

Cellcom Green Bay Marathon: Catching up with our profiles

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Updates on people the Green Bay Press-Gazette profiled or who shared their training stories with readers in the months leading to Sunday's Cellcom Green Bay Marathon:

Erin Humecki

For 37-year-old Erin Humecki of Green Bay, her first marathon was a rousing success, even though it didn't go as planned.

"I kind of got a rough start í got caught up in traffic getting here," Humecki said.

She missed meeting with the two people she'd been running with in training, but it worked out in her favor.

Instead of getting caught up with her iPod, Humecki chatted with people around her and accomplished her goal of running the marathon in less than 5 hours. She finished in 4 hours, 50 minutes, 23 seconds.

"It was such an experience with all the spectators," said Humecki, who said the groups at Miles 11 and 22 were crucial in keeping her pumped up with energy to continue the race.

Doug Landwehr

Green Bay resident Doug Landwehr came close to achieving his goal of finishing the marathon in about 4½ hours. He finished in 4:32:53.

"I kept to my 10-minute pace very well í it went really well," the 54-year-old said. "It got tougher on Mile 23, but it really was pretty much as I expected."

Training in all sorts of inclement weather, Landwehr said he appreciated the variety of sun and clouds with cool temperatures.

Gloria Jacques

Suamico resident Gloria Jacques hadn't run a marathon since before she had children ô four of them ô but the 35-year-old crossed the finish line in 4:29:08.

"I had issues with my knee in the last couple of weeks because of the long run," Jacques said. "I took Advil before the race, and that helped a lot."

She accomplished her goal, then went home to take an ice bath to ensure she wasn't in too much pain.

"I'm so proud of what I've done," Jacques said.

Timothy Kowols

Having run the Boston Marathon just about a month ago, Timothy Kowols of Chicago wasn't sure how he'd hold up. He figured as long as he finished at 3:10, he'd be satisfied.

So, he was thrilled to finish at 2:54.

"Whoever was taking pictures there at the finish line, well, I'm sure that picture tells a thousand words," he said. "I broke a 3 for the first time. That's a personal record for me.

"It was pretty unbelievable."

Jim Aniol

Jim Aniol hadn't done a marathon in several years, so his goal was to finish in less than 4 hours. He made it in 3:58.

"It was a great race," Aniol, 50, of De Pere, said. "There was great crowd support."

Having trained in wintry weather, Aniol said Sunday's winds and weather were no problem.

"I ran without an iPod," he said. "I hooked up with a training partner, and enjoyed the sights and sounds.

"The final miles were a little tough. That last lap around the stadium was rough. But the brats and beer after were great.

"I told some of my running partners I've never had post-race food like this. It was great."

Aniol intends to start training for a fall marathon.

His goal is to qualify for the Boston Marathon.

"But I just can't say enough about this race," he said. "Meeting runners from different states and different parts of the world was cool."

Justine Kocherer

Justine Kocherer hoped to finish the half-marathon in less than 2:15. She did by several seconds.

"That was 7 minutes less than my personal record," said Kocherer, 29, of West Allis. "I was really happy."

The cooler weather was perfect for running, she said.

"I felt great the whole race," Kocherer said. "It was a nice, smooth race."

She praised the run for having a small-town feel while attracting large numbers of participants.

"It's just great meeting all the people from all over the world," said Kocherer, an area native. "And all the fans along the course are just great. Even if people aren't runners, they want to be involved."

Megan Hanson

"I can't believe it's over," said 24-year-old Megan Hanson of Green Bay, who ran the half marathon with her sister-in-law.

"As soon as we crossed the finish line, we looked at each other and couldn't believe we were done. I felt like 'Let's do it again!'"

It was Hanson's first half marathon. Her goal was to finish in less than 2 hours, and the pair clocked in at 1:45.

"We felt very, very good about it," she said.