



2011 NON-PROFIT MARATHON PROGRAM



Boston Marathon Team Runner Testimonials

2010

I feel great!! I was definitely sore the past 2 days but feel better now. Just so happy and proud I finished the Marathon. As well, I was honored to raise money for the Boys and Girls Club. Volunteering at the Club I've seen first hand where the money can be used and how much the kids deserve it! Whenever I got tired during the Marathon I kept reminding myself who I was doing this for, what it meant to them and the struggles the kids have had to endure. Not that I would probably ever qualify for the Boston Marathon, but I think the only full filling way to run it is to do it for a charity that affects the City of Boston so much, like the Boys and Girls Club. Thank you so much for letting me be a part of the team and for letting me full fill a lifetime goal. Your support and encouragement was unbelievable. The Club is truly inspiring!

Kalyn

I feel great today! I felt proud running for the Club. I never imagined seeing all the support along the route. I've accomplished what I've set out to do. Raising money for a wonderful organization and setting a goal for myself. Showing my children and the kids at the club that you can accomplish anything you set your mind to. Anything is possible!

Holly (Club parent)

Thanks again.... It was an amazing experience and opportunity!

Marci

I would have to say I had a amazing day, it is hard to put into words but I would tell anyone to do it once! I was hoping to do 4:30 but my pelvic bone slipped out of place at mile 19 so I was in lots of pain from that point on! I was glad to finish under 5. Thank god it went back in place when I got home!

It was great to see how everything works at your club. It made me very happy to meet the kids and to see what the fund raising went to. The club is such a great and safe place for the kids to go to. I was very impressed. I wish we had one in my town! I am glad I got the chance to run for you guys!!

Thanks and Be Great!!!!

Deb

I am forever grateful to the South Boston Boys and Girls for the endless opportunities and experiences as a child, teen, and an adult. The club was like a second home to me. As a teen, I



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played in active role in the teen leadership and volunteer program known as Keystone Images. The focus of Keystone Images is to better the community as well as oneself through commitment, hard work, and establishing a voice. As a member of Keystone, I was given the opportunities, which would not have otherwise been possible. I traveled to places such as California and Pennsylvania. As an adult, I continue to play in active role at the club by working as a staff member during the summer. During the summer, I implemented educational activities such as Book Clubs, science experiments, and math activities. I also have developed various classes that the members can partake in such as American Sign Language and Cooking Class. I will never be able to completely reciprocate all that the club has given to me, but I can make an attempt by running the Boston Marathon. Running the Boston Marathon has always been a dream of mine since I watched when I was a teenager with the club; it is my way of giving back to an organization that has given me so much. Training and fundraising can be laborious and time consuming, but it is ALL worth it. The race is a thrilling experience/continuous adrenaline rush and I enjoy every minute of it especially knowing that my time and energy is representing/benefiting the club.

Nancy (Club alumni)

2009

I am back in Coral Gables FL and absolutely exhilarated with having completed my first marathon at 51. I was running well at the half way point and was going to pick up speed when I decided to shed my inner clothing and gloves and run in my singlet. By mile 17 I had severe cramps in my hamstrings and was taken into the medical tent where they attempted to fix me up. I was informed that a Floridian should NEVER shed clothes as the body cools down quickly.

I was not going to let the Boys and Girls Club down during my first ever run and got up and wobbled the last nine miles with a lot of pain but tremendous support from the crowd that massaged my hamstrings along the way.

I finished in tears but felt great that I did not let your kids down and my donors.

I will be in touch shortly to make sure that I raise more than my target especially after the wonderful tour you gave me on Saturday of the facilities.

Michael, 51

Until I started my training I never realized how much work a marathon is. I always imagined some training and then one day of horror. The hardest parts for me were weeks 14-16 of my 20 week training, when I reached my peak levels. It was difficult to keep going, but having a reason (the Club as a whole and of course one of my students, Club member Jose!) kept me going. Many of those weeknights when work completely wiped me out would have been spent on my couch with a glass of wine if this goal was only a personal one and not one that was benefitting others. Also, having a team (and specifically fellow Club alum Nancy) to run with and discuss aches and pains and fundraising woes with was also a plus. I knew I wasn't the only person out there going through it.

I would imagine it was easier for me to find inspiration to run on those more difficult days since I am a club alumnus. Although I was lucky enough to have a mother at home all of time and didn't necessarily need the care, I was still able to build relationships with numerous role models and meet countless friends (all while having fun!) at the Club. I still remember many of the staff who worked at the Club 20-15 years ago when I was running (or walking) through those halls. I am positive today's members will carry that same fondness with them for the staff that you are able to employ due to our team's fundraising.



