

Denville lawyer's on the run, for the right reasons

Keith Paterson
52, Mount Tabor

Out of the ordinary

Paterson, a longtime attorney with a practice in Denville, calls himself "just an ordinary person."

"Ordinary people can do useful things if they put their minds to it," said Paterson, who actually does a little above the ordinary during his free time.

Paterson is a mentor and member of Team in Training, a fundraising program of the Leukemia and Lymphoma Society. He is also training for his fourth marathon to meet the team's goal of raising \$2,900 per participant for blood cancer research.

All the mentoring work, however, came quite unexpectedly for Paterson when he joined Team in Training in January 2006.

"I only wanted to run a marathon," he admitted.

Last year's Marine Corps Marathon team, on which Paterson was one of two mentors, raised more than \$80,000. He hopes to exceed that goal this year.

The training process

Paterson's next marathon will be Oct. 28, with the 34-member Marine Corps Team.

"It's a very inspiring event,"



TYLER BARRICK/FOR THE STAR-LEDGER

Keith Paterson is ready to run at his law office in Denville.

Paterson said of the run, which starts and ends in Arlington, Va., and goes through Washington.

In April, the Spring Team of about 65 members ran the New Jersey Marathon in Long Branch. Paterson finished in 3:45:51, and hopes to finish the Marine Corps Marathon in 3:35 to qualify for the Boston Marathon next April.

"As a mentor, my primary role is to help the new participants with fundraising, logistics for training, Web page setup and notification of events," said Pater-

son.

Team in Training's North Jersey Chapter is headquartered in Westfield and covers all the counties from Middlesex north.

Participants work toward competing in marathons, half-marathons, triathlons or 100-mile bike rides. Depending on the event an athlete chooses, he or she is assigned a fundraising goal. Paterson joins other mentors during training sessions, including week-end runs, as well as during telephone and e-mail communication.

Background

Raised in Jersey City, Paterson has been a competitive swimmer since childhood. His family moved to Hillsdale in northern Bergen County when he was 11 years old. A graduate of Pascack Valley High School, he earned a bachelor of arts in English from Susquehanna University in Pennsylvania and a master of law from New York University. Paterson also studied law at Florida State University and Oxford University in England.

He also is a Red Cross instructor in first aid and CPR and a certified lifeguard.

Family

Wife of 27 years, Sharman Paterson, whom he met while taking a summer course at Oxford. The couple has two daughters, Lexie, 12, and Victoria, 10, and a 10-year-old nephew named Christian, who lives with them.

How to help

Visit www.active.com/donate/tntnonj/KeithRunsMarineCorpsMarathonC or call Team in Training's main office in Westfield at (908) 654-9445.

— Susan Lake