

# Mush

Summer 2013 Issue 01



# #BostonStrong

A digital collection of photos

1 idea, 1 week, 8 countries, 100+ runs, 20,000+ runners

So many reasons to do this... together

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# cover art

When I saw the photo, I knew it was the one. **That was my cover.** The photo was taken by Julie Logan, a talented photographer (*and runner, of course*) who volunteered her time to take photos of the #BostonStrong run in San Francisco. It captures a single moment so perfectly. We were all experiencing a range of emotions as a group that day, but focussing on a single runner brings it back to a personal connection. With their head lowered and wearing a weathered Boston hat, we fill in the gaps with what we were thinking and feeling.

I chose the words LOVE, STRENGTH and HONOR to place in the background, something we have all become extremely familiar with during the aftermath. But true to running, the words begin and end with LOVE.





# An Introduction

I promise I'll get to the meaning of the title of the magazine, but first I want to thank everyone that has helped make this issue possible. I've been kicking around the idea of putting out a digital magazine for awhile. I'm a designer and a runner (not always in that order) and this will allow me to combine those elements. However, this publication doesn't come to fruition without the interaction and inspiration from the running community.

The way we all came together after the bombings at the 117th Boston Marathon is a testament to the strength of this community. A simple idea posted on a blog created a global response and connected us all. Having the first issue be composed of #BostonStrong images taken by other runners seemed the right way to debut the magazine: a publication made possible by the community, composed of images of the community, for the community.

## **Why Mush?**

**1.** When I asked wifey what the title of the magazine should be called and was explaining the idea of a digital magazine that would be about running, fitness, yoga, cross training, healthy eating, and many other things. Her response was simple and perfect: Mush — because I was mushing everything together.

**2.** As I said, I've been thinking about creating this magazine for awhile. When she said Mush, I laughed because around that time, we were feeding The First Lady (my daughter) her first foods, basically mush.

**3.** In a sign that it was indeed the perfect title, I was sharing the idea with a friend and she told me that the word “mush” is used as an order to dogs in a sled team to start up or go faster... it seems fitting that the title would circle back to running.

And with that,  
I am honored to debut Mush.

# A Week After: A Run For Boston in Your City

The original post from PavementRunner.com

April 17, 2013

I feel like I need to do something. Something more than a donation. Something more than a blog post or a photo or a graphic. I'm inspired by the community and how we have come together and shown our support, shed our tears and expressed our fears. With a simple look at your Facebook page, a refresh of your twitter feed or scroll through Instagram and you can SEE the love.

But I want to FEEL it. I want us to embrace the community in a REAL and HUMAN way. I want us to do what we do best.

## **I want us to run... together.**

I'm organizing a global event: #BostonStrong<city>

*A run for us to unite and show our strength.*

*A run for those that were unable to finish.*

*A run for those that may never run again.*

*A run for us to try and make sense of the tragedy that has forever changed something we love.*

This may be idealistic or a reach in the dark, but it's a reach I'm willing to make. It's a reach I'm hoping to make with your help. We runners are strong and resourceful... that has been proven under tragic circumstances.

On Monday, April 22, a week after the 117th Boston Marathon, I'd like an organized run to happen in each city, put on by the community of runners. This will involve someone stepping up from their city to coordinate either on their blog, Facebook or Twitter.

It could be 3 people running together, 10 people running together, or hundreds running... but we do it together.

## **Keep it simple.**

Pick a location large enough for a meet up and safe enough to allow a group to run X miles.

Use the hash to spread the word: #BostonStrong<city>  
BostonStrongSF, BostonStrongLA, BostonStrongNYC, BostonStrongMIA, etc.

## **I'm organizing a group run in San Francisco at Crissy Field.**

Details will evolve over the next couple days as things develop, but here are the basics:

Location: Crissy Field, San Francisco

Date: Monday, April 22, 2013

Time: 6:00 p.m.

