

TRAINING FOR THE LONG RUN



Chris Peavoles/Staff photo

Sister Mary Gladys Murphy, 76, trains on a racing trike Oct. 18 in Central Park in Manhattan with, from left, Jill Flynn of New York, Meg Roach of New York and Liza Ozzano of Darien, all volunteers from the Achilles Track Club. A resident of Wilton, Murphy will be participating in her 29th marathon when she competes Sunday in the New York City Marathon. Stamford's Arturo Montero, 73, who ran the city's first race in 1970, is one of 14 runners who share their stories.

SISTER MARY GLADYS

See story, snapshots and a list of area runners, Page B3.



- **Hometown:** Wilton
- **Age:** 76
- **Previous marathons:** 29, 25 in New York
- **Previous best:** 5:20 (approx.)
- **Projected finish:** 5:30

■ **Memorable Marathon Moment:** In 1989, I dedicated the run in New York to a friend who had died. She passed away in February, and I dedicated that run to her.