



**Dad of premature triplets:
Running for MOST**

**Supporting Families of Multiples
& Premies Every Step of the Way**

marathon. This is a question that only another runner can possibly answer. Hours away from the family training, blisters, shin splints and lost toenails don't sound appealing to many people. The answer can only lie in the individual competitor. Most are there to test themselves and many are there just to test the human spirit—to see exactly how far the human body can be pushed before it completely shuts down.

This race is special however because his motivation is to help an organization that has been so helpful to him. After several years of infertility treatments, on February 14, 2001, Jonathan and his wife, Jane, learned that they were expecting triplets. Thirty-two weeks into the pregnancy they welcomed Maura, Catherine, and Joseph into the world. And the adventure began.

The steady drumming of footsteps falling on asphalt is a sound Jonathan Sullivan has been hearing most days for the last few years. Jonathan is a Laredo, Texas based runner and has completed numerous races of various distances including several half marathons and the 2007 San Antonio Marathon. Jonathan intends to compete in the “Just Another Mad Dog”, a 50 kilometer (31 mile) ultra marathon. This race will be held in Phoenix, Arizona in November of this year and is also the state of Arizona’s 50 kilometer trail running championship.

An ultra marathon is any footrace longer than a standard marathon of 26.2 miles. They generally range from 31 miles to in excess of 100 miles with the majority of 100 mile races having to be completed within 24 hours. God only knows what kind of sadist came up with this idea, probably the same person who created water-boarding and The New Kids on the Block! This will be Jonathan’s first ultra marathon, and he will be running to raise money for us- MOST (Mothers of Supertwins). He shares that MOST has been an organization that has supported his family and one whose mission Jonathan and Jane stand firmly behind. Jonathan’s future race goals include the Western States 100 Endurance Run and the Badwater Ultra Marathon.

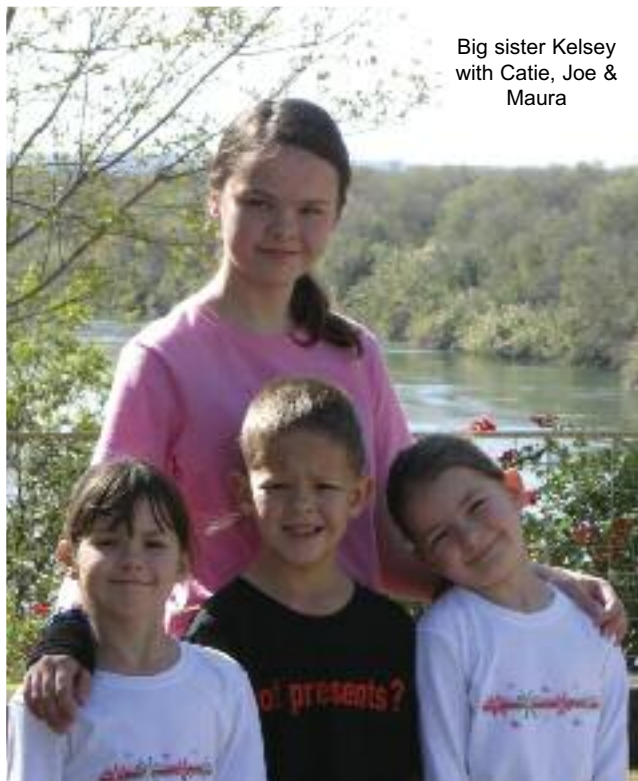
When people learn of Jonathan’s intentions they generally just shake their heads and walk away or suggest counseling. Some people ask why anyone would want to compete in an ultra



The Sullivan family: back Jane, Kelsy & Jonathan
front: Maura, Catherine & Joseph

At first, Jonathan wondered how he would ever continue to find time to run now that his attention was needed at home. He knew he couldn't ask his wife to manage the regular household chores and change three sets of diapers all day – every day. He wanted to be a part of it all: the good, the bad and the sometimes smelly. He is a hands on father and a man who believes that a man can clean a toilet as well as any woman not to mention his homemade Jalapeno Poppers which were far superior to his wife's attempt at the dish. He figured it meant the end of his running. Then Jane, his wife, found the old single jogging stroller in the attic. They were able to trade up

Big sister Kelsey
with Catie, Joe &
Maura



for a double jogging stroller. Taking two babies with him made tasks at home manageable for Jane, and Jonathan was able to get a few runs a week back into his routine. Once the children outgrew the stroller, Jonathan was back to his original dilemma: how could he find time to fit in his weekly runs? Slowly and surely, routines were developed that allowed for his running schedule. He often would get up early to run

before the rest of the household awoke. When he couldn't muster enough energy to get out of bed in the morning, he ran at night after the children were in bed. Sometimes, he would even skip leisurely lunches opting instead for a quick bite after a quick run and a shower.

Now that the children are in school and more independent scheduling runs is not as hard. Occasionally, Jonathan's runs are shorter and in his own neighborhood, so his children can run with him and easily return home when they get too tired to keep up with Dad. This has made Jonathan's competitive training possible. He doesn't win the races he enters, but it is a great way of teaching his children lessons about life's challenges and balance, that it isn't always about the winning that makes something worthwhile.

With the advice from MOST via both the *SUPERTWINS* Magazine and the MOST website, Jonathan has learned the ins-and-outs of raising triplets. And now, he wants to give back all he has received by helping MOST raise money so that they can continue to support parents with multiples. The Sullivan children hope that you too will support his efforts by logging into his change.org page and donating.

www.change.org/mostonline/projects/fundraising/jonathan_sullivan_runs_for_most



by Jonathan & Jane Sullivan
Parents of Kelsey, Maura,
Catherine, & Joseph



ARE YOU A RUNNER TOO?

If so, MOST now has a profile on Change.org where individuals can setup their very own fundraiser page supporting MOST programs. Fundraising pages can be used to encourage others to sponsor your efforts at upcoming events like a race. Setting up a page is easy!

Go to www.change.org/mostonline
Click **Start a Fundraising Page.**

Let us know when your page is up, and we will help promote your event!

Supporting MOST

When you make a tax deductible donation to MOST, you can also celebrate your children's birthday, remember someone special, or honor an important day in someone's life.

Donate to MOST
(631) 859-1110
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