



Runners take off at the start of last year's CHaD Half Marathon

An evening jaunt for a good cause

The CHaD Half Marathon raises funds and good times for children's hospital

By Paula Vergara

Does the challenge of long distance running combined with a blowout block party appeal to you? If so, Hanover, N.H., is the place to be on Saturday, August 25, for the second annual CHaD Half Marathon. This event promises to be a great day of outdoor fun, and is backed by a tremendous goal—to help raise funds for the programs and services at CHaD, the Children's Hospital at Dartmouth, serving more than 60,000 children in New Hampshire and around New England. More than 1,000 runners and 100 relay teams are expected to enter this year's race, and participants are determined to meet this year's fundraising goal of \$150,000.

New for this year is a three-person relay, where each person on a relay team runs approximately 4 miles to complete the race. The 13.1-mile course follows a scenic route, winding through forest and farmland as well as the village of Etna, finishing at the Dartmouth Green. The course gradually dips to 600 vertical feet, with small uphill climbs throughout the course and no steep hills.

What makes this event unique, says Jeff Hastings, the race director and founder, "is the evening setting [it's a 4 p.m. start], the finish on the Dartmouth Green, which is truly a stunning setting, and the Taste of Victory

Block Party." This post-race gathering on Main Street in Hanover brings family and friends together to enjoy great live music, entertainment, and dozens of activities.

CHaD physicians are also doing their part to help patients in more ways than one. Dr. Sasha Cornell is a third-year pediatrics resident at CHaD. She began running in medical school to relieve stress, but now, she says she loves to run, and was more than happy to sign up and raise money for last year's race. "It was the first time I'd ever attempted to run a half marathon, so I was just thrilled to finish" says Cornell. "It's also such an important cause to raise money for, so I encourage people to do it even if they have never run that far before." This year, Cornell is running for one of her patients, Meghan Richardson, who is living with cystic fibrosis. "She is a truly inspiring kid," she says. Meghan and her mom will be at the race to cheer her on.

Even former patients are running to show their support. Joanna Grossman was treated at CHaD 10 years ago for a serious, chronic neurological condition. Still living with the condition at age 27, she ran the CHaD Half Marathon in 2006, and was the third highest fundraiser. She'll be running again this year.

For event registration or to sponsor a runner, visit www.chadhalf.org.

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