

Member Marathons in Memoriam

CPMA MEMBER DR. AMOL SAXENA, SURGEON, AUTHOR AND LECTURER COMPLETED HIS LAST BOSTON MARATHON IN MEMORY OF HIS SPORTS MEDICINE COLLEAGUES AND FRIENDS.

“Well I finally ran my first plus-three hour marathon, but I finished it,” said Dr. Amol Saxena upon completing the 2004 Boston Marathon.

“Thanks to my buddy Brian Fullem running with me the last 14 miles, I was able to sneak in under the qualifying standard (3:20:57) for 1180th place, on one of the hottest marathons ever run. (I was actually bib number 1587.) It was in the mid-80 ’s; about 17,000 finished and there was a record number sent to the hospital and in the med tents. Most of our immediate running group finished around 20 minutes slower than predicted. No matter how slow you run this course, it still hurts. But the crowds are amazing and they don ’t let you quit.”

Dr. Saxena a life-long runner who has undergone a number of knee surgeries said “Unfortunately my 50,000 mile warranty on my knees has expired. The

best running event I have ever competed in is the Boston Marathon. I wanted to “go out ” that way, by running my last one in Boston. I ’ve run it five times. I ’m going to do it on knees missing 25% of my menisci (knee cartilage) and on 50% of my usual running mileage. (I still have gas in the engine but not enough air in the tires!) I was thinking since this would be “it ” I could do it as a fundraiser for various charities. I don ’t like the idea of asking people to donate money to support what I long to do, but this is different. The orthopedist, Don Bunce, who arthroscoped my knees over the past years, died of a heart attack while jogging last April 15th. Four days later another of my sports medicine colleagues, James Klint died of cancer. The previous year in April, a high school teammate of mine Scott Fessenden, died of a brain tumor, and his dad loved running Boston. A nurse practitioner from our clinic, Ann Pampreen, who

ran two marathons for the Arthritis Foundation also died of cancer last year. They had listed various organizations to donate to on their behalf.

- American Heart Association (in memory of Don Bunce): www.americanheart-donate.org or 1/800/AHA-USA1
- The Northern California Arthritis Foundation (In memory of Ann Pampreen) attn. Christine Mancuso, 657 Mission St., San Francisco, CA 94105-4120 (info.nca@arthritis.org)
- The National Brain Tumor Foundation, (In memory of Scott Fessenden) attn. Rob Tufel, 414 Thirteenth St. Ste 700, Oakland, CA 94612-2603 (www.braintumor.org)
- The Juvenile Diabetes Foundation (In memory of Jim Klint): www.jdf.org
- The Leukemia Society: altshulerb@ca-sj.leukemia-lymphoma.org