

Pete Tanguay

From: Edward Tanguay [edward@tanguay.info]
Sent: Friday, April 24, 2009 10:21 PM
To: Edward Tanguay
Subject: sunday, international marathon relay day

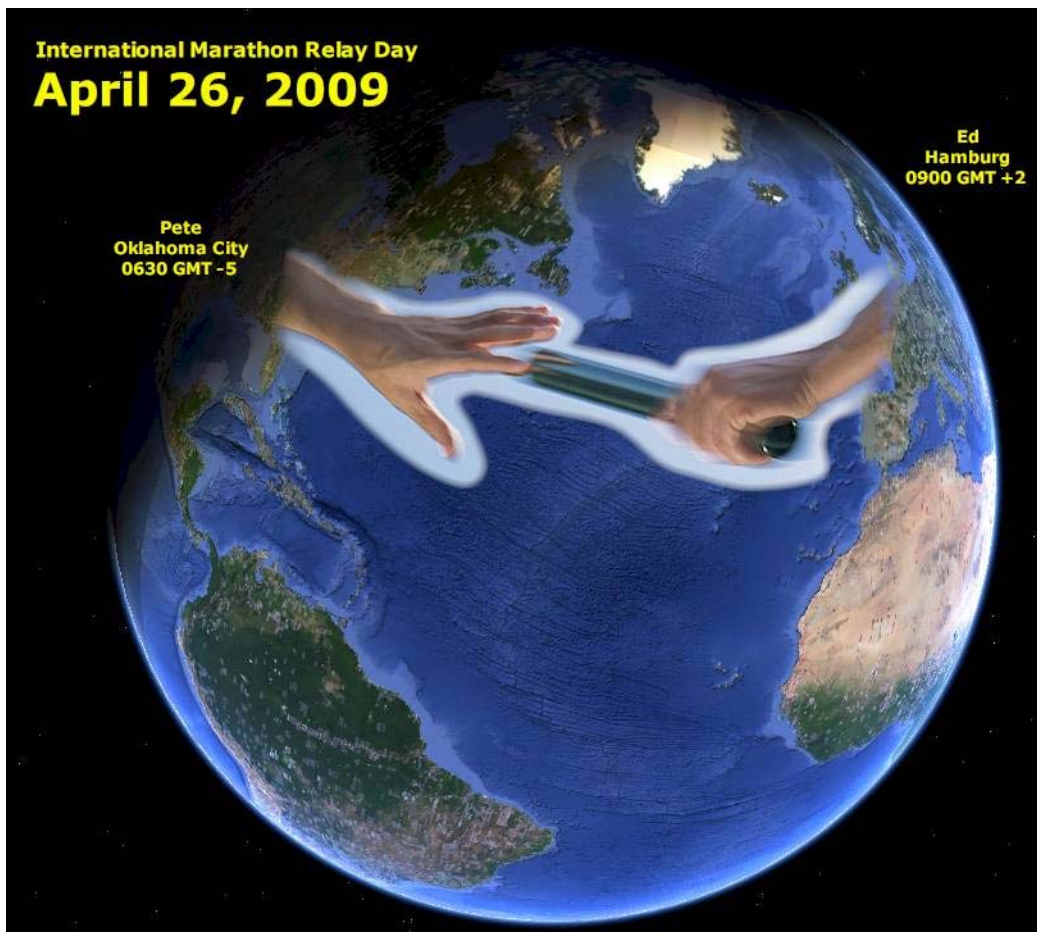
Last September Pete and I ran the marathon together here in **Berlin**:



This Sunday we're running together again:

I'm running the **Hamburg** marathon
and Pete's running the **Oklahoma City** marathon.

When I finish around 1:30 PM Germany time,
Pete will be starting around 6:30 AM Central Standard Time,
a **true 52-mile international relay**:



Pete has been **training hard** since September and has been keeping up a **breakneck racing schedule**. His **dream goal** for the Oklahoma City marathon is to **qualify for Boston** and for that he needs a **3:35**. I've never seen anyone attack a goal with such vigor has Pete going after the sub-4 marathon. Anything under 4:00 will amaze me if he does it. In Pete's words, not getting a sub-4 at Oklahoma City would be a "tragedy". I love it. Pete's enthusiasm alone will make me run faster in Hamburg.

