

## Staffer honored to run in NYC Marathon

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For her 60<sup>th</sup> birthday year in 2010, Rosalie Mulhollen decided to begin to run and participate in local 5K races. In September 2010, she ran her first half-marathon in Virginia Beach with her sisters-in-law and niece, then decided to work towards running a full marathon.

“Once my feet hit the ground, I haven’t stopped,” says Mulhollen, administrative services assistant and secretary to the director at Alfred University’s (AU) Scholes Library of Ceramics. “My first marathon was the Wineglass Marathon from Bath to Corning in 2011. It was cold and it rained, but I had fun! You can do anything you want as long as you set your mind to it. You’re never too old to start. Age is just a number.”

This fall, Mulhollen, a Hornell native and current resident, is preparing to run in the ING New York City Marathon on Sunday, Nov. 3 with her daughter, Kimberly. She explains lottery applicants must submit a non-refundable, \$11 processing fee regardless of whether or not they are chosen in a lottery to participate. Entry becomes available for the following year after being denied by the lottery the previous three consecutive years.

“Kim and I have been applying since 2011,” noted Mulhollen. “If we didn’t get drawn this year, we would have had to apply again next year to secure a spot for 2014. We got lucky! This will be my fourth marathon in three years and my daughter’s first. I’m so happy and thankful we will be sharing this experience together!”

Organized by the New York Road Runners and first held in 1970, New York City Marathon participants — nearly 50,000 in 2011— run through all five of the city’s boroughs on a 26.2-mile course, beginning on Staten Island, across the Verrazano-Narrows Bridge into Brooklyn and Queens, into Manhattan on the Queensboro Bridge, up First Avenue and across the Willis Avenue Bridge into the Bronx, onto East 138th Street, across the Madison Avenue Bridge back into Manhattan, down Fifth Avenue and finishing in Central Park.

Mulhollen says running, in addition to quitting smoking nine and a half years ago, has made her more physically healthy and mentally alert. She follows world champion runner Hal Higdon’s 18-week training program, running three to four days during the week and running longer distances during the weekend. Mulhollen says she runs 25-40 miles a week on average but will taper her mileage about two weeks before a race. In preparation for the New York

City Marathon, Mulhollen participated in the Wineglass Marathon again earlier this month.

“You have to pick a training that works for you,” Mulhollen explains. “You can be physically fit, but you also have to set yourself up to be mentally fit. The hardest thing about running is getting out the door. I have a running group in Hornell and we run together a couple days a week as well as running races together. It takes a lot of time and hard work to prepare for a marathon. Having the support of family and friends helps.”

Mulhollen prefers to run outdoors, but she says she runs on a treadmill in AU&s McLane Center and a Rose&s Gym in Hornell during inclement weather. Mulhollen also runs with a group of women one or two days a week between 4 and 4:30 a.m., during lunch breaks, after work and Saturdays around 6 a.m.

Mulhollen and her daughter will arrive in New York on Nov. 1 and attend the ING New York City Marathon Health and Fitness Expo at the Jacob K. Javits Convention Center to pick up their racing numbers. She says family and friends will be at the race to cheer them on. While Mulhollen says her goal is to cross the finish line, she says running in front of a cheering audience makes the event most worthwhile.

“It&s kind of hard to explain unless you&re a runner, this feeling that you get when people are cheering you on,” says Mulhollen. “It&s just this rush. It&s amazing. People you don&t even know shouting at you that you can do it.”

This year&s New York City Marathon comes after last year&s canceled race due to recovery following Hurricane Sandy and the bombings the Boston Marathon bombings that killed three people and injured 264 on April 15.

“What happened in Boston was very sad,” says Mulhollen. “The first race I ran one week after Boston was the Rochester Flower City Half Marathon. You could feel the emotion as we started to walk towards the starting line. You would get chills and start crying for no reason because of the emotion for what happened in Boston. But we carry on, one foot in front of the other. I&m not afraid. Nobody&s going to stop us. I&m very proud to be part of the running community because we&re a powerful force. I consider it an honor to be part of this event.”