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P.S. if you see Jose at the club remind him his Math homework is pages 39 & 40.
Alyson, 25 (South Boston Club Alumnus)

Running the 113th Boston Marathon was an unforgettable, exhilarating experience: constant cheering of "Southie" or "Southie is my home town"; shaking hands with strangers; chatting with other runners as we endured Heart Break Hill; endless yellow jackets passing you water with a loud cheer; hugging family members and friends; crossing the finish line and looking up at the time; and receiving the yellow and blue medal that was worth every moment, positive and negative, of the last 6 months. The Boston Marathon was a memorable experience for me. I find myself constantly envisioning and reliving that day in my mind. I am very fortunate for this experience. Thank you!

Nancy, 28 (South Boston Club Alumnus)

I'm feeling good. My knees are pretty sore still and it tough going up stairs but its all worth it. It was such an unbelievable experience!

Mike, 26

I am so grateful to the South Boston Boys and Girls Club for providing me the opportunity to run for the members of their club. Growing up in Charlestown, and being a "club-rat" myself, I understand how important the Boys and Girls Clubs are. The club prepares our children for life's marathon and knowing that I could contribute to their journey made my marathon experience that much more fulfilling.

John, 40

I had a wonderful experience in Boston Marathon '09. It was such a fun race and we had amazing weather. Shawn (sister) and I were able to stay together till mile 22. Heartbreak hill hit me harder than it hit her!

It was so awesome to meet with you on the Saturday before the race. I am so happy to see the Club and make the connection to our fundraising efforts. I appreciate all your emails It really kept us going and let us feel that we are apart of a team. Even though, I was down in New York, I truly felt a part of the South Boston Boys and Girls Club Marathon Team. You are making such an amazing difference and I was so happy to help in such a small way.

Thank you again and I am continuing to seek donations!

Julie, 29

I had run marathons before in other cities, and have always loved the thrill of the race, but nothing compares to the awesome experience of running Boston. My enthusiasm can be attributed to a number of reasons, including the fact that I live in Boston so saw a lot of people I know along the way; the terrific supporters who lined every inch of the course cheering along the thousands of runners that they don't even know and will likely never see again; and the organization I ran for – the South Boston Boys & Girls Club. I was honored to raise funds on behalf of this fabulous Club that is making a positive impact on the lives of hundreds of young people from the South Boston neighborhood each and every day. When I visited the Club, I was especially touched by the awareness and the gratitude the kids had of the Marathon and how touched they were that our team was running to help them.

Shawn, 35

My marathon day....well it was perfect up until mile 15, somehow I got a stabbing pain in my knee. From mile 15 to 26.2 I went through a range of emotions from pain, to crying, to cursing, to laughing! I



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had come so far there was no way I was going to let the kids and all my sponsors down, so I ended up walking a lot! But that did help, I finished with a time of 4:23. It was overall a great day!

I really enjoyed the tour and having the opportunity to meet the kids, they were great and you have a wonderful facility for them, I'm glad I was able to be a part of the team.

Amy, 34

Monday went alright, a humbling and great experience. Keep my contact info for next year . . . would really look forward to improving my time (4:17) and my fundraising (\$4,768). (not in that particular order). Thank you for the opportunity to contribute.

John, 31

Thanks. The pleasure was mine, it was truly an honor to run for the club again.

Sarah, 30 (2ND Time Team Member; husband Jared also ran for us in 2009)

2008

The race was hard. So hard. But it felt wonderful to finish. At the end the BC students and then the BU students and the fans through Brookline and into Boston were amazing. I wore my name on my shirt so they cheered for me personally with so much enthusiasm they kept me going to the end. Well, I have now officially gone from being a 'first timer' to a 'one timer' and that's a great feeling! Lots of hugs and high fives.

Arden, 37

It was so much fun! I'm a little sad that its over. I had a blast and I love the club. Both Brendan and I were very impressed by you and club. What a wonderful place to work. Thanks for letting me be a part of the team. I really had such a great time!

Whitney, 24

Oh my God what an experience. Felt great, slapped hands along the way, saw family and friends along the way (huge motivator!), the hills were tough but I trudged threw them. My quad started to cramped up the last mile and a half but I stopped to stretch once and kept going!! Wow it was so much fun.

Kristin, 27

We are very proud of the work you all do; we were impressed with your whole organization and the way you take interest and do things for our next generation. Marathon went fine, it was a unique experience that can't be put in words. An awesome American Experience. We can never match with what you do. We will be ever thankful to you.

Kanwarjit, 57

Thank you for accepting me as part of the South Boston Boy and Girl Club Team. It was both an honor and a privilege. A privilege because it allowed me to live the dream I had of running in the greatest marathon on earth. The honor was representing the fine people who make up your organization.

