Sunday was a day for milestones, inspiration and remembrance.

The first annual Jim Sauls Ride to Breathe event attracted nearly 100 cyclist and raised around $16,000 for the Respiratory Care Unit at Tallahassee Memorial Hospital.

The ride honored former Leon coach Jim Sauls, who died suddenly of complications from Asthma in April 2017, and featured cycling distances of 14, 32 and 46 miles.

The rides started and ended at Leon, with the longest distance taking riders to the St. Marks Trail and back on a warm, sunny day.

“It couldn’t have gone any better,” said Jimmy Sauls, who believed his dad - and avid cyclist - would have loved the event.

“Dad would have been all about this. It was nice seeing a lot of familiar faces, his former players.”

Sauls coached with legendary Leon head football coach Gene Cox for over 20 years. He became the head coach when Cox retired following the 1990 season.

Sauls was 71 when he died.

“It was so much fun,” Leon senior Max Manausa said of Sunday’s event.

“The weather was perfect, and I got to see Tallahassee from a new perspective biking with my friends and family. I can’t wait to do it next year.”

Harrison completes NYC Marathon

Including Ironman races, Maclay and Florida State graduate/medical student Kate Harrison completed her 13th marathon Sunday when she ran a 3:28:45 in the New York City Marathon.

Yet her first visit to New York City was both a memorable and emotional experience.

Harrison, 25, dedicated the race to boyfriend Cody Canavan, also an FSU medical student who was diagnosed with leukemia earlier this year.

Canavan, who earned a lottery slot into this year’s New York City Marathon, is completing his latest round of chemotherapy and was unable to race.

Harrison contemplated not participating in the largest marathon in the world, with 51,394 finishers in 2016.
Maclay graduate and FSU pre-med student Kate Harrison completed Sunday's NYC Marathon. (Photo: Kate Harrison photo)

“It didn’t feel right going without him,” said Harrison, who currently resides in Orlando for her medical rotations and many days started her training runs at 3:30 a.m.

“Cody wanted me to run, so I told him I would only if he let me give him my (race) medal.

“That really got me to the finish line.”

Harrison also was thankful to be part of history. Shalane Flanagan became the first American woman to win the New York City Marathon on Sunday since 1977.

“That was outstanding,” said Harrison, who averaged 7:58 per mile across the 26.2-mile course.

“I am really happy to see that and be here for it.”