



Hello BBS Alums!

We are excited to launch this newsletter on a monthly basis to highlight the philanthropic, academic, entrepreneurial and professional achievements made by our thriving BBS Alumni community.

Dr. Hassan Saeed Dashti graduated from BBS in 2006 to pursue an undergraduate degree in Molecular and Computational Biology from University of Pennsylvania followed by a Masters and PhD in Biochemical and Molecular Nutrition from Tufts University. He most recently completed running the 119th Boston Marathon, and will share his insight into that experience.



What was the significance in running the Boston Marathon for you?

The Boston Marathon is not just a road race –it’s something way bigger! Before moving to Boston in 2010, never have I witnessed a sporting event that brings an entire city together. And having lived in the city for 5 years, I was determined to partake in this glorious event to commemorate many years of growth and success. For additional motivation, I decided to fundraise for a charity aimed at tackling and preventing childhood obesity. By doing so, running the Boston Marathon was no longer just about me, but about a much important and bigger cause!

What type of training prepared you for the physical demands of the Marathon?

Running is perhaps the simplest sport out there. It is based entirely on a single repetitive motion. But as a novice runner, I needed to learn more about the skills that will enable me to last the whole marathon. Running 26.2 miles is not an easy endeavor! It was a combination of running guidebooks, conversations with runners, and group runs that I’ve come to learn the ins and outs of marathon training. I trained 4-5 times a week and spent my Sundays for almost 4 months dedicated to my long runs. Before you know it, you go from 5 to 20 miles! However, as much as it is a physical challenge, running long distances is also a mental challenge. Whereas training helps prepare you for the physical demands of the Marathon, dedication and determination are what helps prepare you for the mental demands of the Marathon!

Any plans for spreading this kind of health awareness in Kuwait?

I believe that Kuwait is definitely headed in the right direction regarding fitness. People are becoming more inclined to run long distances, and full marathons are now becoming more popular in the Gulf region. For example, Dubai’s full marathon is generating a great interest among runners. I really do believe that actions speak louder than words. With that said, by sharing my running experience on social media, I hope to bring people’s attention to this great sport.

We’re on social media, tag along!

 @bbsalumniclub  @bbsalumni

 @bbsalumni  @Bayan Bilingual

 Al Bayan Bilingual School (BBS) Alumni