

Runners Hit the Road

By Kathleen Harte Simone

Chad, Joanne, Shawn, Kevin, Connor and Kelsey Quinn of Montgomery County are not out to break any running records. It's not part of their game plan. They are out, however, to take to the road together, to run for the thrill of it, and to relish the bond that running has brought to their family.

Shawn (15), now a sophomore in high school, began running CYO in 2nd grade. From there, brothers Kevin (13) and Connor (12) caught the running bug, followed by mom and dad, neither who had run before. Sister Kelsey (9) has also laced up her running shoes recently.

"When the boys starting running, we would stand and watch at the track meets and think, 'This is something we could do, too. We could enjoy it as a family'," Chad said. That was 4+ years ago.



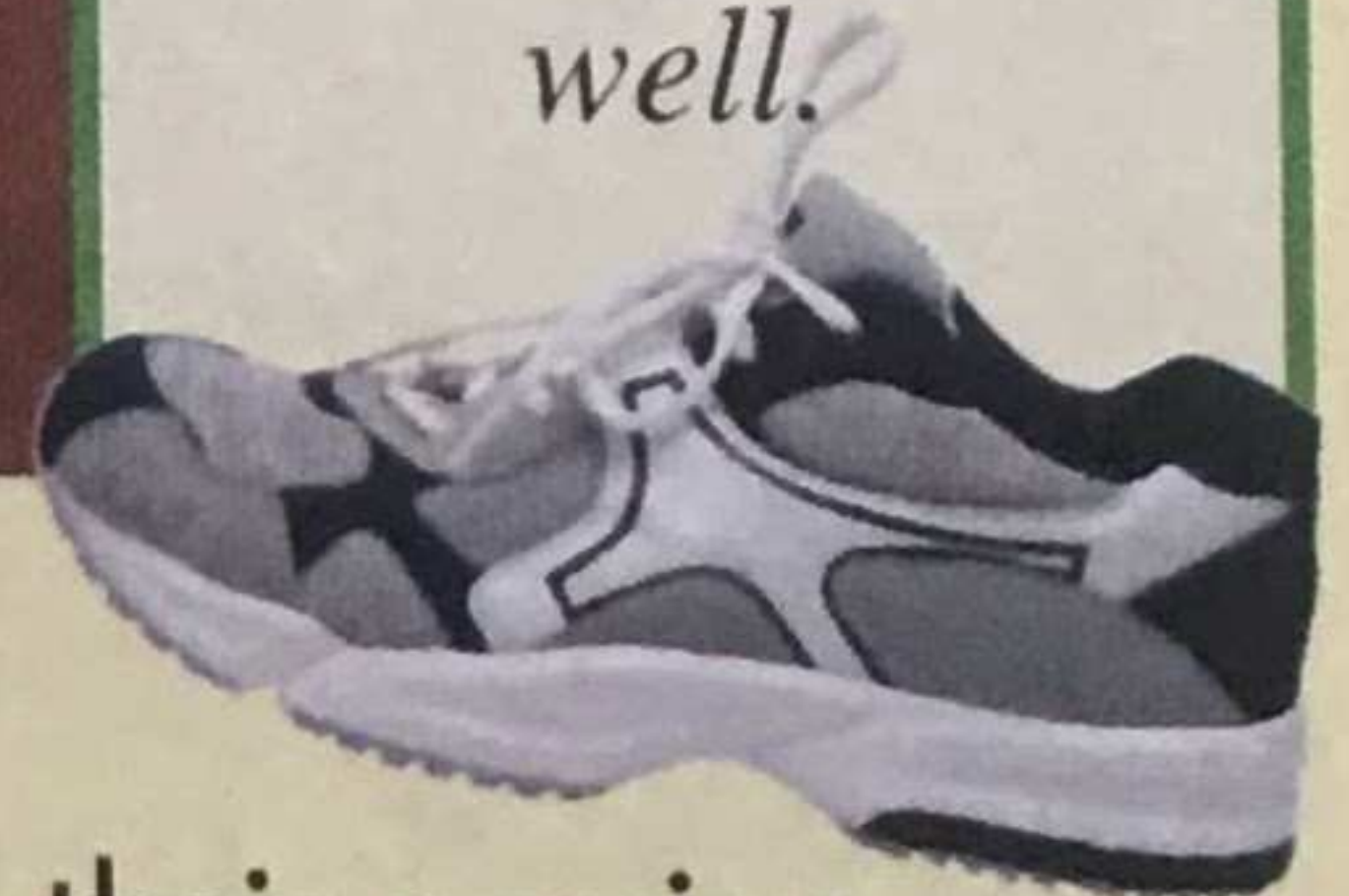
The Quinn Family: Making Running a Family Affair



Shawn, Chad, and Kevin at their first triathlon at the Jersey shore.

JOANNE:

Runnnning is something that we all want to do together. We all want to be at the track meets together and we all know what it takes to do well.



Although the Quinns rarely train as a five-some, their passion for the sport, their personal goals, and their shared understanding of the training necessary to peak for the next race make for common ground. They've traveled to local, regional and national cross country and track & field meets with their respective clubs or together to road runs, 5Ks and even triathlons.

"We can't play organized hockey, baseball or basketball with them," Chad shared. "But we can always run together, even in races. It's great bonding time. Something that can't be matched." **rc**