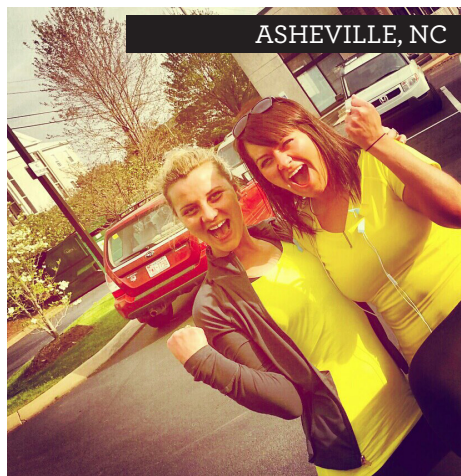
Distance: 3-4 miles

Facebook Event Page: [RSVP here](#).

If you are in the Bay Area, come join me and show how strong the running community is. If you are not in the Bay Area, find fellow runners in your community and see if they would be interested in running some miles together. Help spread the word and let's show the world our strength, our determination, our BOSTON STRONG.



ABERDEEN, SCOTLAND



ASHEVILLE, NC



ATHENS, GA



ASHEVILLE, NC



ATHENS, GA



ATHENS, GA



BALDWIN CITY, KS

For us, the Boston run was a bit of a family bonding experience. Each lap we would cheer and celebrate, in the rain! I got to share my love of running with my boys.

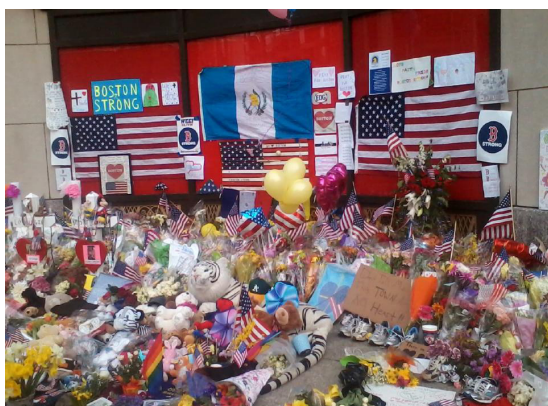
*Sarah H., Baldwin City, KS*



As the organizer of this event in Boston,  
I am extremely appreciative of everyone who attended.  
**I am proud to call these fellow Bostonians my neighbors.**

*Stephani F., Boston, MA*

# #BostonStrongBOS







Thank you  
running community for being  
so incredibly awesome,  
supportive and  
encouraging!

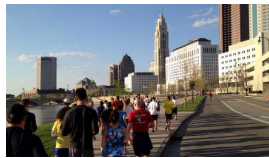
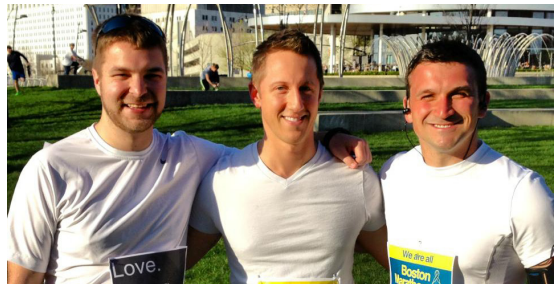
Heidi K., Denver, CO







COLUMBUS, OH







DES MOINES, IA

Can't begin to describe the **THOUGHTS AND EMOTIONS.**

*Pat D., Eagle River, AK*



DUBLIN, IRELAND



EAGLE RIVER, AK



DUVALL, WA

# Boston Strong El Paso

An excerpt from [fairlyhealthylife.com](http://fairlyhealthylife.com)

April 25, 2013

When I first read about Pavement Runner's idea about cities around the world organizing a memorial run one week after the Boston Marathon I thought, wow, this could be amazing and something that can bring communities together when most of us feel alone and confused, runners or not. I have to tell you, I didn't really want to run last week. I ran two days after the Boston Marathon and I felt vulnerable and angry. I needed more time or maybe something like a community run to find my love for running again.

I checked to see if there was going to be anything like this in my area. There were two runs happening. One was on the other side of town and one was postponed because police escorts were going to be required. I thought I could do this. I could organize this for East El Paso. I have no clue why I thought that. I am not one to volunteer to be a leader. More than anything I think I just wanted to run again with my community. I knew we could run at a park without needing police escorts and closing down streets.

