

# The 2013 ING Hartford Marathon Aiello **Elite Inspiration Team**



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

In an effort to recognize the many amazing personal journeys that compel participants to run the ING Hartford Marathon, HMF and our partner, Aiello Home Services, are proud to present the third annual Elite Inspiration Team.

**Nine Incredible Personal Journeys.  
May you be as inspired to run as we are.**

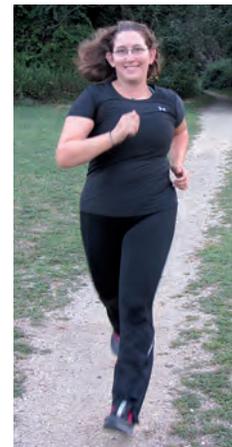


**20<sup>th</sup> Running ★ October 12, 2013**



**Carol Chaoui, Wellesley, MA Marathon**

Carol Chaoui has been undergoing treatments for Stage 3 breast cancer since July 2009 and now suffers from an autoimmune response to cancer, which makes running difficult. Despite these tremendous setbacks, she has persevered and continues to run, raise money for charity and be an active member of her community. She helps organize community running events including a Thanksgiving 5k/5miler that had 1,600 participants in its inaugural year. A Boston non-profit, RACE (Run Against Cancer Events) has recently named Carol the community liaison for the annual Turkey 5 road race and she has also been elected to the Board of Directors of the Wellesley Cancer Prevention Project and will be in charge of community development. Carol serves as a true example of perseverance, positivity and philanthropic spirit.



**Susan Werner, Massapequa, NY Half Marathon**

Susan Werner is on a quest to run 4 half marathons in 4 weeks this October – an inspiring feat for anyone, let alone someone who began running just one year ago. After taking care of her mother during her mother's double mastectomy and her father during his operation just two weeks later, Susan began running and lost 54 pounds. She ran her first half marathon for her 30th birthday and fell in love with racing. This year, Susan will complete her 4 half marathons in a 4 week journey while donning a pink tutu and large pink ribbon with the names of breast cancer victims and survivors, and will work toward her \$10,000 fundraising goal for the Breast Cancer Research Foundation.

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**Jim Roy, Groton, CT  
Half Marathon**

When Jim Roy's running coach, friend and role model John J. Kelley passed away two years ago, Jim started a non-profit organization in Mr. Kelley's name. Jim's been working tirelessly since then to secure funding for a life-sized bronze statue to memorialize the two-time Olympian, eight-time national

marathon champion and Boston Marathon winner in Mystic, CT. Jim has reached just over one-third of his fund raising goal by embodying traits Mr. Kelley passed on to him, such as his belief in working hard for a worthwhile cause, encouraging participation and sharing his endless enthusiasm while maintaining a humble attitude. For additional information or to donate see [www.JohnKelley.org](http://www.JohnKelley.org).



**Chris and Bridget Love, Glastonbury, CT  
Half Marathon**

Chris Love and his daughter Bridget work selflessly on behalf of the Achilles International Connecticut Chapter to assist athletes with disabilities participate in mainstream events by serving as guides and volunteers. Chris has been instrumental in

collaborating with the Hartford Marathon Foundation to expand guidelines for athletes with disabilities, resulting in more athletes with disabilities and visual impairments at the starting line of events. Chris and Bridget guide as a team and together, raised funds to support athletes with disabilities looking to participate in races around Connecticut. Together they raised \$2,700 on their journey to completing the Ironman Lake Placid Triathlon on July 28, 2013.



**Kelly Gallagher, Plantsville, CT  
Marathon**

Kelly Gallagher is a multiple-time Ironman and motivated endurance athlete. In her passion for competition and achieving her idea of the "perfect racing weight," she developed an eating disorder, body dimorphic disorder and crashed her metabolism. While these issues could cause many ath-

letes to walk away from a sport they love, Kelly overcame her obstacles and emerged a true leader. In the past seven years, as an athlete and race director, she has raised over \$50,000 for charity and she currently coaches 14 athletes in various endurance disciplines.



**Megan Ross, Vernon, CT  
Half Marathon**

Megan Ross's weight loss and fitness journey began three years ago when she was 80 pounds overweight. She began running to supplement her weight loss efforts. Then last May, she received devastating news: her 3-year-old daughter,

Meredith (Merry), was diagnosed with T-Cell Acute Lymphoblastic Leukemia. While Merry was in treatment, Megan and her peers formed a Team in Training (TNT) to raise money for the Leukemia and Lymphoma Society (LLS). They managed to raise over \$7,000 for leukemia and lymphoma research, while training for the 2012 ING Hartford Half Marathon. Megan continued training, even while staying with her daughter during her bone marrow transplant in Boston, and was able to complete her first half marathon. While Merry's treatment and recovery then took priority over Megan's own fitness journey, she was able to return to running this spring. This year Megan returns to the ING Hartford Half Marathon to raise funds for Alex's Lemonade Stand Foundation, with a lighter heart, as Merry is cancer free.



**Jeff DeGaudio, North Branford, CT  
Marathon**

Jeff DeGaudio is fortunate to have his health, and last year he made the selfless decision to assist someone else to regain theirs. Jeff heard that his daughter's friend's father, Joseph, was suffering from liver disease and needed a liver transplant. Jeff decided to test to see if he and Joseph were a match, and when the test came back

positive, he made the decision to donate a portion of his liver to save Joseph's life. Just eleven weeks after Jeff's surgery, he ran the 2012 ING Hartford Marathon 5K on behalf of Donate Life Connecticut. He returns this year to run the full marathon.



**Raechel McGhee, Somerset, MA  
Marathon**

At 42 years old, Raechel McGhee weighed 330 pounds. A single mom with two children, Raechel decided to change her life and get healthy. She got gastric bypass surgery and lost about half of her body weight. Now 53 years old, Raechel runs daily and competes in community races with her son and daughter. She and her children are active members

of My Team Triumph Massachusetts, a program in which racers push men and women with disabilities in jogging chairs so that they have the opportunity to hear the crowd's cheer as they cross the finish line. Raechel's determination, positivity and resilience make her a source of inspiration to her family, friends and community.



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