

The Inaugural ING Hartford Marathon Elite Inspiration Team

The ability of an athlete to inspire others isn't purely about their performance.

Eleven Incredible Personal Journeys

— May you be as inspired to run as we are.



In an effort to recognize the many amazing personal journeys that compel participants to run the ING Hartford Marathon, the Hartford Marathon Foundation is proud to present the inaugural Elite Inspiration Team. These eleven honorees have been selected from many nominations of those who have inspired and motivated others.

"We are moved by the many amazing accomplishments and stories of our runners and are excited to highlight some of the incredible journeys that compel them to run the ING Hartford Marathon or Half Marathon. The Elite Inspiration Team is a natural extension of our mission to motivate people toward healthy and active lifestyles and we are proud to share these inspiring personal missions of our runners."

— Beth Shluger, founder and Executive Director of the Hartford Marathon Foundation

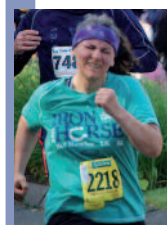
About the ING Hartford Marathon

First run in 1994, the ING Hartford Marathon consists of a marathon, half marathon, relay event, competitive race walk, 5K and children's fun run. The 2011 event will be held on October 15th. An estimated 14,000 participants are expected.

About the Hartford Marathon Foundation

The Hartford Marathon Foundation, Inc. is a nonprofit organization founded in 1994 to create and manage fitness events that inspire people to be healthy and fit. Located in Glastonbury, Connecticut, the Hartford Marathon Foundation organizes nearly 30 annual athletic events, including the ING Hartford Marathon.

For more information, visit www.INGHartfordMarathon.com



Tina Neely, Cromwell CT Half Marathon

Struggling with weight loss her entire life, Tina Neely would hide behind her children in family pictures. She was morbidly obese, and felt embarrassed and humiliated by her weight.

Needing a serious lifestyle change, Neely joined a weight loss group and committed to regular exercise and healthy eating. With fierce determination and perseverance to live a healthy life, Tina lost 122 lbs! She's since completed two 5Ks and a 10K and is looking forward to crossing the finish line at the ING Hartford Half Marathon in October!



Jessica Willis, Stafford Springs, CT Marathon

Born with Hemifacial Microsomia, a condition in which the face is underdeveloped and can affect the skull, ears, jaws, teeth and facial movements, Jessica Willis started out life

facing many obstacles. She had skull surgery at five weeks, open-heart surgery at age three and facial reconstructions at eight and 11 years old. Her hearing impairment and scoliosis make physical activities challenging, but Jessica runs and lives her life with a winning attitude. She began running just a year ago and has completed several races, including a half marathon where she raised \$6,000 running on behalf of the Ronald McDonald House. She has run to raise money for Connecticut Children's Medical Center and even donated her own high school graduation gifts to their causes.



Victor Johnson, Allston, MA Marathon

Victor Johnson has always been a runner. Since his days running track in school up until today, his sneakers have never left the pavement. In 2008, Victor was diagnosed with Multiple Sclerosis and put on several treatments but has found

running to be the best therapy. His passion and dedication to the sport have inspired his wife, family and friends to put on their running shoes

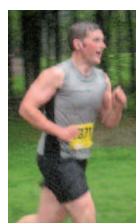
with him. Victor has been an inspiration to many and refuses to let MS take his favorite activity from him. He'll be running the ING Hartford Marathon in October.



James Barnaby, Westport, MA Half Marathon

Since the early 1970s, James Barnaby had a love of coaching and running. He's completed more than 52 marathons,

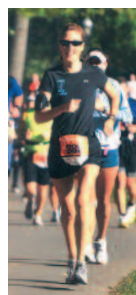
an Ironman triathlon and 34 triathlons of lesser distances. He's coached hundreds of students, encouraging them to reach beyond their limits and to achieve everything they wish to accomplish. While running a marathon in 2007, Jim suffered Sudden Cardiac Arrest at mile 24 that put him in a coma for 5 days. He now has an implantable cardioverter defibrillator to treat his arrhythmia, and has since logged more than 4,789 miles. He'll add 13.1 more on October 15 at the ING Hartford Half Marathon.



