

March 13, 1991

Councillor Sullivan

Whereas: On Friday, May 17, 1991 Manuel Slate will be honored as recipient of the Family "Y" "Lifetime Sports Person Award" for meeting and living the YMCA Philosophy of Spirit - Mind and Body and Longevity to the Association; and

Whereas: Manny, an avid Marathoner, has logged over 32,000 miles since he took up the sport in 1964; and

Whereas: Manny, a member for some twenty-six years, has served this association with distinction and pride, as a member of the Physical Education Committee and the Physical Fitness Council, and presently a member of the Burdette Johnson Health Center; and

Whereas: Manny also served the health care needs of the Inman Square Community for more than 30 years behind the prescription counter of his family-owned Pharmacy; and

Whereas: Manny possess^{es} the finest qualities of human existence - forbearance, patience and commitment to his family, his community and his sport; now therefore be it

Resolved: That this City Council go on record extending its heartiest congratulations to Manuel Slate on this memorable achievement as recipient of the "Lifetime Sportsperson Award" and wish for him continued health and success in all future endeavors, and be it further

Resolved: That the City Clerk be & hereby is requested to prepare a suitably expressed copy of this resolution for presentation to Manuel Slate on behalf of the entire City Council.

By night a pharmacist, by day a marathoner

By Irene Sege

You never know where you might find a marathoner.

One might be sitting on the School Committee. Another might publish a local newspaper.

And still another might run a neighborhood pharmacy.

Manuel Slate, 56, is the grey-haired druggist who stands behind the prescription counter at the Inman Square Pharmacy. Amid the 25-cent stockings and the specials on toothbrushes, Slate and his two brothers have been dispensing medicine at their Cambridge Street drug store for more than 30 years.

Slate is a quiet, friendly man. Yet beneath that mild-mannered exterior lies a marathoner.

Monday, Slate ran his sixth 26-miler — his third Boston Marathon. With an official time of 3 hours 29 minutes, he finished one minute behind School Committeewoman Sara Mae Berman.

Slate, who said he "never did anything athletic in my life before this," started running 15 years ago at the age of 42. He began after chatting with customers who frequented the soda fountain that used to be part of the drug store.

"I saw some improvement in a number of people who came in here," Slate said, recalling a local physician who told him of running at the YMCA.



VETERAN MARATHONER Manuel Slate is shown at the 16-mile mark in the 1978 Newport Marathon.

So Slate joined the Y's businessmen's program. One of his running colleagues is Chronicle publisher Bill Dole, 50, who ran Monday's marathon in 3:53.

Slate lost 30 pounds after he started to run — "I felt as though I was gaining a pound a year since World War II" — and has kept the weight off.

Slate started racing about 12 years ago, but didn't enter his first marathon until the

Newport Marathon of October, 1976. After seeing fellow runners finish the sweltering 1976 Boston race, Slate decided he could go the distance.

"When I saw people I knew survive that one he said.

Even though he's a late bloomer, Slate has picked up a number of honors in his running career. He recently was the first over-55 entrant to finish the New England 10 km masters' race. And last year he was the first person over 50 to finish a 7.5 mile Hyatt Regency race.

Slate offers encouragement to other runners. He has helped fellow businessmen through their first marathon, giving them hints like "Drink before you're thirsty." He tapes articles about running on the cash register at the pharmacy.

Slate likes being fit and is constantly

reminded of its importance as he dispenses medicine to his customers.

"You've invested so much in running, you want to stay in shape," he said, adding "especially in the business I'm in."

The rewards of running are emotional as well as physical, said Slate.

"It brings down a lot of your problems to a small size. Every time you work out it's almost like a mini-vacation. Sometimes you don't feel like taking that first step, but you always feel good after," he said.

Slate is still running five or six days a week — he was on the road again Tuesday — but he is tapering off his mileage after the rigorous marathon training of the last three months.

But in another three months, he'll start logging more miles as he prepares for the 1979 Newport Marathon next fall.

WATCH

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MAWNY

- HAS RUN OVER 32,000 MILES SINCE 1964
- MEMBER OF THE Y FOR 26 YEARS
- BORN 10-12-22
- PHARMACIST AT INMAN SQ PHARMACY
- MEMBER OF THE BURDETTE JOHNSON HEALTH CENTER
- WAS ^{FORMER} MEMBER OF THE ^{YMCA'S} PHYS ED COMMITTEE
- WAS FORMER MEMBER OF THE PHYSICAL FITNESS CONCIL ^{YMCA}
- MET THE "LIFETIME ~~TESTS~~ SPORTS PERSON AWARD" CRITERIA
OF MEETING AND LIVING THE YMCA PHILOSOPHY OF SPIRIT-MIND & BODY
AND LONGEVITY TO THE ASSOCIATION



City of Cambridge

19.

IN CITY COUNCIL

May 13, 1991

COUNCILLOR SULLIVAN

- WHEREAS: On Friday, May 17, 1991 Manuel Slate will be honored as recipient of the Family Y **'LIFETIME SPORTS PERSON AWARD'** for meeting and living the YMCA philosophy of Spirit, Mind and Body and longevity to the Association; and
- WHEREAS: Manny, an avid Marathoner, has logged over 32,000 miles since he took up the sport in 1964; and
- WHEREAS: Manny, a member for some twenty-six years, has served this association with distinction and pride, as a member of the Physical Education Committee and the Physical Fitness Council and presently a member of the Burdette Johnson Health Center; and
- WHEREAS: Manny also served the health care needs of the Inman Square Community for more than thirty (30) years behind the prescription counter of his family-owned pharmacy; and
- WHEREAS: Manny posses and exhibits the finest qualities of human existence, forbearance, patience and commitment to his family, his community and his sport, now therefore be it
- RESOLVED: That this City Council go on record extending its heartiest congratulations to Manuel Slate on this memorable achievement as recipient of the **'LIFETIME SPORTSPERSON AWARD'** and wish for him continued health and success in all future endeavors; and be it further
- RESOLVED: That the City Clerk be and hereby is requested to prepare a suitably engrossed copy of this resolution for presentation to Manuel Slate on behalf of the entire City Council.

In City Council May 13, 1991.

Adopted by the affirmative vote of nine members.

Attest:- Joseph E. Connarton, City Clerk.

A true copy;

ATTEST:-

Joseph E. Connarton, City Clerk



City of Cambridge

19.

IN CITY COUNCIL

May 13, 1991

COUNCILLOR SULLIVAN

ORDERED: That the City Clerk be and hereby is requested to prepare a suitable resolution congratulating Manuel Slate for being named The Family Y Lifetime Sportsperson Award.

City Council MAY 13 1991

Adopted by the affirmative vote
of 9 members

Joseph E. Conerton
City Clerk

Order # 19

S-641

CONSENT

Councillor Sullivan resolution on Manuel
Slate being named The Family Y Lifetime
Sportsperson Award.

In City Council,

May 13, 1991

Order adopted