So I created a Facebook event and linked it to [PavementRunner.com](http://PavementRunner.com). I hoped 30 people would commit and show up. I had no idea there would be a lot more interest. Each day there were more invites.

This made me so happy, but my nerves were wanting to take over. I kept feeling like I was doing something wrong or like I was forgetting something. I've never done anything like this so I had no clue. Everyday I went to the event page and all I saw was "you're hosting." It was like Facebook was telling me "good luck girl, it's all on you." It was. My reason for organizing this run was greater than my fear. Running has made me a better person. I know I couldn't be the only one who was apprehensive to run again.

I arrived at the park at 6:15. I was shocked to see a lot of people already there waiting. By 6:40, everyone was ready to start. I wanted to let as many people get there before taking a group picture then heading out to run. About 15-20 more people arrived after we took the picture.

It was nice to see a lot of people stick around after to talk and introduce themselves to other runners. I saw a lot of familiar faces from the races I take part in.

Thank you for creating this event not only for runners, but for reminding us all that there is still good out there. And thank you to everyone for coming to Boston Strong El Paso. It was a great run for a great cause. I'll see you out there. Keep running El Paso.

“ I ran two days after the Boston Marathon and I felt  
**vulnerable and angry.** ”





EDMOND, OK



EDMOND, OK

# WE WERE SO MOVED by the participation of our RUNNING COMMUNITY

*Jena W., Edmond, OK*



EDMOND, OK



EDMOND, OK



EL PASO, TX









ELLINGTON, CT



FURMAN, SC

IT WAS SO AWESOME TO SEE ALL THE RUNS COME TOGETHER ACROSS THE COUNTRY!!!!

*Allison C., Runner's Edge, Farmingdale, NY*



FARMINGDALE, NY



GARDINER, ME



FORT COLLINS, CO



GLENDALE, AZ



GLENDALE, AZ



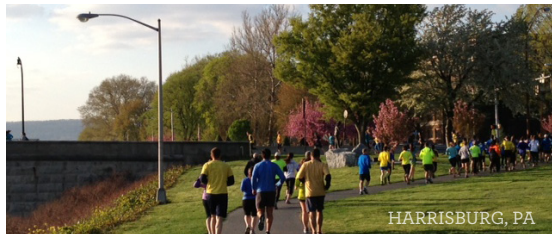
GOFFSTOWN, NH



I'm so proud of the running community. It felt so good to come together to show our love and support to Boston, the runners and the spectators.

*Amy C., Goffstown, NH*

HARRISBURG, PA



HARRISBURG, PA



HOOD RIVER, OR



HOUSTON, TX



JERSEY CITY, NJ



HUNTINGTON BEACH, CA



It made my heart soar to see the amazing response from so many people worldwide taking part in these runs. I was happy to have contributed a KC run even though I was terrified no one was going to show up as if it was my 11 year old birthday party!

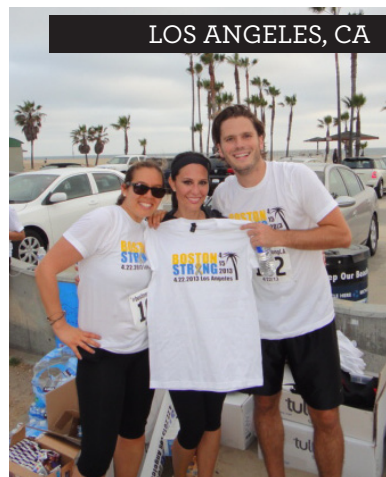
*Cat S., Kansas City, MO*



KANSAS CITY, MO







I stopped at 2 miles to wait for my friends, and a guy with a New England Patriots jacket walked up. "You guys running for Boston?" "Yep." He reached out his hand. "Thank you, that means a lot." Then he stood with me and applauded every runner who passed.

