

# Ely outlasts local runners, wins Run4Kerri Road Race

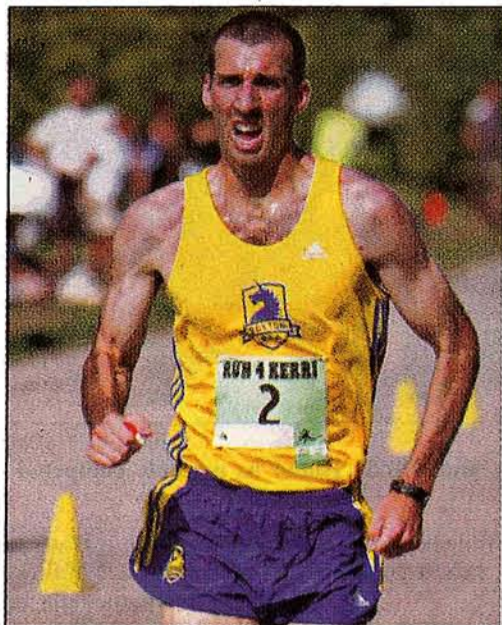


PHOTO: PAUL J. SPETRINI

Natick, Massachusetts runner Matthew Ely won the ninth annual Run4Kerri Road Race Sunday afternoon.

Mass. runner holds off over 800 in 9th annual race

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WAKEFIELD—At 34 years of age, Natick, Massachusetts runner Matthew Ely knows he won't be able to hold off young guns like North Kingstown's Eric Lonergan and Narragansett's Brian McGovern for much longer.

But Sunday morning in the 9th annual Run4Kerri Road Race, he held them off long enough to coast to victory.

With a stellar time of 19 minutes, 56.6 seconds, Ely breezed past both local studs and a field of well over 800 others en route to a 12 second victory in the annual four-mile event dedicated to the memory of South Kingstown athlete Kerri Lynn Bessette, who passed away in 2001 after contracting Bacterial Meningitis.

It was Ely's first time in the Run4Kerri but you wouldn't know it from the way he ran.

"The race went really well," he said. "This is my first time running it so I got a good nice course tour with Matt Peletier and some of the other guys running here this year ... so I had a good idea going in. The first two miles, I started well and then mile 2-3 was kind of an uphill mile, which I think took a lot out of everyone and then after that it's just you hold on until home. It was a good course, a good course."

"We went to the first mile and we were all kind of together and then the leader took off and he was about 50 meters ahead of me the whole rest of the way," said Lonergan, one of South County's premiere runners. "It was good, it was a lot less humid than last year and the second to third mile was a little rough but, other than that, the course was pretty flat, fast and I had a good time."

Sunday's race was about more than just

**Friday**  
Full results from Sunday's Run4Kerri

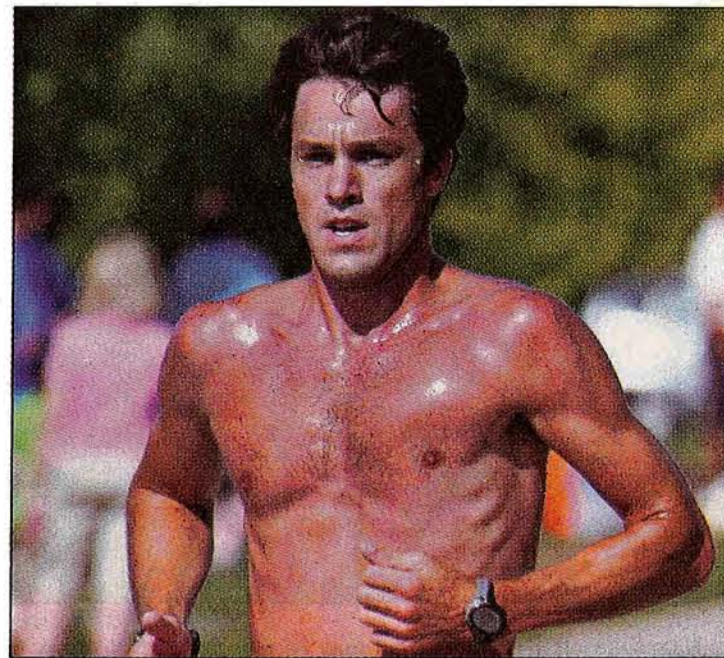


PHOTO: PAUL J. SPETRINI

Narragansett's Brian McGovern came in third place Sunday during the ninth annual Run4Kerri.

