



26.2
FOUNDATION

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

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Bibs for Boston Marathon Available

Run the 2023 Boston Marathon with Team Inspire

The 26.2 Foundation has a limited number of invitational entries available to runners with their sights set on the 127th Boston Marathon, scheduled for April 17, 2023.

Team Inspire members get access to training support, weekly group runs (local to Boston), fundraising support through a customizable fundraising platform, and Team Inspire apparel -- not to mention a community of like-minded runners for support when needed.

As a member of the team, your fundraising



will help establish the International Marathon Center, the Foundation's signature project. A unique institution designed to feature and highlight the global nature of marathoning, the IMC will recognize runners past and present, be dedicated to community engagement through rich cultural and educational programs, and maintain a sharp focus on fitness and health.

For more information, contact Meghan Dulac [here](#). The bibs are generously provided to the 26.2 Foundation by the Boston Athletic Association.

Breaking Three Hours Documentary Recognizes Black Female Marathoners



According to the National Black Marathoners Association (NBMA), a mere two percent of the 14 million runners who've run U.S. marathons since 1975 -- 280,000 people -- finished in less than three hours. Only 20 out of those 14 million were U.S.-born African-American women.

Now the NBMA has recognized their achievements with a new film, *Breaking Three Hours: Trailblazing African-American Women Marathoners*. The documentary covers nine of these outstanding women, all of whom are National Black Distance Running Hall of Fame honorees. The film has been selected for showing at multiple film

festivals this year, was judged by at least one for 'exceptional merit,' and recently won 'Best Original Song for a Feature Film' and 'Best Sports Documentary Feature Film' at the Seattle Film Festival.

Watch the trailer (click the image), and go [here](#) to learn more about the film, the women and the NBMA. The 26.2 Foundation is a proud sponsor of *Breaking Three Hours*.

Hopkinton Chamber Donates \$10,000 to Marathon Center Building Fund



A new Boston Marathon tradition is growing in Hopkinton. The Hopkinton Chamber of Commerce launched its Marathon banner program just a few years ago, but the participation by local businesses gets bigger all the time. The banners now fly from the starting line at the Common to well over a mile into the course.

The 26.2 Foundation is particularly grateful for this promotion, because each year the Chamber donates the proceeds to our **International Marathon Center** building fund. This year, that donation totaled \$10,000, with a check presented to the Foundation at Start Line Brewing Company on October 6th. The Foundation extends its sincere thanks. *Pictured: 26.2 board member Joe Baldiga accepts the donation from Chamber of Commerce president Cristina Morrissiey. (Barbara Carroll photo)*

There's More to A Marathon...

Local Phys-Ed Elective Trains Young Runners

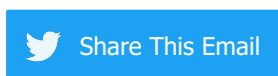


We like to say, 'There's more to a marathon than just running 26.2 miles.' Distance running requires discipline, persistence, good health, training, passion, courage and sportsmanship, among other virtues.

Hopkinton, MA educators know that well. '5K Training' and 'Beginner 5K Training' are among the more popular Phys-Ed electives among Hopkinton Middle School eighth graders. The program, developed and run by teacher Deb Pinto, sets students an assigned training plan for which they're required to log their workouts. The final project requires participation and completion of the 'Hiller Block 5K Road Race,' which has been sponsored for many years by the 26.2 Foundation.

More information about the program is available from Pinto, a former endurance athlete, [here](#). *Pictured: Hopkinton Middle School eighth-graders at the Hiller Block 5K race.*)

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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