



For Immediate Release

Sunday, January 8, 2017

2017 Team Framingham Boston Marathon Training Has Begun

Team Framingham 2017 Steering Committee Chair Mike Bower today announced that the 2017 Team Framingham Boston Marathon training program is in full swing.

The random selection to choose the 22 Team Framingham runners was held on Monday, December 5th.

The initial team meeting was held on Tuesday December 13. The BAA Boston Marathon applications were distributed. Our 6 charity partners made presentations to the team on their charities. The Greater Framingham Running Club team mentors were available for a Q&A on training for the Boston Marathon.

The first team training long run was held on Saturday January 7 starting at Wellesley High School and running 6 to 14 miles along the Boston Marathon course toward Newton and back through the Heartbreak Hills. Two dozen team runners and mentors from the Greater Framingham Running Club participated.

The second team meeting will be this Thursday January 12 starting at 7:00 p.m. in the Blumer Conference Room at the Framingham Town Hall. Physical therapist Kim Elia will be our guest speaker and she will address training and running injury prevention. A marathon training coach will also participate in the meeting. Fundraising web-page set up and fundraising techniques will be discussed. The Greater Framingham Running Club team mentors will be available for a Q&A on training for the Boston Marathon.

The second team training long run will be held on Saturday January 21 at 8:30 a.m. starting near the Route 30 firehouse in Newton and running 6 to 16 miles along the Boston Marathon course toward Brookline and back through the Heartbreak Hills.

Members of the Greater Framingham Running Club and residents and employees of the town of Framingham who are running the April 17th Boston Marathon with a number from another source are welcome to attend Team Framingham team meetings and team training runs.

These individuals need to send their name and email address to michaeljamesbower@hotmail.com or to MarathonBibs@framinghamma.gov so they can be added to our distribution list for emails with information on team meetings and training runs.

Inquiries or questions can be sent to MarathonBibs@framinghamma.gov.