Nicholas Miller, Waterford, CT Half Marathon

Like many people, Nick Miller constantly struggled with weight loss and was on the verge of reaching an extremely unhealthy weight. At his breaking

point, he took matters into his own hands and committed to a complete lifestyle change. He worked to bring his weight of nearly 400 lbs down to 190 lbs in the course of one year. He encouraged his co-workers and friends to take up physical activities with him and has been an inspiration to many as they've watched his amazing personal journey.

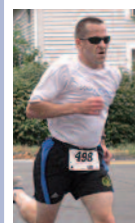


Christine Granja, Southbury, CT Marathon

Christine Granja is a dedicated athlete and an inspiration to her community. She's competed in triathlons and ran her first marathon at the ING Hartford Marathon in 2010. Not only is she dedicated to her own physical

fitness, she's deeply committed to supporting and helping others. This past April after more than two years of

organizing, coordinating and community building, Christine hosted the Hoop it for Haiti 5K to help the impoverished country. More than 370 community members participated and raised over \$20,000 for the cause.



David Poppel, Burlington, CT Marathon

A member of the Civil Air Patrol, a veteran runner and athlete, David Poppel has single-handedly taken on improving the physical health and

well being of the cadets in the 186th composite squadron. His encouragement, support and motivation has enabled the cadets to reach not only their fitness goals but their life goals as well. He recently became the cadets' Character Development leader, teaching the squadron members about making better decisions to be the best people they can. Dave has chosen the road less traveled and has become an example of what anyone can achieve through hard work and dedication.



Margaret Rorrio, East Hampton, CT Half Marathon

Over the past couple of years, Margaret Rorrio lost over 140 lbs through diet and exercise. An incredible feat she accomplished by walking, jogging and joining a gym - all while battling

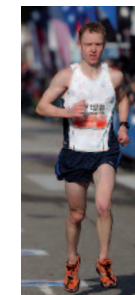
Rheumatoid Arthritis, an extremely painful disease. She organized the Sunshine Kids 5K with her employer to help benefit children with cancer and competes in local road races whenever she can. Margaret never complains and excels by living an active, healthy lifestyle. She's an inspiration to many, never letting the disease get her down. Margaret is now a RRCA certified coach for HMF and loves watching a new runner cross the finish line for the first time.



Carol Chaoui, Wellesley, MA 5K

Carol Chaoui was diagnosed with invasive Stage 3 breast cancer in July 2009 but continued to run throughout her aggressive treatments, which included a mastectomy, chemotherapy and seven weeks of daily radiation.

Using running as therapy in her recovery, Carol ran in dozens of fundraisers, helping to raise \$80,000 for a breast health care access program which benefits under-insured and uninsured women. A past ING Hartford Marathon participant, Carol will be running in the 5K and hopes to inspire other cancer patients to stay strong in the face of their disease.



Jamie 'Coby' Jacobus, Deerfield, NH Marathon

In 2007, Jamie 'Coby' Jacobus was diagnosed with kidney failure and the following year, he received a new kidney from his father. In 2010, Coby completed his first marathon with his new kidney and has since

been focusing his efforts on developing young runners into competitive athletes. He's inspired his family, friends and students to seize every moment and not give up hope even during the toughest of times.



Crew members of the USS Hartford submarine

Sailors, Chiefs and Officers from the USS Hartford will connect with their namesake



and run the ING Hartford Half & Marathon events in 2011. Extra treadmills have been loaded on the submarine for training while out at

sea. The Hartford Marathon Foundation thanks the entire USS Hartford crew for their efforts to protect our country and is delighted to honor them as members of the Elite Inspiration Team.

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