Joel B., Los Angeles, CA







LAKE PLACID, NY



LAKE PLACID, NY



LAKE PLACID, NY



LAKE PLACID, NY



LITTLE ROCK, AR

Very blessed to  
to be a part of  
this event and to  
belong to such  
a **WONDERFUL  
RUNNING  
COMMUNITY.**

*Heather and Jason M.,  
Little Rock, AR*

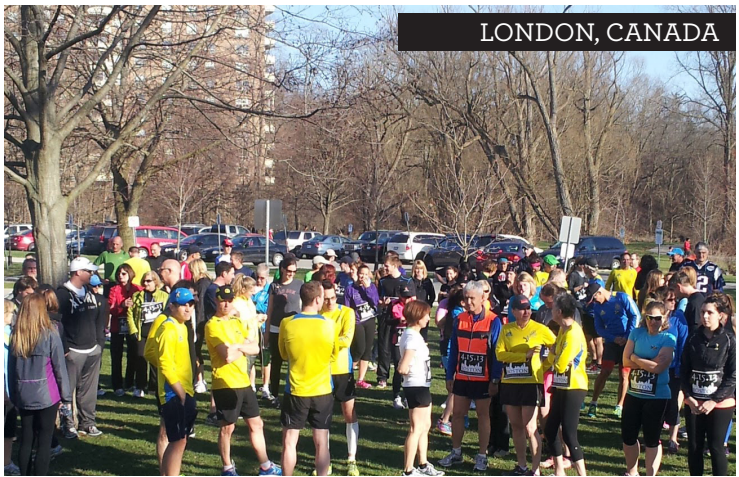


LONG BEACH, CA





LONDON, CANADA



LONDON, CANADA



LONDON, CANADA



LONDON, CANADA



LONDON, ENGLAND



LONDON, ENGLAND





PHOTO BY: MICHAEL KOROL

## IT WAS TRULY HUMBLING AND AMAZING

TO SEE A GROUP  
OF 30 PLUS LONG  
ISLANDERS COME  
OUT IN SUPPORT OF  
BOSTON ON SUCH  
SHORT NOTICE.

*Constance K.,  
Long Island, NY*



LONG ISLAND, NY  
PHOTO BY: MICHAEL KOROL

## MONROE, WA



MONROE, WA





MILFORD, NH



MILFORD, NH

PHOTO PROVIDED BY: ROBERT MICHAELSON



MILFORD, NH



MILFORD, NH

PHOTO PROVIDED BY: ROBERT MICHAELSON



MILFORD, NH



MINNEAPOLIS, MN





MISSOULA, MT



MUNTINLUPA CITY, PHILIPPINES



NAGA CITY, PHILIPPINES



MISSOULA, MT



ORLANDO, FL



OMAHA, NE



# Boston Strong NYC

An excerpt from [lovelifesurf.com](http://lovelifesurf.com)

April 23, 2013

My heart is full. If my run on Saturday along the Brooklyn waterfront renewed my love for New York City, tonight, I fell head over heels for the people who live here.

Last night, runners gathered in Central Park as part of the #BostonStrong, a grassroots “A Run for Boston in Your City” global campaign conceived by Pavement Runner as a show of support following the Boston Marathon bombings. He had this simple idea that one week after the Boston Marathon, we should come together and run together. Little did he know that his idea would resonate with so many. Runs were organized in over 120 cities all over the world.

Approximately 300 runners gathered near Tavern on the Green to run a few miles together. It was a gorgeous night (albeit a little chilly for late April). We ran to remember. We ran to forget. We ran to honor and mourn. We ran to celebrate.

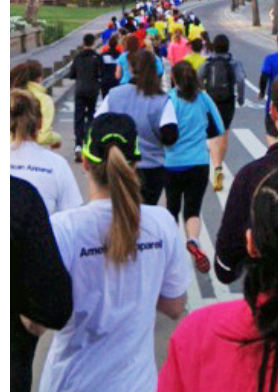
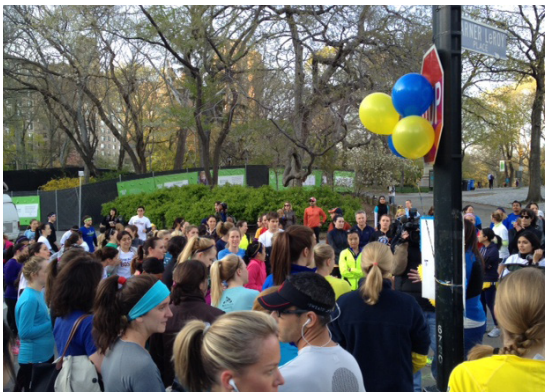
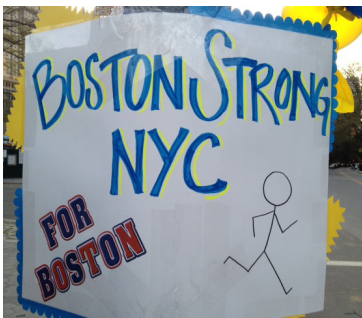
Once we started, the stream of runners seemed to stretch on endlessly along Park Drive. It was a beautiful sight. I ran with a friend, running the lower loop twice. It's been ages since I've run in Central Park and I've missed it. Not only is it a gorgeous park, but it is alive with so much energy. And last night, you could feel the love all around — love for Boston, love for the running community, love for our city.

