

# The rest of the story: 3 runners we followed met their goals

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After tracking several marathon and half-marathon runners during the months leading up to Sunday's Cellcom Green Bay Marathon, we wanted to see how everybody did. Here are some updates on people we profiled or who shared their training stories with readers:

## Erin Humecki

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

"I kind of got a rough start. I got caught up in traffic getting here," Humecki said. She missed meeting up with the two people she'd been running with in training runs, but it worked out in her favor nevertheless.

Instead of getting caught up with her iPod, Humecki chatted with people around her and made her goal of running the marathon under 5 hours, doing so with 10 minutes to spare. 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.

Originally she signed up for the half-marathon but switched to the full one and hopes to run it again next year.

## Doug Landwehr

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

"I kept to my 10-minute pace very well. 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 in the winter and spring, Landwehr said he appreciated the variety of sun and clouds with cool temperatures that graced Sunday.

Like others, he had kind words for the thousands of spectators who lined the residential neighborhoods of the area, cheering runners on.

## Gloria Jacques

Suamico resident Gloria Jacques hadn't run a marathon since before she had children ó four of them ó but the 35-year-old mom crossed the finish line in 4½ hours ó 4:29:08 to be precise -- on Sunday.

“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. Her sights are already set on her next goal ó participating in a triathlon in Pleasant Prairie in July.