

Greensboro's Craig Spinale, Reid Bolinger and Dennis Duquette; Jamestown's Kristen Werner and Tim Cook; and Summerfield's Clark Doggett will return to run in the **Boston Marathon** on Monday.

One year ago today, the six were among more than 5,600 runners who were stopped less than a mile from the end of the 26.2-mile road race after two bombs exploded near the finish line on Boylston Street.

All were invited back. And the six from Guilford County said yes. They'll have to manage the miles and, of course, Heartbreak Hill. They know they'll have to manage their emotions, too.

Craig Spinale

"That's the culmination of everything that's happened in the last year, the training and the unity and being part of that. I love Boston. Growing up in Boston (Halifax, Mass.) and being part of the community there and now being part of the sports community, is something very special for me. This race will bring the city together again. There's no doubt. It's a very special race.

"The other part is that I get a chance to complete the journey that I wasn't able to complete last year. I've been hearing ever since I was a little

kid, 'Right on Hereford, left on Boylston,' and, bam, there's the end of the **Boston Marathon**. I never got that right on Hereford and left on Boylston. I never got a chance to do that. I've watched that many times in my life and in college. It will mean a lot to be able to do it. And to do it this year, where there's such a unifying driver behind this year's marathon and throughout the entire Boston sports community. That feels great.

"I was one of the fortunate ones where nothing happened to my family. My family is all safe and good. I feel lucky about that. I think about that a lot. Perhaps what I'll do is really think about how fortunate I am to have my family safe. Anything can happen in this world. There's no doubt about it. That's just another reminder that evil lurks everywhere. Thank goodness my family is safe this year."

Reid Bolinger

"I've been thinking about running this for the last year. It's probably going to be a highlight of my year.

"I have a feeling that I will be emotional toward the end of the race, considering all that has happened in the last year. The worst part about this for me was not knowing whether my wife (Marie Underhill) was OK or not because she was at the finish line in the bleachers. When I originally heard what had happened, the person who told me that there was an **explosion** told me that it had taken place in the bleachers. Looking back today, that information was not accurate. But knowing that my wife was so close to it and not knowing for several hours whether she was OK, that was something I had never experienced before and hope I never experience again. Between finishing a marathon and also having my wife there at the finish line, and some family members, it'll be an emotional time.

"I hope that it's a safe event for all the athletes. When I think about this event, it's such a special event for someone like me to be involved in. I think of myself as just a regular guy, but I'm running in the world's oldest-running marathon and participating in an event with arguably some of the fastest athletes in the world. And then having a million people cheer me on as I do it. That is just incredible. I'm just hoping and praying that we have a safe journey for all the runners and athletes, not just the runners but the wheelchair athletes. I'm hoping that we all have a great day.

"She's definitely going back. She's going back, and she's sitting at the finish line, in the bleachers where she sat last year. You just have to know my wife. She's traveled all around the world as a flight attendant. She's just not worried. It's not even occurred to her to worry. There've been a lot of people who have said to me, 'I can't believe you're going back.' I can't imagine not going back, and she feels the same way."

Kristen Werner

"Going into this year, I wanted to make it a lot about family and doing it with my dad (Mark Werner of Minneapolis) and with Tim (Cook) again. (My dad is) 56, and every now and then he'll say, 'I don't know, I'm getting kind of old for this.' I hate to think about that because it means so much to me when I can run with him. It's something that we have always done together. This year, in honoring all of the people whose families were affected, I just want to value and cherish and remember my family and how fortunate I am to be with them. My dad and Tim could probably finish the race in a quicker time, but they run at my pace, which is really nice of them. I feel really lucky that they are willing to stick with me and don't feel like they're being held back. We say it's all about being together.

