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## Young, 1<sup>st</sup> Time Boston Marathon Qualifier Running for Love, Legacy and Hope

*Running to Support Global Charity Feeding 2.4+ million Children Every School Day.*



*Carlin Long running in support of Cynthia's Kitchen and following his qualifying Pittsburgh Marathon run.*

**Bloomfield, N.J. – March 29, 2023** – A lifelong athlete, active charity volunteer and fulltime physical therapy graduate student, 23-year-old Carlin Long will bring the hopes, goals and prayers of his Ohio hometown to the east coast during the 127<sup>th</sup> Boston Marathon.

“Running the Boston Marathon will be one of the greatest privileges of my life. It has been a dream of mine for several years to qualify for the Boston Marathon and run with the best athletes from all over the world. However, the Boston Marathon is more than just a race for me and so many others. Everyone who runs Boston has a story, personal goal, or someone they are running for that day,” said Carlin Long.

As a Mary's Meals Ambassador (supporter), Carlin will run his first Boston Marathon on Monday, April 17 joining more than 30,000 runners from 100 countries for this world-renowned race. Carlin is unique in that it can take years and many races for runners to qualify for Boston. Yet, in his first live marathon less than one year ago, Carlin qualified for the Boston Marathon in his 18-34 age group.

Carlin's journey to Boston began nearly a decade ago following the sudden loss of best friend and fellow athlete, Cynthia Phillipson in 2014. His Ohio community came together in her memory and in support of her chosen charity, [Mary's Meals](#) that feeds hungry children where they learn in 18 countries. Nine years later, two school kitchens in Liberia bear Cynthia's name and feed 350 children every school day.

“The goal of Mary's Meals is to give these children an opportunity and uplift them and the entire community. It was a different approach by a charity that I had not heard before. It was such a good idea,” explained Long.

Founded in 2002 by [Magnus MacFarlane-Barrow](#), Mary's Meals offers a simple, locally-managed solution to world hunger: feed children where they learn to enable the education that can help break the cycle of poverty. Today, Mary's Meals provides life-changing meals to 2.4+ million school children and its work is supported by thousands of volunteers in 18 affiliate countries like the US.

"Mary's Meals as a provider of hope – in the life of one child and in the world more broadly – is more important than ever. And so are each of our actions in support of this mission – no matter how small they might feel to us. - they are not small! - they are truly enormous in the life of that child," said Magnus MacFarlane-Barrow, founder, and CEO of Mary's Meals.

Fuelled by his love for his friend and her growing legacy, [Cynthia's Kitchen Project](#) and his dedication to running, in 2020 and 2021, Carlin set up 26.2-mile home marathon routes following the marathon cancellations those years, in order to fundraise and to train to qualify for Boston.

Inspired by his faith, community and personal and professional goals, Carlin qualified for the Boston Marathon in last May's Pittsburgh Marathon with a time of 02:57:01 meeting the qualifying time of three hours for his age group.

"I feel incredibly blessed to honor and share the story of my best friend Cynthia, the Cynthia's Kitchen Project, and everyone's loved ones as I run from Hopkinton to Boston on April 17," said Long.

Years and many miles later, Carlin will run Boston Marathon 2023 in continued support of the Cynthia's Kitchen Project, *and* to honor those who have passed by wearing their names inscribed on memory sleeves. In addition to Sponsor a Mile, donation opportunities and fundraising events have been set up to support Cynthia's Kitchen Project.

The Boston Marathon is considered one of the top five most prestigious road races in the world and remains the oldest marathon since it began in 1897. It is held on what is known as Patriot's Day in Massachusetts marking the start of the Revolutionary War. The marathon route presents challenging terrain that crosses through eight cities and towns beginning in the town of Hopkinton and ending in the city of Boston 26.2 miles later.

To support Carlin's fundraising efforts, visit [here](#) and to keep up to date on Cynthia's Kitchen Project, special events and Carlin's marathon progress, visit [here](#).

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## About Mary's Meals

Now in its 21<sup>st</sup> year, [Mary's Meals](#) is a global movement that sets up school-feeding programs in some of the world's most vulnerable communities, where conflict, poverty and hunger often prevent children from gaining an education. Mary's Meals works with in-country volunteers to provide one daily nutritious meal in a place of learning to attract children into the classroom to receive an education. This simple solution to help end world hunger also enables children to lift themselves from the cycle of hunger and poverty.

Mary's Meals began by feeding 200 children in Malawi in 2002. Today, the organization feeds 2,429,182 hungry children every school day in 5,084 schools across five continents in the following countries: Benin, Ecuador, Ethiopia, Haiti, India, Kenya, Lebanon, Liberia, Madagascar, Malawi, Myanmar, Niger, South Sudan, Syria, Thailand, Yemen, Zambia, and Zimbabwe. Mary's Meals collaborates with the U.N. World Food Program, partners with USAID in Liberia and is part of the global School Meals Coalition, an emerging initiative of governments and partners to drive actions that can urgently re-establish, improve, and scale up food and education systems. For more information about Mary's Meals, visit [marysmealsusa.org](http://marysmealsusa.org).

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