

NATICK COMMUNITY ORGANIC FARM 2017 BOSTON MARATHON RUNNERS

ABBY LUKE

Town you live in: Jamaica Plain

Town you're from: Natick

What you do for work: Graphic Designer at a big data marketing company; I work on the website design of our word of mouth platform BzzAgent.

What you do for fun: I'm into travel, photography, beach days, my cats, and biking.



"Family" (by birth or by choice, human or furry) that you'd like to thank because they are supporting you in life and in this particularly crazy endeavor: Definitely want to thank my mum for my runner's blood and NCOF background; my sister for athletic/nutrition advice, motivation, and humor; my dad for always being Team Luke sherpa and cheerleader; and the rest of my greater support network of family, friends, and coworkers who indulge all my runner talk and keep inspiring me to challenge myself.

Running experiences: I started long distance running in July 2015 and ran the 2016 Boston Marathon for Team Farm.

My favorite run ever was: my 20 miler before the actual marathon because: the whole route was packed with runners and everyone was so amped up! Plus I felt fast. I ran all the way from Framingham to my house in JP.

Favorite pre-race food: KIND bar, cashews, pistachios, avocado

Favorite post-race food: veggie burrito

What you are most excited about by running in this year's Marathon: last year's training went great— but the real marathon was less than stellar. I'm looking to feel strong and improve my time, but really just make all my supporters proud again. Seeing friends and family along the route gave me such a boost last year.

What you are not so excited about about this year's Marathon: remembering the physical pain of last year's marathon

Your "spirit farm animal": barn cat

Your "spirit farm vegetable": sweet potato

Why you are running for NCOF: NCOF represents growing organic, eating local, and loving the earth. Its community has contagious energy and I love being a part of it!

Anything else that you'd like to add: personal motto: wild woman in progress

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ERIK SIMKINS "SIMS"

Town you live in: Colorado Springs, CO
Town you're from: Holliston, MA

What you do for work: Army Officer

What you do for fun: Hockey, Golf, Mountain climbing,
running, hunting, fishing, camping, shooting

"Family" (by birth or by choice, human or furry) that you'd like supporting you in life and in this particularly crazy endeavor: My Mother and fiancé

Running experiences: Local Colorado 5K/10K, Army 10Mi, X3 half marathons, Stars and Stripes Marathon while deployed in Afghanistan.

Running buddies/training partners/clubs etc: My Army unit Dagger Company and my Commander CPT Brown, my fiancé Andrea

My favorite run ever was: Colorado springs half marathon because: The scenery

Favorite pre-race food: Pasta

Favorite post-race food: Beer

What you are most excited about by running in this year's Marathon: Having the opportunity to run in my home state and favorite city with the support of my friends and family.

What you are not so excited about this year's Marathon: Only being able to fly home for four days and heartbreak hill.

Your "spirit farm animal": Baby Goat

Your "spirit farm vegetable": Green Pepper

Why you are excited about running for NCOF: Because my mother is Lynda and I spent my entire childhood at the farm learning about the importance of community and sustainable agriculture. I now have an opportunity to give back to an organization that has been such an important part of me and families lives.



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USHA NAYARAMA

Town you live in: Natick, MA
Town you're from: Concord, MA

What you do for work: I work for Bank of America managing their savings products

What you do for fun: I love arts and crafts, baking, running & going to crossfit



"Family" (by birth or by choice, human or furry) that you'd like to thank because they are supporting you in life and in this particularly crazy endeavor: I'd like to thank my husband Allan, my kids Jai and Devan and my parents Radha and KG, for all their support, encouragement and love.

Running experiences: I have run a bunch 5ks and half marathons but never a full. I am a recreational runner

Running buddies/training partners/clubs etc: My iPod and Natick Runners

My favorite run ever was: Natick Mother's Day 5k because: it is the best way to start the day and so much fun to run with fellow mothers celebrating our day.

Favorite pre-race food: Banana
Favorite post-race food: Indian Food...with naan!