Ely, 2-B

# Local runners thrive at 9th annual Run4Kerri

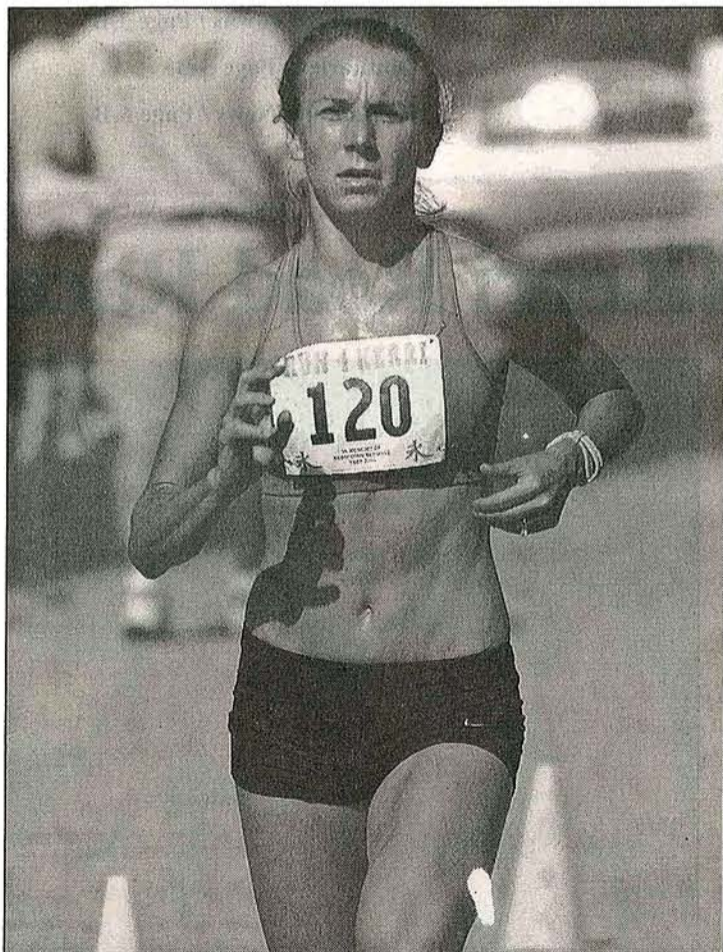


PHOTO: PAUL J. SPETRINI

Narragansett's Jennifer Deal may be new to South County but she looked like she belonged Sunday, finishing as the top female.

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running, more than just trying to set your best time.

As in years past, the Run4Kerri aims to keep the memory of Bessette alive and the proceeds from the event go directly towards scholarships awarded annually to two South Kingstown athletes who "exemplify the spirit of leadership, good sportsmanship, and devo-

tion to the team."

The race did that, as usual, in spades.

You'd be hard pressed to find anyone not having a good time Sunday.

Whether you were a casual runner (like McGovern), a season pro tuning up for other, longer races (like Ely) or just out to have a quick little workout, the course and the race offered a

great atmosphere, a fun time and a rewarding experience for all.

At least that's what top female finisher Jennifer Deal had to say.

Deal, new to Narragansett after graduating from Appalachian State University in 2009, felt right at home in the community thanks to the Run4Kerri Road Race.

"Well, I was looking for longer races and living in Narragansett, seeing the flyers, seeing everything, everyone talked about this race," she said. "I ran another Wakefield race two weeks ago and I heard people talking about this one so I was interested in coming out and doing it and it's a great race."

What makes the Run4Kerri so different? Well, besides the beautiful course that weaves in and around Matunuck, it's a fairly laid back event where everyone can go out and achieve their own goals without the pressure of finishing fast weighing them down.

That doesn't mean it's not competitive. It's just the type of race where finishing ahead of someone else is a nice bonus, not the ultimate objective.

"They do a great job of putting on a race," McGovern said of the Run4Kerri staff. "Every year there seems to be a lot more people down here so it just makes a really good atmosphere and I had a great time. I've been here before, I knew what the race offered and it's got a great course and a good atmosphere so it's fun to come out on the weekend and get a good workout in."

