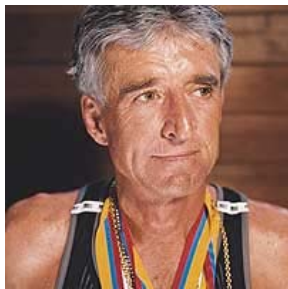


RUNNER'S

Motivation :Heroes of Running



Heroes of 2006

Heroes of running are everywhere

Go to any 5-K, marathon, track, or running trail in America, and you'll find them. They are the beginners who cross a finish line for the first time. They are the veterans whose commitment to the sport never wavers, season after season, year after year. They are the phenoms and the underdogs who defy limitations and shatter expectations. Every day at Runner's World, we are inspired by these runners. They all reinforce how with a simple act--the motion of moving forward--we can shape each other, our sport, our world.

Among all the impressive feats runners accomplished this year, there were nine athletes whose achievements made us especially proud, including the first American woman to break 2:20 in the marathon, the governor who is spreading his get-fit crusade across the country, and the world champion who is helping to feed the world's neediest children. We honor them--the Runner's World Heroes of Running 2006--not only for the heroics they've demonstrated but also for the future heroes they'll inspire.

The Survivor: Mark Goldstein

By Joanna Sayago

In 1988, Mark Goldstein walked into his dermatologist's office in Parsippany, New Jersey, to have a lump in his chest examined. The then 55-year-old communications executive and father of three eventually received a shocking diagnosis: breast cancer. "I was in disbelief that I could even develop breast cancer," Goldstein says. (According to the American Cancer Society, 1,720 men will develop the disease this year.) Goldstein underwent a mastectomy, chemotherapy, and radiation. Like many survivors, he was drawn to the Komen Race for the Cure, the 5-K series that promotes breast-cancer awareness, but the race he wanted to run was for women only. He registered as M. Goldstein and ran wearing the event's signature pink survivor cap. He loved the experience so much that he signed up for every event he could find. By 2006, he'd run all 114 Races for the Cure in the world, some more than once, for a total of 163. "Running has given me an opportunity to reach out," says the 73-year-old, "and be a benefit to a fellow human being."

The Inspiration: Rudy Garcia-Tolson

By John Rosengren

Rudy Garcia-Tolson can run a 5:57-minute mile--on two prosthetic legs. Born with pterygium syndrome, which prevented his legs from fully extending, Garcia-Tolson endured 15 unsuccessful surgeries to repair them by the time he was five. Doctors offered two options for mobility--a wheelchair or artificial limbs, the latter requiring above-the-knee amputations. "Cut them off," Garcia-Tolson told his parents and doctors. "I want to go outside and play." He was fitted with prostheses, and four years later, he ran his first race, finishing the mile in 17 minutes, last place. Another race, same story. Able-bodied kids called him "RoboCop" or "No-Legs Boy," but the determined Garcia-Tolson from Bloomington, California, pushed on, eventually completing an Olympic-distance triathlon and earning a gold medal at the Paralympics. His next goal is the 2007 Hawaii Ironman, a 2.4-mile swim, 112-mile bike, and 26.2-mile run. The 18-year-old, who graduated from high school in May, will be the first double above-the-knee amputee to attempt the event. "I'm just doing what I love to do--swimming, biking, running--whether I have legs or not," he says. "If I had legs, I might not be as active. This gives me more motivation."

The Mentor: Molly Barker

By Jane Unger Hahn

When Molly Barker, a four-time Hawaii Ironman triathlete, was running in sixth-grade gym class, she fell. She was devastated--not because she had fallen, but because her P.E. teacher accused her of not trying hard enough. "Middle-school-age girls never feel they are 'enough,'" Barker says. "They're not pretty, thin, or smart enough." Still incensed 25 years later, Barker founded a nonprofit program that encourages third- to eighth-grade girls to develop self-esteem through running. Girls on the Run International (GOTRI) is now celebrating its 10th anniversary. GOTRI girls meet twice a week for 12 weeks with a female coach, and at the end of the session they participate in a 5-K. "We tell the girls they can hop, skip, jump, walk, or run," says Barker, 46, a mother of two and former high school teacher. "We just want them to move forward, as in life." GOTRI has spread from Barker's hometown of Charlotte, North Carolina, to 149 cities in the United States and Canada, and is now reaching 50,000 girls. "Running is the space in my day when I feel the most beautiful--when I don't feel judged by others," Barker says. "And that's what I want for all little girls."

The Leader: Governor Mike Huckabee

By Charles Butler

Their jobs demand governors to handle weighty issues. but Mike Huckabee never expected one like this: In 2003, the Arkansas governor was diagnosed with type 2 diabetes. Doctors later warned him that he was so heavy (280 pounds on a 5'11" frame) that he'd be lucky to live another decade. Huckabee revamped his diet and took up running. By March 2005, he was 110 pounds lighter, off diabetes medication, and a marathon finisher. Huckabee took his get-fit crusade to constituents, launching Healthy Arkansas to promote proper nutrition, exercise, and the cessation of smoking. "For the first time in 25 years, Arkansas children's BMI rates have



remained static," says Huckabee, 51, who as chairman of the National Governors Association prompted 40 other governors to start similar initiatives. "We'd like to see them start declining, but you have to stop the train before you move in the other direction." Conversely, there's no stopping the governor. Not only is he a likely Republican candidate for president in 2008, but he's still running marathons. "I give my staff my running schedule six months in advance," he says. "God help them if they put something on top of it."