What you are most excited about by running in this year's Marathon: I was born, raised, studied and now live in Massachusetts. I have been on the side lines cheering people on each year and now to get to experience it as a runner I know will be an unforgettable experience.

What you are not so excited about this year's Marathon: Hills!!! My arch-nemesis

Your "spirit farm animal": Bunny – 'cause I am hopping with energy
Your "spirit farm vegetable": Eggplant – well I just love the color purple

Why you are excited about running for NCOF:

I live on Eliot Hill Rd and we our family frequently visit the farm with our two boys. Every March we attend Maple Magic Day, drop off our pumpkins for the pigs and love coming to the Harvest dinner in September. I am honored to run for the farm down the street!

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KEN RACICOT

Town you live in: Hopedale, MA

Town you're from: Ayer, MA

What you do for work: I am Team Leader of Performance Nutrition for the Dept of Defense Combat Feeding Program.
(make better rations more nutritious for soldiers)



What you do for fun: hike, run, cycle, swim, paraglide, travel

"Family" (by birth or by choice, human or furry) that you'd like to thank because they are supporting you in life and in this particularly crazy endeavor: Wife Kelly Racicot!!! Has been/is amazing all around. Cant write enough good things about this women.

Running experiences: Weekend warrior, only really been running 5-6 years. More so the last couple years. I love trail running, racing a bit (anything from 5K up to marathons), mostly I like being with friends. I've raced a couple triathlons. One marathon: the marine corp marathon 2014 was my only marathon so far. Very special experience because my brother Rich was a marine, he passed away 25 years ago. The race was dedicated to him, he inspired me the whole way

Running buddies/training partners/clubs etc: Natick Runners, and the Tri-state running club (out of the Worcester area). I just joined both groups in the last year and between them I've met some amazing friends. Always a run going on somewhere between the two groups.

My favorite run ever was: LaJolla half marathon in California 2014 because: I was on work travel to California. I had work on Monday but I arrived on Friday because I wanted the weekend to explore the area. I spontaneously decided to run LaJolla half on Sunday (untrained). Went on to craigslist, found someone selling a bib, met up with Veronika Fishstein and ran as her that day. Not only was the setting and course beautiful, but I felt pretty good physically. Beautiful day, met some cool people. It was confirmation to me that you just have to get up and "go", take a chance, you may be surprised at what you can accomplish, I had so much fun that day. Once in a while I'll register a race as Veronika to remind myself to just have fun with it.

Favorite pre-race food: nothing just before, but bananas a few hours before.

Favorite post-race food: I could probably eat 3lbs of bananas after a long race!

What you are most excited about by running in this year's Marathon: I grew up in Massachusetts. I've worked for 17 years in Natick on the race route. Watched many BM'on TV, and been to Boston many times to see the finish. I'm excited to finally be on the other side of the barriers, and see friends and family.

What you are not so excited about about this year's Marathon: the fear of weather. Specifically, hot weather. On a weekly basis, I get uneasy thinking it could be a hot day, to which I perform horribly. I'm

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not concerned about having a great racetime (although I have a secret goal), I just want to have fun. Running in heat has to be THE least fun I have outdoors. I dread it.

Your "spirit farm animal": does barn owl count? I love to fly.....

Your "spirit farm vegetable": potato....hardy and delicious, ha!

Why you are running for NCOF: Ive been a "foodie" forever. Aside from loving to eat, Ive been a cook/chef, food scientist, nutritionist my entire adult career (if I count my first dishwashing job at age 14, that would 30 years now!). Ive been an advocate for K-12 Science outreach for a long time. Been a mentor inside and outside of work, been involved with my high school and college advisory boards, formally a K-12 Outreach coordinator for one of my professional organizations (north east institute of food technologists) for 10 years now. I believe we all have the responsibility to give back to the community, teach our youth about work ethic, science, the natural world, eating right and healthy, and where our food comes from. I cant imagine a better place than the NCOF that encompasses all these values I believe in

Anything else that you'd like to add: It is my honor to run for you all, and nothing makes me happier than knowing that the money I help raise goes direct to these kinds of programs.