Sunday's race went pretty

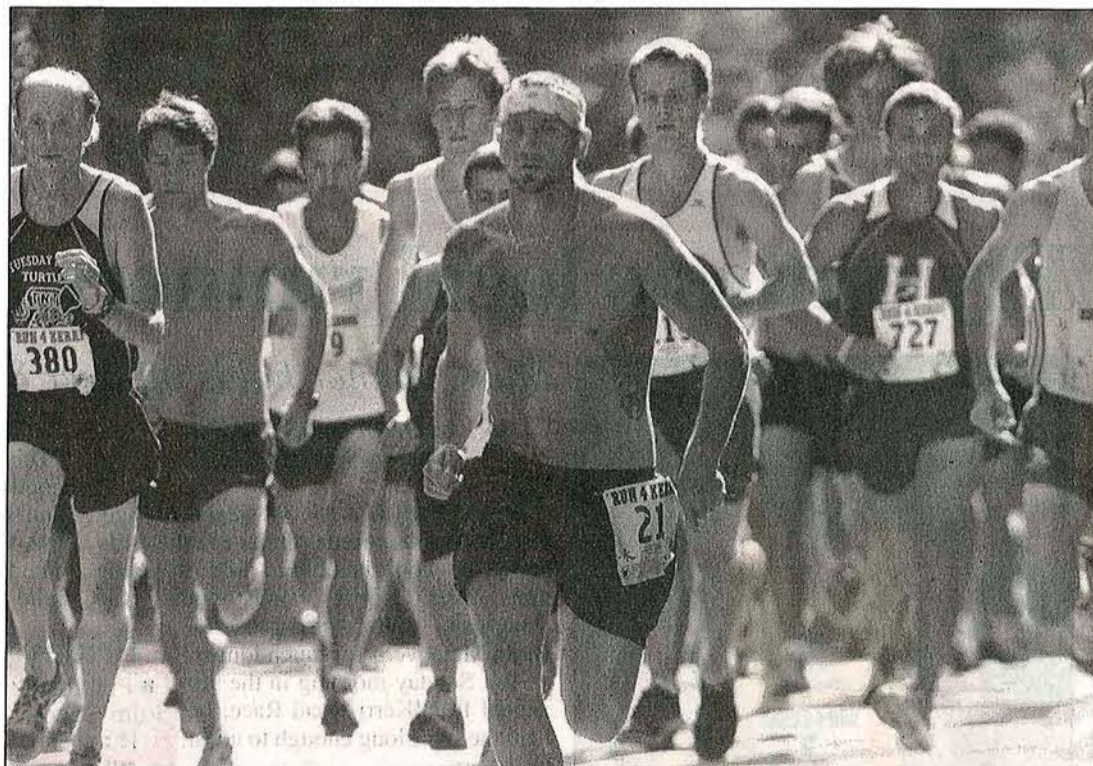


PHOTO: PAUL J. SPETRINI

Well over 800 athletes from across South County and Rhode Island as a whole competed in Sunday afternoon's Run4Kerri Road Race.

smoothly from a competitive standpoint.

Jumping out in front early, Ely lead a solid pack of runners from around South County for the first two miles and distanced himself far enough in front of Lonergan that the NK native could have caught him ... if that was his ultimate objective.

"Eric was 10-15 seconds behind me and he's a very good runner so I was just doing everything I could to hold him off," Ely said. "There was some great crowd support out there so they were always telling me '10-15 yards' or however much I was ahead so I was kind of running

scaring for a little while because I know he's good, he's a good local hero."

"I wanted to stay around a five-minutes per pace," Lonergan said. "We went out too quick the first two miles and then I fell off the third mile and tried to bring it back. It worked out alright."

Ely's time of 19:56.6 ended up being 11.7 seconds better than Lonergan and the rest of the field and, on this day, that's all he could have asked for.

"I just try to go to any race and run as best as I can," he said. "Two weeks ago I ran an eight-miler up in Vermont, I was

fourth there and in two weeks I hope to run the bridge of flowers 10K out in Sherburne falls mass so this just happens to fit right in the schedule."

And beating Lonergan? Sure, that may not be the main objective in a race like the Run4Kerri but, for Ely, it was a nice little bonus

"Eric is a very good runner and he's got a lot of local following down here and anytime you can finish ahead of him, you consider yourself lucky," Ely said. "But he's got a great future ahead of him and I'm not going to be able to hold him off much longer."