

# Holland conquers seventh Rock Run

## Team Magellan captures relay

By Dean Geddes

I&M Staff Writer

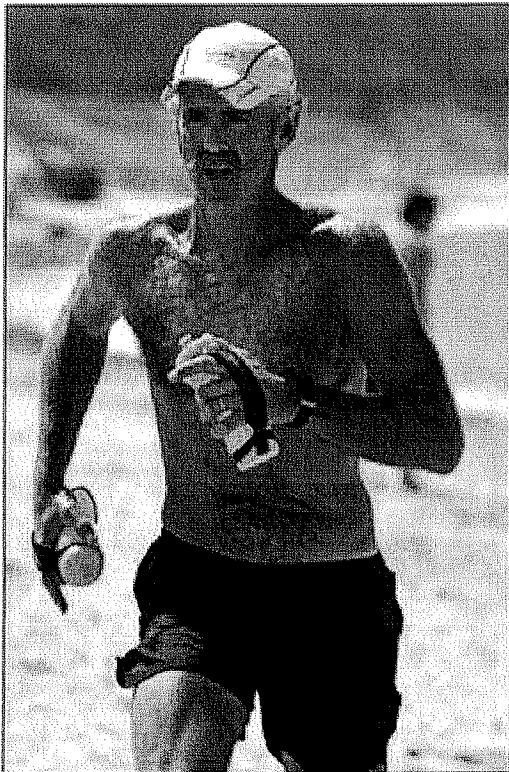
Joe Holland won his fourth straight – and seventh overall – individual Rock Run title Saturday, running the 44-mile perimeter of the island in seven hours and 41 minutes, setting a new course record by a minute.

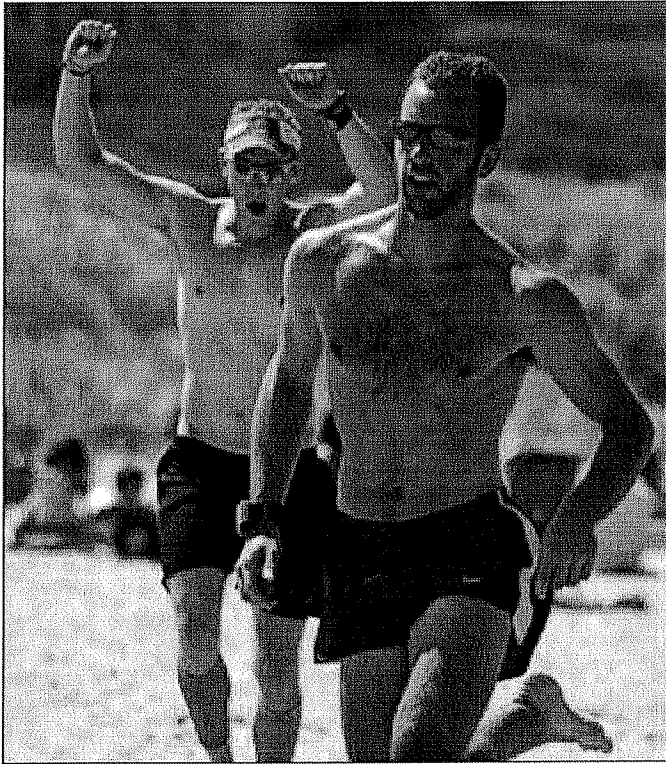
Team Magellan, made up of Todd Prokop, Ryan Starbuck, Matt Schulze, Andy Marinelli and Brian Keefe, who are friends from New York and mainland Massachusetts, took home the relay team title, the second year in a row it has gone to an off-island team.

In order to accommodate the Nantucket Conservation Foundation and its concerns about nesting shorebirds, the Rock Run moved the race back from its normal early August date, to early September. For Holland, it didn't change much, other than having to take care of his own supplies.

In previous races, Holland, from Concord, N.H., has had family members on-island to hand him water and snacks at each checkpoint.

But being so late in the year, ROCK RUN, PAGE 2B





Photos by Nicole Harnishfeger

Left: Concord, N.H.'s Joe Holland won his fourth straight – and seventh overall – Rock Run 44-mile race around the island Saturday, setting a new individual course record by a minute. Right: Team Magellan's Brian Keefe races toward the finish as Matt Schulze cheers him on. Magellan won the team competition by three minutes over Plover Express. For more photos, log on to [www.ack.net](http://www.ack.net) and click on "Galleries."

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## Rock Run: Joe Holland, Team Magellan victorious *(Continued from page 1B)*

he was left on his own, so the seven-time individual champion improvised. The night before the race, Holland buried Ziploc bags filled with water, Gatorade, "goo" packages and Clif Bars at each checkpoint, which he dug up during the race.

The beginning of the race, which started at the western-most tip of Coatue, proved especially difficult because of the dead-low tide. "The tide was way out in the beginning, so far out that it was down to the gravel," Holland said. "So if you tried to run down by the shore, you were in it, oh man, up to your ankles in gravel. You had to climb up high enough to be in the flat, which just puts you in the soft sand. From Coatue around to Sankaty it was really, really soft."

Beth Coughlin, from team Dirty Thirty Plus Blondie, made the decision to go barefoot along the shore and had cuts and chaffing all over the bottom of her feet to show for it.

"After mile six my feet went numb and the rocks went away, I was flying," Coughlin said. "I didn't realize how bad my feet were until I saw the reaction of everyone else, that was scary. I couldn't look at (my feet)."

Team Magellan finished the race in six hours and eight minutes. They traded positions throughout the race with local team Plover Express, who ended up finishing three minutes behind the eventual relay champions.

Sean Mitchell, who ran the third leg for team Plover Express, said he began his leg two to three minutes behind team Magellan's Schulze, and took the lead about three miles in. It was a lead he held only briefly as Schulze retook the lead in the last mile and a half. It was neck and neck until the fifth and final leg when Magellan's Keefe put some distance between the two teams.

"Their hand-off was like 45 seconds apart," Schulze said of the final leg, "and these guys getting onto the beach we're like five seconds apart."

After the three-mile paved run across Madaket, the final leg of the race returns to the beach, finishing with five miles along the north shore, and that's where Keefe made his move.

"The sand is really horrible to run on," Keefe said. "You can only run where the water recedes and it's pretty soft. So every foot you put down you lose a lot of energy into the sand." In order to minimize the effects of the sand Keefe went barefoot. "You get much better traction, your ability to run improves a lot if you lose the shoes."

Long-time relay participant and islander Jules Embry-Pelrine made the decision to go solo for the first time this year, finishing behind Holland in eight hours, twelve minutes.

"It's not fun, per se. But when you finish, and look back on what you just did, there's nothing that compares to that," he said.

Jake Puffer (9:25) and Luke Dodge (12:59) were the other two individual finishers.

The Rock Run began in 1988, when Nantucket lifeguard Jim Storey ran around the entire island in a day, raising over \$2,000 for charity. Now, 24 years later, the soloists and teams compete in the grueling event every summer, with 100 percent of the race fees being donated to charity.



Photo by Nicole Harnishfeger

Team competitors start the annual 44-mile Rock Run around the island on Coatsue Saturday. The race, traditionally held at the beginning of August, was moved to Sept. 1 out of concern for nesting shorebirds in several areas along the course. For more photos, log on to [www.ack.net](http://www.ack.net) and click on "Galleries."