(s) as a club volunteer: Feaster 5 registration & Boston Marathon packet stuffing**

1) How long have you been running and what made you start?

*This is my 42nd year. I started running on August 26, 1969 for Haverhill High School cross country and track. The only time I missed over the years was from injuries.*

2) How long have you been running with MVS? I joined in 1993.

3) What is your running sneaker of choice?

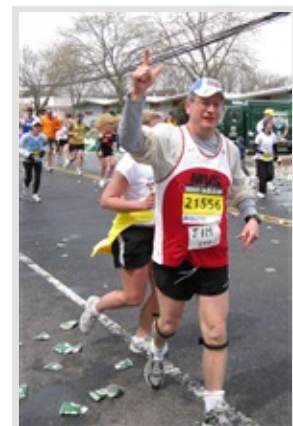
*I have worn NIKE products since 1983. I don't experiment with shoes. I wear the NIKE Air Structure.*

4) What race if any are you currently training for?

*Everything I do now is for the New York City Marathon on Nov 6th. I run several local races as well as Mt Washington (attempt #34), Yankee Homecoming 10M and Gloucester 25K on Labor Day.*

5) What is your proudest running moment?

*I ran my marathon PR of 3:04:57 in Boston in 1975. It was the race of my life. My running longevity and 72 marathon finishes are two things that I'm very thankful for. My first 29 marathons were all under 4 hours. I have seen*



*so many changes in the sport in 42 years.*

6) What keeps you motivated?

*I run Boston and New York. They are almost six months apart. Those are my two goals. Every mile I run and weight I lift is dedicated to those two races. I have extreme passion for what I do. The goal is always to make it to the starting line. Everything after that is a bonus. I take nothing for granted.*

7) If you're not running, what are you most likely doing?

*I read three newspapers daily and I have great interest in current events and world affairs. I'm also an avid golfer since high school. For the last eight years, I have also done stand-up comedy in clubs around the Boston area. I hope to have my 500th performance later on this year.*

8) Running with headphones - definitely or no way?

*I tried them once. It's a personal choice for all of us. I want to hear all the sounds around me.*

9) Favorite pre-run meal?

*Whole wheat toast and either Kashi Whole Grain Puffs or Product 19 cereal with juice, tea and vitamin supplements.*

10) Why do you run?

*I run for personal fitness and emotional well-being. I always feel better after a run. I think it's important to do it in moderation. Too many people burn-out or get injured. It's also the only way I can control my weight. I have a history of heart disease in my family. I like to think of myself as a "health and fitness nut".*

11) How many Boston Marathons have you run?

*I have 39 finishes which include 5 unofficial ones. I have 38 consecutive finishes since 1974. I ran my first unofficially in 1972 and dropped out in 1973. It was the only race I dropped out of in my career.*

12) How many New York Marathons have you run?

*I have 33 consecutive finishes since 1978. My goal is to do #34 on Nov 6th.*

## **BOSTON 2011 - EPILOGUE by Steve Seide**

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I for one was concerned about what the weather would behold on marathon Monday, Patriots Day, 2011. I recall Al Pappalardo sharing his prediction for a warm one at a Striders meeting. Fortunately Al is not a meteorologist although historically warmer Boston's have followed colder Winters and Springs – in retrospect, a more delightful day for runners and spectators would be hard to imagine. It was 49 degrees with a 29 MPH tailwind in Hopkinton at the start.

The result for the elite runners brought marathon running to a new and barely conceivable era as the world's fastest marathon was run on what has been historically called one of the most challenging marathon courses. Geoffrey Mutai from Kenya completed the course in 2:03:02.

To see how far times have progressed here is a little history – 1897 John J. McDermott won the first Boston in 2:55:10. In 1930 Clarence DeMar won in 2:34:48 and in the famous 1982 duel in sun Boston Alberto Salazaar broke



the 2:09 mark finishing at 2:08:51.

But the majority of the 26,907 entrants representing 68 countries were there to run their own race. Each with their own motivation and goal. While there is no official count of the spectators it certainly seemed to me like it was a record day as well. An amazing 98.1% of those that started finished – Boston continues to lead marathoning with this statistic – you have to attribute it to the qualifying process and the quality of runners; of which 57% were male and 43% female. The female percentage continues to grow – imagine a few decades ago, females weren't allowed to participate.

And what a showing by the American women. Desiree Davila's performance was the fastest Boston by any American women ever. There was a 2 second heart breaking difference between her and winner Caroline Kilel from Kenya after two hours and twenty two minutes. I first recall Desiree from the Olympic time trials held in Boston. I believe she finished 4th and was virtually an unknown. She has subsequently improved her performance every marathon since and now holds the third fastest American female marathon time. She runs with such guts – her day is coming soon. And how about Kara Goucher finishing 5th with a 2:24:52 - just 6 ½ months after giving birth recording her marathon PR. Let's not forget Joan Benoit Samuelson who ran Boston for the first time in 18 years and finished in a form you've come to expect from her at 2:51:29.

It was an incredible day as Ryan Hall led the pack for 18 miles – the spirit of America was fitting for Patriots Day as Ryan led the best. In fact, even the Kenyans credit Ryan and his aggressive pace with their world record breaking times - and not a bad performance for Ryan breaking the American marathon record and finishing 4th with a 2:04:58.

While the individual performances are what many talk about – this event had men and women of all ethnicity and age. How about the 2 females and male who competed in the 80+ age group? And last but not least there are the charities and their benefactors who will receive ~\$15M for many worthy causes.

So as Boston 2011 is in the record books – the talk now is about an elite runner going sub 2:02 and there are some even more ambitious talking about breaking the 2 hour mark. It no longer seems impossible.

## **EAT TO RUN, RUN TO EAT by Amy Dalton**

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### **Coconut Shrimp**

*Makes 6 appetizer size servings.*

1/2 cup cornstarch  
3/4 tsp. salt  
1 tsp. cayenne pepper  
1/2 tsp. ground black pepper  
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3 egg whites  
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2 cups coconut  
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2 dozen shrimp  
4 cups vegetable oil



### **Dipping Sauce**

1/2 cup apricot preserves  
1/2 cup orange marmalade  
1 tsp crushed red pepper

1 tablespoon orange juice

Mix cornstarch, salt, cayenne pepper, and black pepper in a shallow bowl; set aside. Beat egg whites in medium size mixing bowl until frothy; set aside. Place coconut in a shallow bowl.

Dredge the shrimp in the cornstarch mixture; shake off the excess. Dip the shrimp in the egg whites, then press shrimp into the coconut, coating all sides. Set aside on a plate until all are ready to cook. Heat the oil in a heavy skillet. Cook the shrimp for 2-3 minutes on each side, until the coconut is slightly toasted. Transfer shrimp to a paper towel lined plate to drain.

Combine the apricot preserves, orange marmalade, crushed red pepper, and orange juice. Heat the sauce until it is warm. Serve shrimp with the warm dipping sauce.

***Do you love to cook? Do you have a recipe you would like to share? Email Amy Dalton [daltonkenamy@comcast.net](mailto:daltonkenamy@comcast.net) and make your recipe famous in a future newsletter.***

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