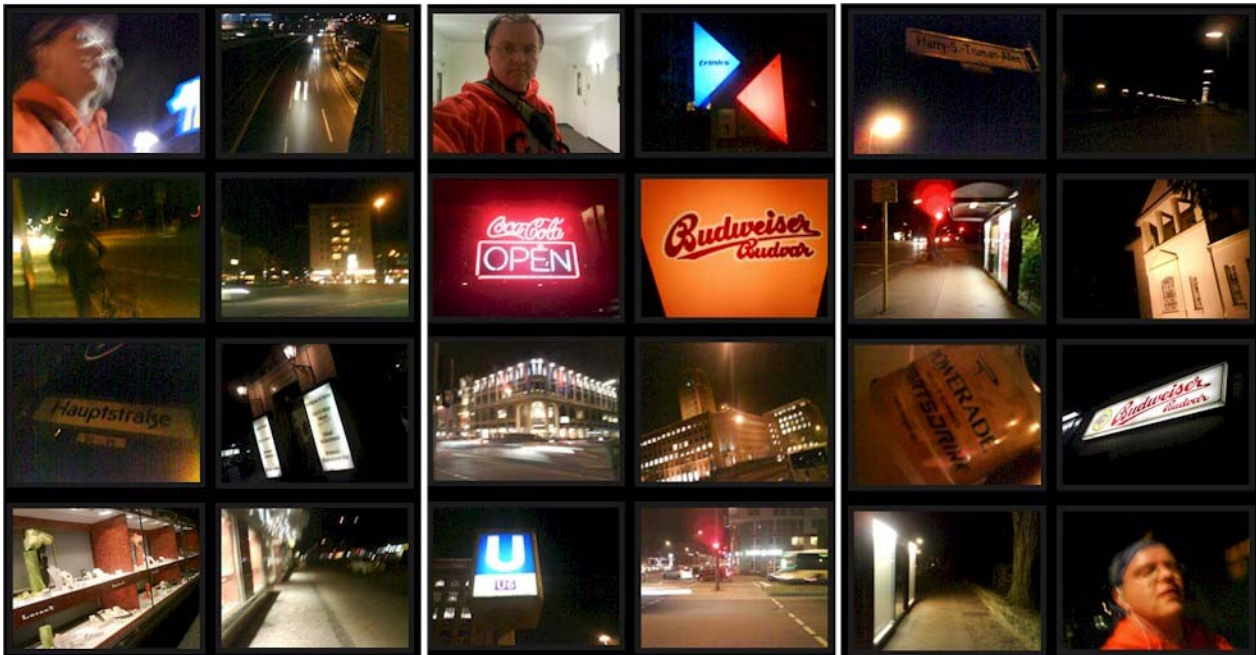


The warm up

Jan 01 - 28th Annual Hangover Classic 10k and Ocean Plunge - Salisbury, MA 49:11
 Grand Prix: Jan 25 - One Hour Track Run - Russellville, AR 7.82 miles - 31+ laps - 7:40 pace - One hour
 Grand Prix: Feb 14 - Valentine's Day 5K - Russellville, AR 21:48 - 6:58 pace
 Grand Prix: Feb 21 - RiverTrail 15K - North Little Rock, AR 1:12:42 - 7:43 pace
 Mar 1 - B&A Trail Half Marathon - Severna Park, MD 1:43:28 - 7:48 pace
 Grand Prix: MAR 07 - Chase Race 2 Mile - Conway, AR 13:27 - 6:40 pace
 Mar 15 - Little Rock Half Marathon - Little Rock, AR 1:42:29 - 7:43 pace
 Grand Prix: MAR 28 - Spring Fling 5K - Cabot, AR 22:02 - 7:03 pace
 Grand Prix: Apr 04 - Capital City Classic 10K - Little Rock, AR Did not run
 Grand Prix: Apr 05 - Hogeve Half Marathon - Fayetteville, AR 1:51:54 - 8:28 pace
 Apr 26 - 9th Annual Oklahoma City Marathon - Oklahoma City, OK

My training

for the this marathon began on January 1 and has been **mostly Berlin City night runs** home from work. I try to run a different route through the city each time, discovering new neighborhoods, seeing new sites, and shooting it all up with my cell phone camera. These runs have become a true quality-of-life booster in every way: the fresh cold air, the exercise, the hundreds of hours of podcasts I listen to as I run, the exhaustion after work, and the craziness of running through a dark, cold Berlin listening to programmers talk about the latest in technology all combine to make it something that has become wholly addictive.



With my minimal training so far this year, **I will be going for a 4:30 at Hamburg**. My spring marathons tend not to be my fastest (4:40 Luxembourg, 4:45 Hannover) I'll be happy with a 4:30 or better if I get do it. I plan on using a new method of running that Pete taught me called "mid-foot strike" and pace, pace, pace. The most important thing is to finish so I can pass the baton on to Pete.

Gisi and the kids

and I will be getting in a train in a couple hours to heading up to Hamburg. We'll be riding on an **ICE train**, the fastest passenger train in Germany, just a 2 hour 20 minute jaunt up to Hamburg. We plan to visit miniature wonderland which is one of the largest model train setups in Europe, and also take a ride on a boat in the Hamburg harbor. But for the kids, one of the biggest highlights is always "staying in a hotel room" where they are on a constant discover mission and get to do things like "stay up late and watch TV". I think this will be a super mini-vacation weekend.



OK Pete, have a good run, and when I finish, I'll lift up my head, look south west and shout "Lauf, Pete, Lauf!"

Till then.



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Edward Tanguay

[my web developer site](#) | [my datapod project](#) | [my running site](#) | [follow me on twitter](#):

- APR 24: good podcast, jeff atwood talks about stackoverflow, always nice to listen to someone talk about a successful project: <http://is.gd/u4aW>
- APR 24: the "hidden features of C#" article at stackoverflow is a good read: <http://is.gd/2F84>
- APR 24: mesh, live mesh, live framework, meshFX, all very interesting, have a silverlight app follow you around: <http://is.gd/up2i>
- APR 24: idea: small "mp3 file" that merely wraps a real mp3 file but has meta information to play only certain parts, for podcasts to cut intros
- APR 24: good stackoverflow podcast with steve yegge, everybody likes a good programming language fight: <http://is.gd/udTx>
- APR 22: just did the automatic Filezilla upgrade which fixed a problem it was having when starting, love when software just fixes itself: <http://is.gd/u0F4>
- APR 22: recreated Josh Smith's WPF CommandSink example, zero code behind in main Window and Views, nice: <http://is.gd/u0CB>
- APR 22: Simple WPF Colorpicker: <http://is.gd/uODk>
- APR 22: created clear graphic to remind me of how lambda syntax translates to delegate syntax: <http://is.gd/u0CB>
- APR 22: Just joined a twibe. Visit <http://twibes.com/wpf> to join
- APR 22: if you do WPF, check out Bea Stollnitz's article on debugging WPF bindings, good to know (check output window and more): <http://is.gd/u0tm>