When I left the Club on Sunday I knew how lucky I was. From the moment you took us into the homework room and I saw the Steve Prefontaine quote "To give anything less than your best, is to sacrifice the gift" I knew right then I was at the right place. I never told you this earlier but I had an older brother who was the director of treatment services at a children home. He died at 45 of cancer. He was a role model and an inspiration. A natural athlete with a caring heart I always tried to compete against him. The one area I found I could match him was long distance running. That was until he



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became a serious runner and started to run 10 milers in under 70 minutes consistently. . Jack and I always talked about running Boston. Two Irish boys from a family of nine who would have had the time of our lives. I am sure the tales would have been epic.

Over time I had quit running and allowed my weight to win the battle of the bulge. For whatever reason I decided in early December I needed to make a big change. I decided I was going to revitalize myself and "live the dream." What was, I thought, a series of seemingly disconnected events landed me at your doorstep. But once inside of the Club I felt as if I was supposed to be there. This was the right place at the right moment. A place dedicated to serving a community's children in a city hosting a run I had dream of running. I felt as if I was guided to you.

Harry, your enthusiasm during the Tour on Sunday and your obvious pride in what the Club was palpable. I was only disappointed I did not raise more money. To make up for that I am going to pledge \$2620 that I will donate over the next year. I will call you on Thursday or Friday and we can set up a mechanism to insure the money get to the Club.

You asked about the race. It was as promised. The team shirt was a magnet for cheers. If I was called "southy" or is it "southie" once I heard it hundreds of time. I also had my first name visible so I never lacked for "supporters." I must admit that it great to treated as a "local."

Many time during the race thought about the Prefontaine quote and the gift the Club had granted me as I was determined I was going to finish.

I want to say thank you once again. You have helped me help myself. I am very grateful for your emails of encouragement, for your unbridled enthusiasm in your work with children, and for the "gift:."
Mike, 55

The entire weekend of history in the making at The Boston Marathon and Trials was amazing! As for me just to be at the starting line this year was amazing also! I was honored to receive a number from your charity and was happy that I finished given everything I had been through this past winter.

I did not tell you that I had just had surgery to remove my gallbladder just 4 weeks prior to the marathon which meant after recovery time I had a week and half to get my one 20 miler in . . . that was the only one I could do because I also had pneumonia in the month of February and missed a total of 28 training days! So, around mile 16 I was feeling the lack of proper training and the fact my body had gone thru a lot this winter all added up. But the human mind and spirit always comes through as it did for me that day and I crossed the finish line for the fourth time at Boston! The feeling will never get old only better with each year no matter what my time might say! I had 3 goals: to raise funds for the charity as best as I could in the time frame, to not go to the medical tent, and to finish. I accomplished all three and that is priceless!

Catherine, 43

Even though I didn't run well, it was still the most amazing thing I have done in my life. I really enjoyed the entire experience.

Jen, 36

That was the most insane thing I have ever done. I finished within my goal, under 5 hours. The crowd was incredible. I think I turned my I-pod on twice, I didn't want to miss anything! Thank You for giving me the opportunity to be involved in this race. If we hadn't called you I wouldn't have run without a number. Raising the money for the kids at your club was an honor. Thanks!

Karen, 44



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I wanted to thank you for the opportunity to run the Boston Marathon in conjunction with the South Boston Boys and Girls Club. It truly was a meaningful experience. Missy and I enjoyed meeting you and were very impressed with the facility. The run was something else, but man, was it hilly. It was easily the toughest marathon course I've run! Thanks again and best of luck with everything,

Steve, 42

2007

What a great Boys and Girls Club Team we had, and we still appreciate your hospitality and tour of the facilities. It sure helped me to consider the kids when things got tough out there late in the race on that Monday.

I had never experienced such support. When some of the crowd saw me struggling along wearing the "South Boston Boys and Girls Club" shirt they were really proud. One young man, probably in his 20s or 30s, said, "I went there--what a great thing you (meaning the Club, not me) do! Go Southie!!" In one of the wealthy suburbs, an elderly gentlemen yelled to his friend, "There's even a runner out there from South Boston--OK, I'm from there. I grew up there!! Never give up Southie!!" And, of course, there was the lady who said, "Meet me at (some Irish bar) in Southie after the race!"

Three marathons this year (Boston in April, Twin Cities in October, and Honolulu last Sunday) was a good learning experience. However, by far, Boston was my most memorable race. I'd love to set my own very modest PR there some day.

