

26.2 FOUNDATION

*There is more to a MARATHON
than running 26.2 miles.*

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The International Marathon Center: All about Education



Socrates famously said, 'Democracy is only as good as the education that surrounds it.'

We couldn't agree more. Our signature project, the creation of an International Marathon Center (IMC) in Hopkinton, MA, will provide a platform constructed on best-practice educational and cultural programs that we believe will draw visitors, both young and old, from around the world.

Our goal is to create a destination that engages guests intellectually, emotionally and physically – one that encourages repeat visits through the latest in compelling, interactive exhibits and initiatives.

To give you an example, we envision hosting numerous school groups and camps, where we invite children from across the nation and beyond to engage in the visitor experience (with a

supplemental classroom package) to learn about:

- The history and legacy of democratic ideals and their impact on contemporary life
- The correlation between health and wellness and running
- Making the sport more accessible and inclusive
- How STEM integrates with marathoning
- Technological advances in everything from the windbreaker you wear to the type of fitness tracker you select
- Trail running



And that's just the start! Keep an eye out for more details about the IMC's progress in this newsletter and on our website, [here](#).

The Hiller 5K: A Model for the Nation?



The Hiller 5K, an eighth-grade elective at the Hopkinton, MA Middle School, might just be a model for physical fitness programs across America.

Founded and taught by educator Debra Pinto, the semester-long course saw more than 200 students competing in the Hopkinton race on November 9th, its largest turn-out since the program began five years ago. Students follow an assigned training plan for the semester, and

are expected to track and log their workouts. Coursework includes goal-setting, health and wellness, running safety, heart-rate training and pacing, GPS navigation, and race strategy, with the 5K road race as the final project.

The 26.2 Foundation, a program sponsor from the start, is exploring the opportunity to develop a templated curriculum for an elective that could be made available to schools across the country.

National Hellenic Society Welcomes the 26.2 Foundation



Foundation president Tim Kilduff recently had the opportunity to share his vision of an International Marathon Center at the [National Hellenic Society's](#) Heritage Weekend, held October 5th to 8th in Las Vegas. Invited by NHS chairman Drake Behrakis, Kilduff had the privilege of serving as the keynote speaker on the Saturday, where he introduced the IMC to key potential influencers and supporters.

The National Hellenic Society is an association of Greek-American leaders and philanthropists who help celebrate and perpetuate the values and ideals embodied in their Hellenic heritage – classical ideas associated with ancient Greek democracy, including the pursuit of knowledge, education, the arts, and civic responsibility.

It is, as Kilduff pointed out, a remarkably similar profile to the mission and objectives of the 26.2 Foundation.

On the Calendar



[The Boston Run Show](#), January 27-28, 2024, Hynes Convention Center, Boston. Come visit us at the 26.2 Foundation booth! Raffle prizes and more! Promo code 26-2ORG for free tickets.

Anniversary celebration of the 100th start of the Boston Marathon from Hopkinton, MA, with events running throughout 2024. [Hopkinton's Marathon Footprint](#) will showcase the spirit of the Marathon in video, personal stories, photographs, paintings, sculptures, murals and more. More to come!

Things We Like

We're launching this new section to tell you about some of the websites, blogs, podcasts, authors, social-media influencers, newsletters, books and videos that we admire and recommend. Let us know what you think of our suggestions! Let us know what *you* recommend!

- Blog: Amby Burfoot - [AmbyBurfoot.com](#)
- Podcast: ['Nobody Asked Us,' with Des & Kara](#)
- Instagram photos and videos: [Dean Karnazes \(@ultramarathon\)](#)



The 26.2 Foundation is a non-profit 501(c)(3) organization with a mission to promote and support the sport of marathoning, as well as health, wellness and economic-development initiatives through investments in innovative programs on local, regional, national and global levels.



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