





At the same table, fellow former Boston Marathon champion Jacqueline Hansen, 64, agreed.

"It's all delicious," said Hansen, who won Boston in 1973 and has set 11 running world records in her career. "Gourmet level."

She also noted that along with carbs, the meals provided to the hungry Boston marathoners included a proper amount of protein and other important nutrients that she said are sometimes overlooked by runners.

"They've got the formula right," she said.

Under arcs of blue and yellow banners, race volunteers lined up in two rows outside of City Hall, greeting guests with trays, napkins, and utensils.

Marathoners and their friends and families were served from buffet tables filled with penne pasta with chicken meatballs, white lasagna, salad, sausages and onions, and bread rolls. For the second year, drink offerings included Samuel Adams's Boston 26.2 Brew, named in honor of the race's distance.

Between 12,000 and 15,000 people were expected at the feast, said the dinner's organizer, Mickey Lawrence. With only 2,400 seats, guests were served in several waves over 3½ hours. The average plate weighed about 1½ pounds, she said.

The grocery list for such a mammoth dinner party called for: 800 pounds each of penne, sweet Italian chicken sausage, and no-boil lasagna sheets; 600 pounds of chicken meatballs; 300 pounds of ricotta; 250 pounds of grape tomatoes; 200 pounds each of sliced onions, sliced peppers, parmesan, and mozzarella; 200 three-pound cases of mesclun; 200 gallons each of marinara and alfredo sauces; five pounds each of basil and oregano, and 24 bunches of

parsley.

The dinner not only provided fuel for marathoners, but also for some of the 8,000-plus volunteers, like George Guins, who keep the race running smoothly.

This weekend marks the 42d time that Guins, 70, has traveled from Ohio to Boston for the marathon.

Guins ran Boston 30 times, his first in 1969 and his last in 1999, and has come back nearly every year since to volunteer.

"I just love Boston," he said, between mouthfuls of pasta and salad on Sunday afternoon. "Every year you see something you haven't seen before."

Guins sat with several other volunteers who met each other over the years while running and volunteering



