

# Joe McGuire

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## One Of New Brunswick's Most Devastating Marathoners

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WOODSTOCK— When Joe McGuire took up running in 1977, he only intended to lose weight and cut his nasty habit of smoking almost one pack of cigarettes a day.

By the time he was finished, however, McGuire had not only lost 38 pounds and kissed tobacco goodbye, but had developed into one of the most devastating marathon runners in New Brunswick history.

McGuire, a 41-year-old high school teacher from Woodstock who's gone from 168 pounds to 130, has covered over 12,000 miles in the past eight years and is currently training for the 1985 Boston Marathon, which will be run April 15.

"I have a chart in the garage that I keep to show how many miles I run a year," explained McGuire, who stands five-foot-seven. "I'm ahead of my pace for this time last year, so that's good. I'm gradually increasing my runs each day and I'd like to do a couple of 20-mile runs before Boston."

The Boston Marathon is nothing new to McGuire. He's run it four times before, including a time of two hours, 37 minutes, 31 seconds in 1984. That performance left him 459th of 4,704 male competitors and 22nd of 1,700 in the master men's division.

That time was McGuire's worst of the four marathon races he participated in last year.

### Boston Marathon Hard

"I find Boston a hard marathon to run," explained McGuire. "It's early in the season and it's very hilly."

His other times were 2:33 at the Ottawa Olympic Trials in May where he placed 55th overall out of 4,000 and was third in the masters division, a clocking of 2:35 in winning the Knight's Of Columbus Bicentennial Marathon here in June and he recorded his best time ever of 2:27 in capturing the Halifax Marathon in October.

McGuire has run 16 marathons during his career and eight in the Maritimes. Of those eight, he has lost only one.

"I remember it was the N.B. Heart Marathon in Fredericton and it was my first marathon," recalled McGuire. "I was leading and some guy from Nova Scotia passed me on Regent Street and I finished about 30 seconds behind him."

McGuire, a native of Woodstock, has dominated the Maritime marathon scene since.

"In all fairness," said McGuire. "There are not that many people in the Maritimes that train for a full marathon."

And, as McGuire points out, training is the key to being successful.

"You have to be realistic," he said. "You can't run five or six miles a day and expect to run a marathon. You have to train four to six months before and you should be able to run 16 to 18 miles comfortably before trying a marathon."

### Has Own Routine

As far as preparation prior to a race, McGuire has his own routine to follow.

"I'll do a few toe touches and a quarter-mile jog to keep warm," said McGuire. "But in training I'll just throw my running stuff on and go out and run. I really never warm up and I'm never tight afterwards. After a marathon I'll keep running for 20 minutes or so. I'll do a light jog or some walking."

"At the big marathons, like Boston, most runners will do stretch exercises for the hamstring and major leg muscles, but that's all. Most will do a half-mile jog before hand or jog on the spot. If it's cold, I'll keep my warmups on just before the race. If it's really cold, I'll do some exercises to loosen some leg muscles."

Running is something that McGuire has come to love very much. It's a major part of his life and he even has his wife Ginette involved now.

"It's the only sport I've participated in where there's no luck



MARATHONER JOE MCGUIRE OF WOODSTOCK

involved," McGuire said. "I've played softball, baseball, curling, I've coached basketball here at Woodstock High for 10 years, won a couple of provincials and I was the soccer coach last fall."

"Running is a pure sport," he added. "I try to keep improving on my performance within myself. I've been quoted before as saying it's a hobby...and it is, but I take it serious. When I'm in a road race, I'm out to try and win it."

And winning is something McGuire, a native of Woodstock, is very good at.

### Enjoys Half Marathons

Running half-marathons and quarter-marathons, however, are more popular to McGuire. He'll be competing in a 13-mile event March 30 at Bangor in preparation for the Boston Marathon.

"I enjoy the half-marathon," he said. "I probably have my best times in those races."

His best half-marathon time was one hour, 11 minutes, 11 seconds.

Marathon running is for personal satisfaction, said McGuire. "I've never had any injuries and I've never been in a race I haven't finished."

There are dangers involved as well.

"You have to watch out for dehydration," he said. "You have to force yourself to take water. Once you dehydrate, you've had it. You have to have enough body fluid. I went out once and ran for 42 minutes with no water and I lost six pounds. I drink a lot of water before a race. The morning before a race I'll drink a quart of water or liquid."

Food is not on McGuire's menu prior to a race, but it is the night before.

"I'll have a coffee or toast two or three hours before," he said. "The night before I'll load up on carbohydrates. I'll have some spaghetti or something."

McGuire said his goal in running is to continue bettering his time.

"My ambition was to go under 2:30," he said. "I compete with myself. I get satisfaction knowing I've done as good a time as I wanted to do. That's all that counts, whether I finish first or 101st."