

# Marathon brings out runners' best

LOCAL RESIDENTS ARE COMPETING SUNDAY FOR FITNESS AND CHARITIES

BY KURT NICOLL  
THE FREE LANCE-STAR

Compelling stories and worthy causes are common themes that bind many of the individual entries competing in Sunday's 33rd Marine Corps Marathon.

Holly Bisbee of Fredericksburg will be competing in her second Marine Marathon and seventh marathon altogether. She will be among the roughly 300 entries running in support of Fisher House, a national charity that provides housing and other necessities for families of hospitalized war veterans.

Bisbee decided to compete in her first race to mark the 15th anniversary of an auto accident that left her comatose and with various broken bones.

Then 17, Bisbee made a full recovery, went on to graduate from Brown University in four years and was a member of the Bears' sailing team.

There was a more compelling reason for her decision.

"I have an analytical desk job and wanted to get off my feet," said Bisbee, who works for an environmental firm. "Running gets me away from work and gives me a chance to think. I enjoy it."

This weekend's marathon will be the 21st for David Broman, who ran 14 of them in 2007. He competes to raise awareness for worldwide orphan care.

"The MCM has always been special for me for a number of reasons—the most important is that it isn't an easy run," said the local resident, who is vice president of sales for a distributor of air, liquid and gas filtration.

"Most marathons have the last two-tenths of a mile on a sloping downhill or at least a flat straight section on the roadway," he said. "Not the Marines. They have you running up the hill to the Iwo Jima Memorial. It's a killer. Bottom line is it's the Marines: They wouldn't have it any other way."

And while the course itself is challenging, Broman has high praise for the precision and support the Marines demonstrate.

William Rysanek of Stafford County voiced the traditional "never again" after competing in his first MCM in 1988. But after a 16-year break from the event, he changed his mind after volunteering at one of the water stops in Rock Creek Park.

"I couldn't help but notice all of the runners were having a great time and I got to talk to some of my friends that I hadn't seen for years," he said. "In 2004, I decided to try it again and I was hooked. . . . I have run a couple of other marathons, but this one is by far my favorite."

Viewing the event as a spectator also caught the attention of Carol Shelton. Back in the mid-1970s while attending high school in Northern Virginia, she

would ride her bike to view the race—vowing to be a participant some day.

Now the Hartwood resident is ready for her first marathon, thanks in part to training and support from the Fredericksburg Area Running Club.

"I always knew I would run it; I just had to figure out when I could commit my mind, body and time to the task," Shelton said.

Her efforts will assist the International Association of Fire Fighters Burn Foundation—one of 70 charities being represented by 6,000 of the roughly 22,000 entries this year.

Although new to the sport, Jamie Marie Caldwell of Spotsylvania County is planning to compete in back-to-back marathons—the MCM this weekend as well as the Richmond Marathon the middle of next month.

"I ran my first half-marathon, the Blue & Gray last December, and as I was crossing the finish line for some crazy reason I decided I could run 13 more miles," she said. "I have a finish-time goal in mind, but as the marathon creeps closer and closer, my goal now is just to finish it and have fun."

The weekend kicks off with healthy kids runs tomorrow at 10:30 a.m., 11:15 and noon from the Pentagon North parking lot.

Sunday's opening ceremonies begin at 7:20 a.m. at Arlington Cemetery. Wheelchair and hand cycles start at 7:50, followed by the MCM at 8.

A 10-k race from Runners Village starts at 8:20 and the awards ceremony is set for 12:30. The post-race celebration is set for 3 p.m. at Crystal City and will include musical entertainment by the BoDeans.



Spectators are urged to take the Metro Blue Line to the Arlington Cemetery station to view the start of the race or the Rosslyn station (Blue and Orange lines) for the finish.

Limited free parking is available at Crystal Drive and 23rd Street in Crystal City.

For further information about this weekend's marathon and activities, vis-

it [MarineMarathon.com](http://MarineMarathon.com).

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## **RUNNING**

### **MARINE CORPS MARATHON**

**WHEN:** Sunday, 7 a.m.

**WHERE:** Begins and ends in Arlington

**TV:** Comcast SportsNet