"During training, especially some of the longer training runs, those last couple of miles, you're tired, it hurts, you have to get through certain pains, and when I would get close to the end, I visualize now that finish line on Boylston Street. I picture it in my mind. That is really going to get me through this year. That emotion of finishing it, being there, being in the place where everything happened last year. Running by it. I know it will be emotional. Probably as soon as we turn onto Boylston, I have a feeling it's going to erupt, if not well before. Especially with the expanded field, the sheer number of people probably will be a driving force for all of that, knowing that this is a really important moment for all of us.

"I prefer to have two goals. One, as a running goal, then one as an emotional, personal goal. My running goal would be to do the race quicker than what our projected finish time was last year. I always want to beat the time I had before.... Emotionally, I really want to cherish every moment. This might be the last time that I run Boston. It's one of the most amazing races in the world. You very infrequently have a mass amount of people cheering you on from mile 1 to 26. You're never alone. Sometimes when you're out doing long runs or even marathons in smaller cities, you go through numerous miles where it's you and the other runners. There's nobody along the way. In Boston, there are people screaming the entire time. They are so excited to see you. You feed off of that the entire time. I just want to really enjoy every moment of that and take it all in and just really treasure it. That weekend will be one that I won't forget. One of my good friends who lives in New York is coming to watch us finish, and it will be nice to have friends and family around and just sort of feel that community that already exists in Boston and get to be a part of it, even if it's for a short period of time."

Tim Cook

"The main point last year was to raise the money for the kids we're helping at the Hole in the Wall Gang Camp. Once I reached the \$5,000 goal, I felt like I'd finished a race just as challenging as a marathon. On a more personal level, I was running last year's race in memory of my dad, who took his own life in July 2012. In the last few months, my paternal grandmother and maternal grandfather have also passed away. I want to finish this race for my family members who have already finished theirs.

"Hearing the stories of the bombing survivors' determination, reconciliation, and overcoming such serious obstacles has given me a lot of strength to go back and finish the race this year. I hope to find a sense of peace, closure, call it what you want. Running races like this one shows us a glimpse of the height of the human spirit. Thousands and thousands of people cheering for, in many cases, total strangers. Being part of a collective drive toward this goal gives me a sense of the kind of belonging that many people strive for but may never fully achieve. By finishing this race along with the other 36,000 participants, we will all say that our ability to stand together is stronger than someone else's ability to drive us apart.

"The **Boston Marathon** is run on Patriot's Day in Massachusetts. I will have a deeper understanding of that day's significance in light of all the things that have happened since last April 15. I'm excited to run Boston again, and I know it will be a day to remember for a long, long time to come."

Dennis Duquette

"I doubt if I'll have dry eyes. In that regard, Boston has a half-marathon in October, and I ran the half-marathon in October. There was a tribute at that time and a little speech about Boston Strong, and that was very emotional. It's going to be very emotional. The Boston Strong is going to prevail on the whole attitude. The marathon will go on.

"It's going to be a lot of people. There's going to be a tribute, as there should be. I suspect they're going to have a moment of silence, prayer. It's just going to be very, very emotional. Victims themselves will be participating, and even some that will be running, and those are going to be the stories of real interest.

"One of the key questions is, 'Would you come back?' And I said absolutely. Runners as a whole are going to be very resolved about something like this.

"There's always certain risks you take in life: Every time get in a car, every time you board a plane, there's risks. I don't live my life that way."

Clark Doggett

"I expect this year is going to be really, really emotional for me. Because it's seeing the people who really got injured and are there and how they survived and knowing how really rough this was on Boston and how really nice the people were.

"And crossing the finish line. You go to Boston to cross the finish line. You don't go to Boston with any intention to be in the top three. You run Boston. Just crossing the finish line and having the medal put on my neck is just going to be emotional.... I just want to get finished and get the medal and say that I finished the **Boston Marathon**. ... I want to cross the finish line."

STOPPED SHORT

When the **Boston Marathon** was halted at 3:15 p.m. on April 15, 2013, more than 5,000 runners were stopped less than a mile from the finish line on Boylston Street. Six Guilford County runners were among the group, coming to a halt between Kenmore Square and Massachusetts Avenue, just short of Hereford and Boylston.

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