Thanks so much to Pavement Runner for motivating us to come together as a community and to Abby for organizing the NYC event. After following her blog for a while, it was such a pleasure to meet her in person.

“My heart is full.”

It was amazing how many runners came together to heal and remember those affected and devastated by the attacks. It was truly moving and I am glad I was able to be a part of it.  
**I LOVE OUR RUNNING COMMUNITY.**

*Kasandra G., New York City, NY*











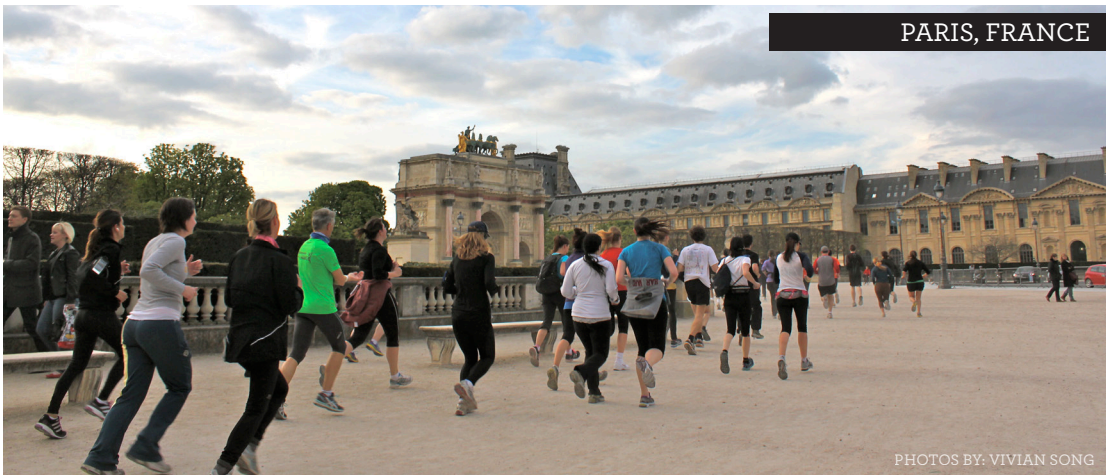
PHOTOSS BY VIVIAN SONG



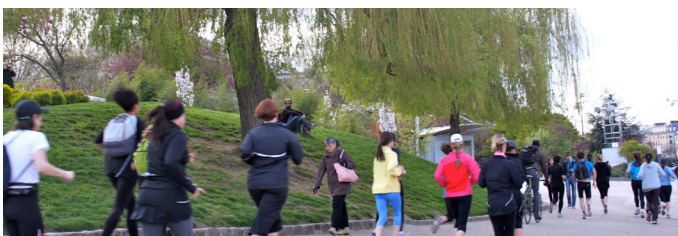
A MOMENT OF SILENCE AT THE JARDIN DES TUILERIES.







PHOTOS BY: VIVIAN SONG







PHILADELPHIA, PA



PHOENIX, AZ



PHOENIX, AZ



PHOENIX, AZ



PLAINFIELD, IL



PRAGUE, CZECH REPUBLIC





PITTSBURGH, PA



PITTSBURGH, PA



PITTSBURGH, PA

## This gathering reminded me what it means to be a runner.

It certainly wasn't hard to feel the passion, devotion, and love that surrounded each and every single one of us. When runners line up at the starting line of a race, we show up for so many unique and special reasons. Last night, we showed up and ran for the same reason...

