



RICK GOODWIN

**TOM CARMODY:** He blames it on the beer.

## Two-timing the Boston Marathon

Once was just not enough for Tom Carmody.

While most of the rest of the 10,000-runner Boston Marathon field was still stumbling out of bed on Monday, Carmody was running the rain-soaked 26.2-

mile course in reverse, from Boston to Hopkinton.

"I did it slow," says the 40-year-old Lynn triathlete, who began from the Prudential Center at about 7 a.m. "It was a creditable first marathon. I did it in about four hours."

And after he reached Hopkinton, Carmody turned around and ran the entire course again — this time with the rest of the B.A.A. field.

"The second one was a breeze," he says. "I was numb after running it the first time. Running out there (to Hopkinton) was like running on the Nile River. The streets were flooded."

Carmody's combined time for the 52.4-mile jaunt was 9:34.

"I had 34 minutes of rest breaks," he says. "But I didn't stop anywhere for more than 10 minutes."

Carmody, a janitorial supplies salesman, did manage to slow down enough near Chestnut Hill to accept cups of beer from partying Boston College students.

"For the last three miles I was taking beer from everyone," he says. "By then, I knew I'd make it — even if I had to crawl to the finish line. After my first beer at B.C. I was on go."

It was beer that got Carmody into the whole mess of running the Marathon twice in the first place.

"As usual, it happens over a few beers," he says. "I have to blame it all on beer."

A friend of Carmody's tried running the Marathon course twice last year.

"He came in hurting," Carmody says. "It messed up his training for three months. Well, one night we were sitting around having a few beers. I started making suggestions about how he could have trained. I said, 'If you had done this ...' and 'If you had done that ...'"

"Finally, I had to put my money where my mouth was. I had to run it twice."

Carmody says he decided to keep his novel race plan a secret until the day of

the Marathon. "I didn't want any pressure," he says.

And as far as the 1985 Boston Marathon is concerned, Carmody has already made up his mind: "Never again. I'd tackle 50 miles again, sure. But not on that course. That course is a killer."

Once is enough. Even for Tom Carmody.