

Healthy YOU

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‘WHY I RUN’

THREE LVHN VIA MARATHON PARTICIPANTS
SHARE THEIR INSPIRATION

For one weekend each September, the excitement stretches from Allentown to Easton. More than 3,500 runners compete in the Lehigh Valley Health Network (LVHN) Via Marathon, and thousands more spectate, support and celebrate. Last year’s event raised more than \$200,000 to benefit Via, which provides services for children and adults with disabilities. This year’s marathon weekend is set for Sept. 6 and 7. Here, three runners share their motivation for competing:

Next Step

REGISTER TO RUN, WALK OR VOLUNTEER in the 2014 LVHN Via Marathon. Visit LVHN.org/marathon or call **610-402-CARE**.

READ WEEKLY BLOG POSTS by a veteran runner and a first-time half-marathon hopeful on the Lehigh Valley Health News blog at LVHN.org/news.



**KATHLEEN
 JOBES**

'IT'S IN MY BACKYARD.'

A 43-year old marketing director for Runner's World and Running Times magazines, Kathleen Jobses of Bethlehem (above and at left) has run competitively for more than 20 years, and was even a 2008 Olympic trials qualifier. So to her, a local race like the LVHN Via Marathon is like home. "We have so much diversity in the Lehigh Valley in terms of places to run – parks, roads, mountains and tracks," she says.

There's also diversity in the events offered on marathon weekend – a full- and half-marathon, a team relay, a 5K run, a Via walk and a kids' race. In 2013 Jobses ran the relay as part of an all-female team. Her team came in first place and is ready to defend its crown this year. Yet Jobses' real joy was getting to experience the race course with other runners. "The camaraderie of our running community is amazing, and everyone comes out to support all these great causes," she says.



**JEANNA
 MOFFETT**

'WE WANTED TO QUALIFY FOR BOSTON.'

The LVHN Via Marathon is a Boston Marathon qualifier, which led Jeanna Moffett and her running buddy, Dawndy Plank, to travel 650 miles one-way from Columbia, S.C., to Bethlehem in order to run in the 2013 event. Moffett, 53, has already run the Boston Marathon twice, and prior to the Via Marathon last year, she and Plank made a deal – "We both had to qualify or the other wouldn't go," Moffett says.

On race day, Moffett, 53, finished just under the four-hour time limit, but Plank, who was fighting a cold, fell short. Even so, the two women enjoyed competing. "The LVHN Via Marathon has a distinct personality," Moffett says. "The bulk of the course is along the river, which is beautiful and scenic, and the race feels small and personal." During the weekend the two women also visited local restaurants, a roadside farm-stand, "and got a real sense of community," Moffett says.



**BRIAN
 NGUYEN**

'I RAN FOR MY BROTHER.'

Last year while on rotation at LVHN as a medical student, Brian Nguyen signed up for the LVHN Via Marathon. Like Moffett, Nguyen wanted to qualify for Boston. Yet he had a more important motivation – supporting his younger brother, an Illinois resident who has Down syndrome.

A student at Lake Erie College of Osteopathic Medicine in Greensburg, Pa., Nguyen suffered a pre-race knee injury that forced him to walk for eight of the 26.2 miles. Yet the 27-year-old never gave up. "I was fighting a lot of pain and teetering between taking care of my body and finishing the race to raise money," he says. "The thought of helping others inspired me to finish." His perseverance paid off – he raised more than \$600 for Via, making him among the top 10 individual fundraisers. "It didn't turn out exactly how I'd hoped from a personal standpoint, but I am really close to my brother, and I was happy to help others like him by raising money for Via."

–Sidney Stevens