**Boston.**

*Adrian C., Pittsburgh, PA*



REXFORD, NY



SAMMAMISH, WA



**I was truly broken hearted when I first learned of the tragic events at the Boston Marathon.**

My first thought was that the running community is full of wonderful, kind-hearted and inspiring people and it is so unfair that they have to experience a malicious attack. I had no doubt in my mind that this wonderful, kind-hearted and inspiring community would unite together in support of all those affected, and I was absolutely right.

*Shannon W., Sacramento, CA*

SACRAMENTO, CA



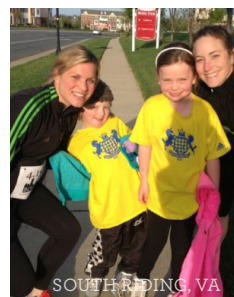
SAN JOSE, CA



SANTA CRUZ, CA



SOUTH RIDING, VA





# Boston Strong SD

An excerpt from [melissarunningit.com](http://melissarunningit.com)

April 23-24, 2013

At 6 p.m., we would raise a hand as a sign that we are one. One community, one family, one for Boston. After a moment of silence, we would ring cowbells to signify the start of our run. One news station asked if we would start closer to 6:10 to coincide with their live shot. Um, ok. Here's the thing, though. I know I'm taking the liberty to speak on behalf of runners, but I think it's a fair statement that runners like events to start on time. We were ok waiting a few minutes since there were still people making their way over, but the next thing I know, it got silent. I got chills. No words.

After a minute, I rang the first cowbell and the others started to ring as well. That was our cue for people to go. Or not. Applause erupted and cheers for Boston. No words. Eventually, people headed south down the path.

With everyone heading out for various distances, running, and walking, our goal was to get everyone together for the start, and figured people would make it back then call it a night and take off. Um, not so much. Runners turned into spectators. They stayed, they waited, they busted out the cowbells and they cheered everyone in. We

could not have tried to make that happen. The spectators. They are the ones who make race day special for runners. We know the energy we get from them, and it was amazing to see a makeshift finisher's chute come together.

I couldn't help but think of how much this event impacted us individually and as a community, but today is a new day. We return to our jobs, to our regular running schedules & training plans, and our normal lives. There are still those who haven't left their hospital beds, people who will need to learn to live without limbs, and medical bills that must be taken care of.

\*\*\*\*\*

While my hope was to bring a little encouragement to the people of Boston, I was the recipient of so many treasured moments. I was the one who was inspired, encouraged, motivated, blessed. Isn't that the way things go, though? When we give of ourselves and try to do something kind for others, we end up getting more out of it than our efforts.

Like I've said time and again over this past week, runners are a community and a family. We are Boston Strong. We are one.

“While my hope was to bring a little encouragement to the people of Boston, I was the recipient of so many treasured moments.”



The cowbell heard 'round the proverbial world.  
Being the first bell to break the silence was kinda fun. It was a big ol' bell.  
I got to ring it. Like a boss. To hear the bells follow, the cheers, the applause, wow.

