

JONATHAN GAULT

Jonathan Gault lived in England until age 10, and that's where he learned to play soccer. He brought those skills to Bedford, and when he entered Bedford High School, he joined the winter track team – to stay in shape for soccer. Same with spring track.

He continued to play varsity soccer as a BHS sophomore, but said he gradually he realized that he loved distance running – and was good at it.

“I was very self-motivated. I really focused on being the best runner I could be, and track Coach Rich Schilder was really influential in instilling in me a love of the sport,” Jonathan said. He said he noticed as a freshman the qualifying times for the Eastern Massachusetts Division 4 meet in the two-mile, and knew that with enough training he could attain them.

Jonathan ultimately was an eastern Massachusetts Division 4 champion twice as a senior: cross-country in 2008 and the two-mile outdoors in the spring of 2009. He won five Dual County League championships in cross-country and indoor and outdoor distance runs, and was a seven-time DCL all-star.

He was honored by The *Lowell Sun* as 2008 runner-of-the-year, by The *Boston Herald* as an all-scholastic in 2007 and 2008 and by The *Boston Globe* as a 2008 all-scholastic.

Jonathan earned national and regional recognition as well. His sixth-place finish in the 5,000-meter at the 2009 Nike Outdoor Nationals earned all-America honors. He also was named to the third team, all-Northeast Region (12 states and the District of Columbia) in the 2008 Foot Locker Cross-Country Championships.

At Dartmouth College, Jonathan again “took running very seriously. The team aspect in college helped push me.” He was a four-year letter winner, named Top Freshman (2009) and Coach's Award winner (2012) in cross-country, and was cross-country and track captain as a senior.

In 2013 he was a regional NCAA qualifier in the 10,000 meters and was named to the U.S. Track and Field and Cross-Country Coaches Association all-academic team in outdoor track. He was also recognized as Dartmouth's best senior distance runner.

Most impressive, he received national recognition when he was awarded an NCAA Jim McKay Scholarship, recognizing “the immense contributions and legacy of pioneer sports journalist Jim McKay.” The award is presented annually to one male and one female student-athlete “in recognition for outstanding academic achievement and potential to make a major contribution in the sports communication industry.”

After receiving his undergraduate degree, Jonathan went on to Syracuse University, earning a master's in journalism. He is a writer for the website LetsRun.com, which bills itself as “the Internet's home for runners. Runners – those people for whom running is not something they do from time to

time – it's part of who they are.”

Jonathan has run a couple of half-marathons, and he said he would definitely like to compete in the Boston Marathon, if he can balance the training time commitment with work responsibilities.