Out of the Pack: Todd's 100th Marathon

For Seattle Marathon board member and runner Todd Byers, crossing this finish line brought special rewards.

Standing in the line for the start of the InSport Seattle Marathon, looking around and knowing I knew, I heard the words, "Todd Byers, wearing number 100, is doing his 100th marathon today!" I was silent for awhile, laughed a little and said more quietly, "Hmm, Women are kissing him!" So true. Todd Byers was probably in some sort of NFL pile-up buried in colorful spandex tights. The heeding Todd's comment later (after assuming that it wasn't too late for another ‘well wisher's kiss’) was that he should have his 100th marathon more often.

The journey to these kisses started in January of 1998, when Todd realized that, with proper planning, he could make the Seattle Marathon his 100th. It wasn’t just about being a boar member and an officer of the Seattle Marathon Association (SMA), but because it was a “home town thing.” I observed this “home town thing” several times at the Northwest Dead Runner’s dinner the night before when Todd was presented with a 100th marathon cake, with the “well wishes” at the start and finish, and at the post-race “Brag and White” party, where a special banner for Todd’s display. To make the InSport Seattle Marathon his 100th, Todd first had to complete 13 others marathons in 1998. These 13 were: the San Diego Marathon in January, the Desert Classic Marathon in February, the Los Angeles Marathon in March, the Army Muscle Marathon in April; Vancouver, Capital City and the Columbus Marathons in May; the Rock & Roll Marathon in June; the Portland, Victoria, Spokane and the Maritime Marathons in October and the Cominelli marathon in November. Whew! Todd’s normal, energetic self even though when he ran a training marathon every weekend, all while working as a Boeing aerospace engineer and devoting several hours each week to the SMA. As well as enjoying racing himself, Todd wants to make running a good experience for others. He also volunteers with Interurban Running Club (IRC) getting out information on club runs and activities, and helping to put on the races. IRC says Todd, “gives me the opportunity to run with a really fun group of people each week. (See ‘club runs’ at the back of the magazine for information about meeting places and times of the Interurban Running Club)

Todd ran track at his high school in Berkeley Springs, West Virginia, but didn't run at all in college. He started running long distances in 1985 when he came to Seattle for his job with Boeing. At that time he trained for his first marathon stresses with the help of Roy Stevenson. Todd’s time was a respectable 3:17, and he enjoyed the race and wanted to do more—and that he has. In addition to his 100 marathons, which have spanned the continent from Anchorage, Alaska to Cosumel, Mexico; Todd has run some ultra-marathons, his longest is 81 miles at the Sri Chinmoy 240km Race.

Volunteer activities started for Todd in 1988 when he ran the Seattle Half Marathon, and then he became a member of the tired-but-grateful marathoners after- ward. He moved from the food line to a volunteer position on the SMA board in 1992. In 1998, Todd was elected to the position of Vice President of the board and is also President of the SMA Running Team. (SMART, he is careful to point out).

Part of Todd’s motivation in volun- teering is his desire to help others to enjoy running. He says that you never know if this is going to be someone’s first marathon and he wants to do what he can to make it a positive, memorable experience. This year, he gives 5-10 hours per week year round to SMA, organizing and planning the annual race. Todd’s contributions to the club are appreciated, and there are many opportunities for people to help out. Even two or three hours per year stuffing race packets or handing out water are a valued contribution.

Todd remained his normal, energetic self even though when he ran a training marathon every weekend. While running, working as a Boeing aerospace engineer and devoting several hours each week to the SMA. As well as enjoying racing himself, Todd wants to make running a good experience for others. He also volunteers with Interurban Running Club (IRC) getting out information on club runs and activities, and helping to put on the races.

The whole wheel and nothing but the wheel.