*Melissa K., San Diego, CA*







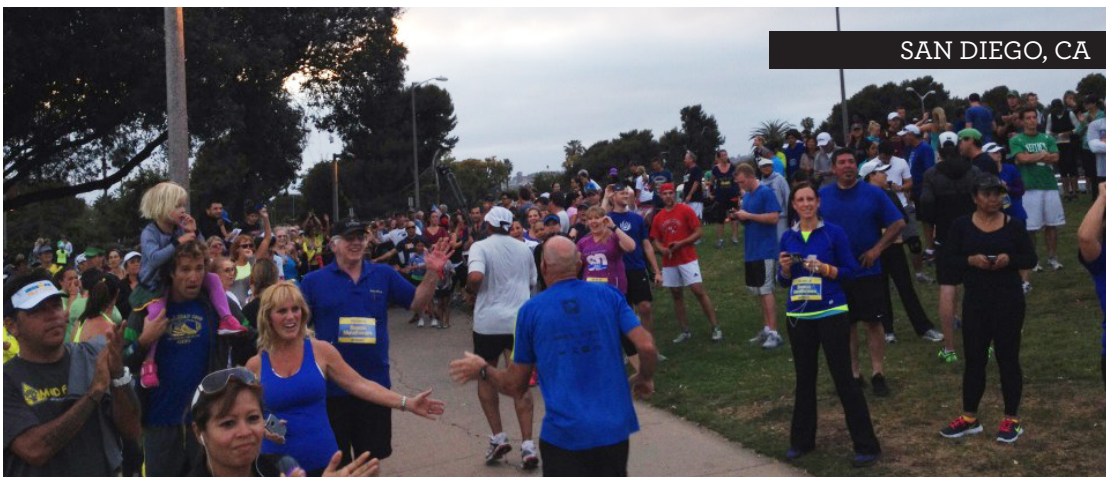
SAN DIEGO, CA



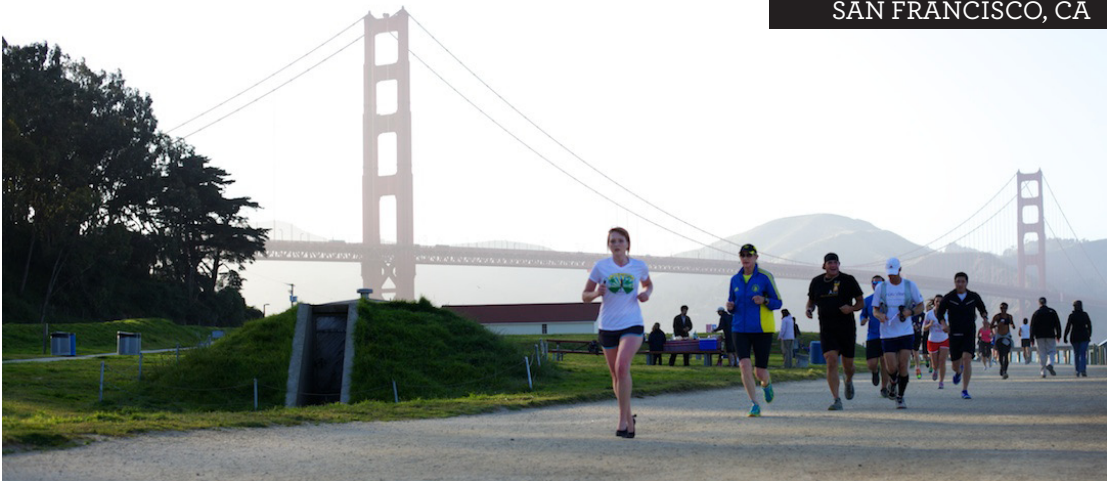
MEB KEFLEZIGHI, OLYMPIC SILVER MEDALIST (MARATHON)























GREEN LAKE PARK



SEATTLE, WA

GREEN LAKE PARK



GREEN LAKE PARK

## IT WAS TRULY HUMBLING AND INSPIRING

to be able to help rally the running community for Boston Strong Seattle and other Boston Strong runs throughout Washington. While it wasn't a race, this run will go down as one of my personal favorites. I am proud to have been a part of the Boston Strong movement and thank all of those that helped to make it possible.

*Jon T., Co-Founder of Gametime, Seattle, WA*



GREEN LAKE PARK



SPOKANE, WA



SPOKANE, WA



SPOKANE, WA





ST. JOSEPH, MI



ST. JOSEPH, MI



STATEN ISLAND, NY



STATEN ISLAND, NY

BILL WELSH,  
5TH AMERICAN FINISHER AT  
THE 1955 BOSTON MARATHON



STATEN ISLAND, NY



STATEN ISLAND, NY



STATEN ISLAND, NY



STATEN ISLAND, NY

# To Boston, from Tallahassee,

With Love

An excerpt from [badassfitness.com](http://badassfitness.com)

April 22, 2013

Dear Boston,

On Sunday afternoon at 5 p.m., more than 1,000 of us gathered from near and far in Tallahassee, Florida to run the last 5.2 miles of the 2013 Boston Marathon.