The Ambassador: Paul Tergat

By John H. Manners

Paul Tergat's achievements probably rank him as his era's greatest all-around distance runner—he's held world records in the 10,000 meters, 15-K, half-marathon, and marathon. But in a period marked by drug scandals and runners putting cash before country, the 37-year-old upholds a commitment to old virtues. His earliest earnings went to bring electric power, clean water, and health care to his home village in Kenya's Rift Valley. In 2004, Tergat was named Ambassador Against Hunger for the UN World Food Program. His celebrity and poise made him an apt choice, but there was more to it than that. Tergat and his 16 siblings had been beneficiaries of the program. "Food was scarce," he says. "We would stay home and look after livestock in the hope of getting something to eat." The promise of a hot meal brought him back to the classroom, and that's what he sees as the program's ultimate benefit. The defending New York City Marathon champion, who will race again in November, wants to foster a longer-term development goal: education. "Going to school and getting that food made it possible for me to realize my dreams," he says. "I want to help others benefit in the same way."



The Humanitarian: Lisa Shannon

By Michelle Hamilton

When Oprah Winfrey did a segment on the death, rape, and torture of women in the war-torn Democratic Republic of Congo last year, the show moved Lisa Shannon, 31, who was watching in Portland, Oregon, to action. "What's happening there is on the outer limit of violence and human suffering," she says. "I couldn't let that go." So the documentary filmmaker decided to run a local 30-mile trail in October 2005 to bring attention to the Congolese victims' plight. Her run raised almost \$30,000, enough to sponsor 80 women through Women for Women International, an organization dedicated to helping those affected by war. The recipients use the money for school fees and medical supplies and to learn a trade, such as farming or soap making. Shannon invited others to join her campaign—and this fall people in 10 states and four countries, including an immigrant from the Congo, hosted a mix of two- to 30-mile group runs, raising more than \$75,000. "This," says Shannon, who is recruiting more runners for 2007 events, "is just the beginning."



The Forerunner: Frank Shorter

By Peter Gambaccini

It had been 64 years since an American had won gold in the Olympic Marathon when Frank Shorter lined up for the distance in the 1972 Munich Games. But the Yale graduate wasn't intimidated. Nine miles in, he took command and held it, winning by more than two minutes. "You don't sit there and wait for something to happen," he says today. Shorter would be a heroic figure in American athletics if he'd stopped there, on the cusp of the running boom he helped launch. But his evolving role in the sport made him a commanding presence in distance running. "I tried to use what notoriety and credibility I built for good things," he says. Among them: He wrote the agreement creating trust funds into which a runner's prize money could be deposited, a vital step in transforming world-class runners into professional athletes. He became a vocal and constant foe of the use of performance enhancers in sports and worked to form the U.S. Anti-Doping Agency. (In the 1976 Olympic Marathon, Shorter took silver behind an East German who, it was later revealed, allegedly used drugs.) No longer a serious competitor, Shorter, 59, a lawyer in Boulder, Colorado, participates in races "where they like me." We're guessing that's pretty much anywhere.



The Trailblazer: Tim Twietmeyer

By Sean Downey

When it comes to both severity and speed, Tim Twietmeyer, 47, owns the most impressive streak in ultrarunning. In June, Twietmeyer completed his 25th sub-24-hour Western States Endurance Run—a 100-mile race he's won five times. After his record-setting feat, organizers presented Twietmeyer with a one-of-a-kind gold-and-silver belt buckle to top his collection of 24 silver buckles (the prize for finishing within 24 hours). Twietmeyer ran his first Western States when he was 22. In 1994, he set a PR of 16 hours, 51 minutes, and by 2003, he had notched an unprecedented 15 consecutive top-five finishes. "At mile 80, it's not all that great, but you live through it and then fondly recall how good it was," he says. Perhaps more impressive than all the miles he's logged is that throughout his career, Twietmeyer has avoided serious injury. "One of the reasons I've been going for 25 years is that I'm not trying to strap it on every week," he says. "I get one max effort in, then recover and get away from it for a while." Twietmeyer, a father of three who lives in Auburn, California, and works for Hewlett-Packard, has managed to maintain two other streaks as well—he's completed the American River 50 ultramarathon 26 times and the California International Marathon 23 times. "I want to be able to do this," he says, "for another 15 to 20 years."



The Record Breaker: Deena Kastor

By Peter Gambaccini

Before Deena Kastor took on the marathon, the future of distance running looked bleak for American women: None had held a U.S. marathon record, earned an Olympic Marathon medal, or won a major 26.2-miler against an elite international field for nearly two decades. Then Kastor did all three, breaking Joan Benoit Samuelson's 18-year-old U.S. mark (2:21:21) at the 2003 LaSalle Bank Chicago Marathon, earning bronze in the 2004 Olympic Games, and winning Chicago in 2005. Her streak continued in April with a 2:19:36 win in the Flora London Marathon, making Kastor the first American woman ever to run under 2:20. Kastor is now tied for first in the World Marathon Majors series, in which athletes are ranked by their performances in five big-city events, and hopes to secure her position with a win at the ING New York City Marathon. Diligence and intelligent planning have paid off for Kastor, 33. "Marathons are extraordinarily difficult, but if you've got the training under your belt, and if you can run smart, the races take care of themselves," she says. "When you have the enthusiasm and the passion, you end up figuring how to excel."



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