We all get plenty of similarities. But one is sure, you are a bike friend. High fiber, high protein, full of energy-producing carbohydrates... it is always a pleasant bicycle ride with a friend. We are happy to share our hobby. Todd Byers, wearing number 100, is doing his 100th marathon today!" I was silent for awhile, laughed a little and said more quietly, "Hmm, Women are kissing him!" So true. Todd Byers was probably in some sort of NFL pile-up buried in colorful spandex tights. The heeding Todd’s comment later (after assuming that it wasn’t too late for another ‘well wisher’s kiss’) was that he should have his 100th marathon more often.

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SUNDAY, OCTOBER 3, 1999

PORTLAND MARATHON 1999

The 19th year of one of the world's most popular marathons, the Portland Marathon is a classic race that attracts runners from around the world. The course takes runners through beautiful city parks, historic neighborhoods, and bustling downtown areas. The marathon is known for its friendly atmosphere and enthusiastic support from spectators.

Registration and Race Information:
- Age: 10 years old and up
- Distance: 26.2 miles
- Start Time: 8:00 AM
- Finish Time: 12:00 PM
- Course: Loop around the heart of Portland and through its scenic neighborhoods
- Prizes: Various awards for top finishers and age groups
- Registration fees: Vary depending on the date of registration

Special Events:
- Kids Dash: A special event for kids to experience the thrill of running a marathon
- Music and Entertainment: Live music and entertainment at various locations along the course
- Volunteer Opportunities: Various volunteer roles available

The Portland Marathon is not just a race; it's a celebration of fitness, community, and the spirit of Portland. Whether you're a seasoned runner or a first-timer, the Portland Marathon is an event you won't want to miss.
**Grand Prix Series**

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**Sign Up in-person for the Grand Prix**

December 7 through January 8 at Super Jock 'n Jill 7210 E. Green Dr. C

Race Day Sign Up at the Individual Races

**Special Inseart Seattle Marathon Section**

The series of four races for the hard core 
fun run, marathoners looking for a challenge, 
muscle building for the other with winter's cross country 
spin in between.

**$15 Series Entry Fee includes T-shirt**

$3 Individual Race Fee includes a race number and a great deal of cold, wet mud.

You must be a series participant to score points and you must run a minimum of four races to be eligible for awards at the post-series party!

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Dave Schiebel's road to a 1:38 4/5 victory at the Seattle Fair Marathon was bumpier than most. Less than six months before the race, Schiebel and his trainer, Fran Greenlake, were faced with a heart attack.

"I have no memory of the heart attack," said Schiebel. "I've pieced it together by talking to people that helped me, particularly Rosie Hopkins, a nurse and runner who was second on the scene. She was running in the opposite direction and saw me face down on the混凝土, but it was strange that I didn't use my arms to stop my fall.

Dave was scheduled to climb Mount Adams that weekend, to mix his love for the outdoors and his profession, outdoor photography, but the climb was cancelled due to indecisive weather. So, just like he's done for years on Saturday mornings, Dave laced up his running shoes and ran Greenlake.

"I'm very fortunate that Rosie is such a courageous person," Dave continued. "She turned me over, checked my vital signs, cleared the blood from my mouth and nose, and kept CPR. She saved my life. I had no pulse and was turning grey. The medic tells me I was out for eight to ten minutes, and I was awake for a long time without a pulse, especially with no flow of oxygen to the brain."

Firefighter worked on me as a team: one pumped my chest to keep my oxygen circulating and the other worked on my airway to help me breathe."

Medic One arrived, and after stabilizing Dave, they took him to Harborview Medical Center and then to the University of Washington, well known for heart disease. While Dave's medical problems were traumatic, his family and friends didn't know he was laying in the hospital. He said, "John Doe," since Dave did not carry any identification on his morning run.

"I'm very fortunate that my third day at my housemate finally found me, and the hospital contacted my parents in Montana, who gave the doctors permission to work on my heart."
SUNDAY, March 21st, 1999
Because the field is limited, we recommend that you register well in advance.

For information on Valley Isle Road Runners at (808) 871-6441
or visit our website at marathonsamui.com

EXPERIENCE MAUI...
Capitol Complex Wednesday and Thursday
“Of the ten most scenic marathons in America”
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For a complete race packet, stop at the registration booth.