We came from Tampa, Orlando, and Georgia to run the last miles that terrorists robbed from so many of your 2013 marathon runners last week. We ran to show you that we — a strong community of runners, triathletes, and caring people — have you in our hearts even from so many miles away.

We ran to raise money for the bombing victims and their families, knowing that the road ahead for them is filled with such sorrow, hardship, and difficulty.

We ran to remind the world that we refuse to be terrorized, that we WILL KEEP RUNNING.

We pulled it together in a matter of days, thanks to help from so many city officials, friends, law enforcement officers, local businesses, and more.

With this one event, we reminded each other — and the world — that kindness and generosity are stronger than evil and hatred.

\*\*\*\*\*

As runners crossed the finish line, many of them holding hands and beaming, they embodied what the finish line of a race is supposed to be. Happy, elated, FREE.

I am so very sorry that horrible people took the

finish line joy from your city last week. But I am writing to you today, on behalf of Tallahassee, to let you know that we ran “5.2 at 5 for Boston” on Sunday, April 21, 2103 in your honor. We crossed the finish line shouting, “For Boston!”

And we are sending you every penny (*over \$12,000*) through the American Red Cross in Boston, that we raised. It will never erase what happened, we know. But it is something.

You are miles away, but you are in our hearts, Boston.

With Love,

Tallahassee, Florida

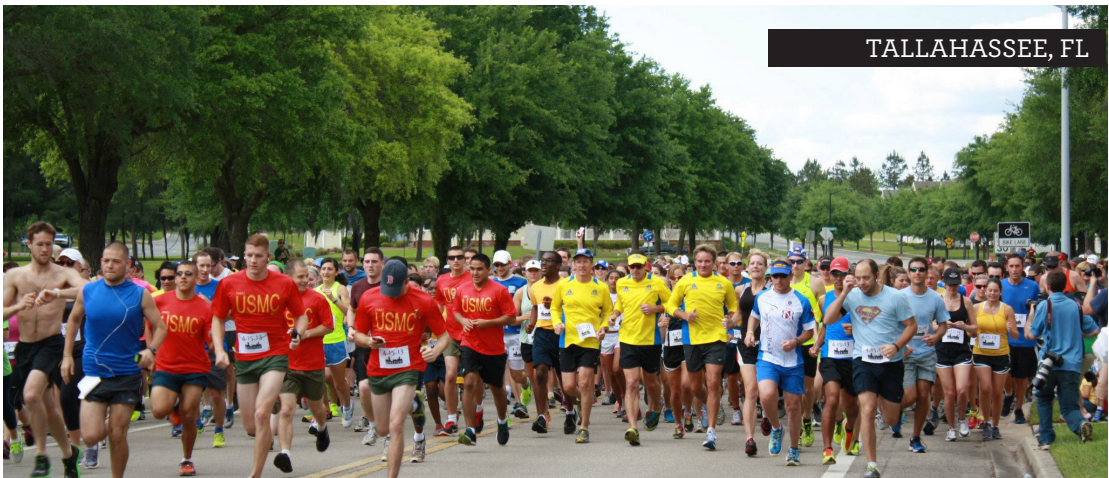
“

With this one event, we reminded each other — and the world — that kindness and generosity are stronger than evil and hatred.

”



## TALLAHASSEE, FL



It was awesome to see everyone in our area come out, whether it was for 1 mile or 3 or more... just to run in solidarity. We even had people in the neighborhood come out and cheer us on, smile, or even clap as we went down the street. It was a very emotional, but freeing experience!

*Katrina P, Tampa, FL*







TORONTO, CANADA



TORONTO, CANADA



TORONTO, CANADA



TROY, OH



WAUCONDA, IL



WAUCONDA, IL



WEST SEATTLE, WA





WEST KINGSTON, RI



WINSTON-SALEM, NC



THE WOODLANDS, TX



THE WOODLANDS, TX

Thank you to everyone that was a part of the #BostonStrong runs. From sharing the idea across social media, to blog posts, to dedicating your time and resources to make the events happen.

**We did this together.**

To the runners that showed up early in the morning or in the evening and to those that cheered us on, clapped and cried.

**We thank you.**