

Tim Chichester **Stuns the Field at Boston**

By Coach Mike Reif



On April 16, 2012 **Tim Chichester**, ran a spectacular race at the 116th running of the Boston Marathon. In only his second marathon ever he ran a time of **2 hours 21 minutes and 10 seconds** on what proved to be a brutally hot day. Despite the heat, Tim's spot-on pace, spectacular fitness and focused running allowed him to catch about half of the elite field to finish **11th overall and as the 2nd American**. In the final stages he remained strong and passed many a runner including 2010 USA Marathon National Champion Sergio Reyes who ran 2:22:05. Indeed, on this day, with this field, Tim's perfect execution of his race plan was just about unbelievable but not a surprise to those who know him. The tougher the conditions or course, the tougher Tim Chichester is.

Tim, age 23, of Mount Morris, NY, is a graduate student at SUNY Brockport and a representative of the Genesee Valley Harriers (GVH) Running Club. Concern about the anticipated heat was so great that it caused race officials to offer deferrals to next years' race, which was taken by nearly 4,000 of the over 26,000 entrants.

Tim's pace for the first 6 miles was a consistent 5:07 per mile on the downhill section from Hopkinton to Framingham. From there he ran the middle 15 miles at a steady average of 5:17 per mile. While many runners faltered on infamous Heartbreak Hill, which comes just after mile 20, Tim was able to surge and pass many runners wilting in the heat. He continued the last few miles with a steady 5:36 pace, giving him an average pace of 5:23 per mile.

Needing minor medical attention for a bloody blister at the finish, Tim had no idea of his overall place. It wasn't until his mother, Sue and dad Bill--still out on the course, texted him 20 minutes later to let him know that he had run what has now become one of the most spectacular races by an American runner known to few outside of Western New York.

Section V's top male and female High School Cross Country runners, their parents, coaches and officials were honored to have Tim as their Keynote Speaker at last falls **Innovative Edge Sports - Section V Cross Country All Star Banquet**. To paraphrase Tim's message to them, ***"I wasn't a very fast runner in High School but if you follow your passion you will succeed – stick with it and good things will happen"***. Indeed, that message is evidenced in Tim's continued love of his sport, his persistence in good training and his stunning performance of April 16th 2012. Our entire running community is proud of his accomplishment. Congratulations to Tim and his entire family!

Tim has had a number of solid races under his belt the past few years, including a win at the 2011 Albany, NY, USATF Adirondack 15K Stockade-athon in a time of 46:59. He led his GVH Open Men's team to the USATF Niagara Association 8K Cross Country Championship last November outrunning the field by over 20 seconds. He has also fared well at the local road race scene for several years. As a collegiate athlete at SUNY Geneseo, Tim ran times of 14:32 for 5k, 30:20 for 10K and was a DIII NCAA National Championship Cross Country qualifier two times.

Leo Roth of the Rochester Democrat and Chronicle reported on Tim's remarkable race in the following article. Click on the link:

<http://www.democratandchronicle.com/article/2012/04/16/SPORTS/04160059/Chichester-shines-with-11th-place-finish?odyssey=tab%20topical%20news%20SPORTS>

Runners World Magazine's website "April 19th Racing News" highlighted a section entitled **"Who Is This Guy Tim Chichester?" See:**

<http://news.runnersworld.com/2012/04/19/racing-news-april-19-morning-report/>