Results:
44 January 1999 NORTHWEST RUNNER
45 January 1999 NORTHWEST RUNNER
Report from the Front Lines: The Seattle Kids Marathon

Two of the teachers who made it across their stories

By Carol Degnan and Cheryl Paul

CAROL: AS SOON AS I heard about it, I thought: what a great idea! Kids in elementary and middle school will be a part of the 1998 InSport Seattle Marathon. They'll run about a mile a day, track their mileage, and complete twenty-five miles. Then, these kids will be rewarded by being able to run the final 1.2 miles of their full-marathon distance. It's a course finishing under the official finish line banner.

Kids can incentive prizes, too, when they complete five, 10, 15, and 25 miles: "toe tokens"—pink, blue, green, orange—sweatshirts, as well as children's shoes to thread them on. And, just like the adult marathons, the kids receive a T-shirt on race day. Kids are not pressured to be strong, fast, or competitive; they can even walk their miles. As an elementary or middle school physical education teacher, I hoped this program would be the "shot in the arm" my school needed to encourage more youngsters to run. Why didn't someone think of having a kids' marathon before?

Also Bonney is the person who did think to bring a kids' marathon to western Washington. He has been directing races and coaching runners here since the late 70's. He heard about the program at the Austin Marathon, and presented the idea for a Kids' Marathon to a meeting of elementary physical education teachers in my school district, Everett. Thanks to Bonney's enthusiasm and the dedication of my colleagues, more students registered from the Everett School District than from anywhere else—140 of the total 267 students. Monroe Elementary School in Monroe was the only physical education teacher Chris Verhage, signed up 54, the most of any school. Motivating younger students to run more than halfway across the playground can be difficult. Some children have not developed the physical strength to succeed at endurance sports. Most children have short attention spans and give up running distances before they are physically tired. Many youngsters have not experienced long-term goal setting, so sticking to a running program day after day is challenging.

At recess and/or after school, my students ran a course that was five laps to the mile, our daily distance goal. On rainy days, students ran 30 laps around the gym for their mile. Rather, they walked and ran. To encourage more running, I timed my students on single laps. The kids liked working to improve their times as much as they liked working for toe tokens. In addition, to relieve the monotony of those laps, we made obstacles to jump over and slip around around.

Cheryl: At Briar Elementary, the "Briar Runners" were started, and 40 kids turned out. Troy Hensinn, a fifth grader, said: "I thought it would be a big accomplishment to run in the kids marathon." The program was worked into an existing fitness program, and some students measured out a mile. The whole school got behind the event, including "Go Briar Runners" on the school reader board. As a runner, I was thrilled to see young people get so much fun, a positive activity. Too often coaches use running as punishment.

Race Day

CAROL: AS THE MORNING of the final run at the Seattle Marathon changed from a drizzle to a downpour and to dourly rain, luckly, new sights and sounds helped distract my students from the cold. They were spillwelled, arriving at the stadium and looking down at the course, stretched out across the field. While waiting in the stands, the kids paid attention to the race. Before finishing, the announcers, the runners wearing space blankets to keep warm after their race—showed the new stretching exercises we made up in the stadium seats. As we stood on the sidewalk waiting to start, it seemed there were as many as parents as kids. The runner-parents would be used to keep everyone heading in the same direction. Courtesy Bannell, a kindergartner from Silver Fir Elementary School near Mill Creek spoke for most of the kids: "We had a great time. It was rainy and cold, but we didn't care."

Kids splashed through the puddles, running ahead of their parents, as we zigzagged through the Seattle Center. According to Kristin Hartzler, a Silver Fir third-grader: "The thing that was the most fun was running through the tunnel into the stadium." Kids looked for their receiving T-shirts at the end of the run. Adding to the excitement, volunteers also handed out the much-appreciated space blankets! In the Mercer Arena, the kids especially liked the prizes from the drawing.

Afterwards I asked any students what they would tell kids who were wondering if they should do the Seattle Kids Marathon next year. Without hesitation, the entire group yelled, "Sign up!"