C. Gordon ("Southie"), 61

South Boston Boys and Girls Club, Boston Marathon Team (Class of '07)

Monday went great!! It was so much fun. The weather was better than expected. It was actually pretty nice for running – not for watching. The crowds – although smaller than in the past – were very enthusiastic. I will always remember passing Wellesley College. I had a pretty good run going until I met up with the hills in Newton

It is Thursday morning and I am still smiling from the experience. Thanks for the opportunity to run for the SBBGC. Please thank Brittany and Paul for the tour last Thursday - they seem like real nice young people. They were great ambassadors for your Club.

Greg, 54

I have really appreciated the feedback, support and constant communication you have provided through this effort. Granted, I haven't worked with too many (Clubs) of this nature, but you must be a shining example of 'what to do' when running this type of endeavor (no pun intended). This might be my last Boston Marathon, I think triathlons may be my next step. However, if there is any way to support or work with you and your organization again I will jump at the chance

Kate, 29

Awesome! Well we did it - how did your race go? I had a nice and easy run - didn't feel exhausted at any point - but my injured knee and calf caused real problems... I won't be working out for a while, but it was worth it. Great day - thanks again for the opportunity!

Kris, 29



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Wow - what an adventure! First of all, it was great meeting you and getting the personal tour of the club. I am still amazed by the sheer scale of the "community service project" that you are leading, and I'm inspired by your example: what a great thing to do with your life!

The race was everything I expected - and more. I felt that we really lucked-out on the weather. I'm still trying to calculate the odds of picking you out of the crowd at the beginning of the race - that was pretty cool.

Overall, it was one of the toughest things I have ever done in my life, but also one of the most satisfying. I'm still limping around the house, feeling every step (especially the stairs), but enjoying the mello afterglow. Thanks for providing us with the chance to do the race, and for helping motivate us! Best regards

Mark #22976, 46

The race and city lived up to its name as the Greatest Marathon and certainly the fans carried me home over the last couple of miles. Motivation came from every direction. The city - even in a Nor' Easter - turns out. From the biker bar in Framingham, family cookouts in Natick, the enthusiastic Wellesley girls, the quant towns in the middle I can't remember, to the drunken party that is Boston College blending into the Red Sox Nation emerging from Fenway Park, to the building frenzy in Kenmore Square and the incredible roar coming down to the finish line - four and half hours after it all began - the people don't just cheer you on, but drive you, will you forward to the next step and the step after that...and the step after that.

In the two years I've done this, I'm amazed at the number of people that know of or have a direct connection to the Boys and Girls Club and even the South Boston Boys and Girls Club. It is a memory I'll never forget and will cherish always.

Morgan, 48

I just wanted to say thank you and that I was so honored to have been running for the Boys and Girls Club. I ran a little slower than I had hoped, but I had a blast!! The best part was knowing that I was running for such an important cause. I really admire what you do!

Robyn, 26

I wish I could say it was easy, but it wasn't. It was a difficult run overall, but I managed to finish in 4:11 and I am able to take a great deal of satisfaction in knowing that I completed it.

Sarah, 28

Here we are one month later...I still can't believe it all happened to me. The children and I just got back from a week in Nantucket with my parents and they (my parents) were so impressed with what (the Club is) doing. South Boston is lucky to have you!

Heidi, 42

2006

The marathon was one of the most amazing experiences of my life. Thank you so much for giving me the opportunity to participate. I felt great the entire time. Only pain came after I crossed the finish line and my legs began to shout "What did you do to me!"

Thanks again,

Gwen, 24



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I made it!! Thanks for everything. I really enjoyed it.
Athena, 51

Hope you have completely recovered from the race and are back in the running groove. It took me about a week and a half to return to normal. My quads were killing me from all the downhill. I made sure to rehydrate properly with plenty of cold Sam Adams.

The Boston Marathon was easily, hands down, no contest, the best marathon experience I have ever had. It makes NY look like a local 5k at your neighborhood elementary school. The biggest difference is the people lining the course, great attitudes, lots of enthusiasm and relentless.

Best regards,
Jim, 47

I really enjoyed the experience and can't thank you enough for letting me run for the Club.
Rick, 48

It was a great experience and thank you for the opportunity!! Very exciting day! Good times!!
D, 26

When anyone asks how it was to run the Boston Marathon, I respond, "really fun!" I get raised eyebrows and skeptical looks. "Really fun!" I say again, "physically grueling, very hard, yet what an experience!" Unforgettable.

I ran for the South Boston Boys and Girls Club, part of a team of eleven runners. My marathon run can be seen as a metaphor for what these kids experience. Life can be hard for urban youth, growing up with violence, drugs and poverty. In the midst of this, the Boys and Girls Club programs offer an experience of hope and inspiration, a place where these boys and girls can just have fun. I felt honored and privileged to have been able to help them by running the Boston Marathon.

Two simple words. Thank you!
Laura, 50



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