

# The 2004 Seattle Marathon

With over 13,000 participants, the 2004 Seattle Marathon held over the Thanksgiving weekend had a record turnout in all categories. From the PRO Sports Club, 37 members and staff completed the 2004 Seattle Marathon or Half-Marathon. Congratulations!



**Top:** PRO Personal Trainer Danielle Walters celebrates her completion of the Seattle Marathon.

**Bottom:** Members of PRO's Marathon Training Program gather after cheering each other across the finish line.

“There were total beginners who had run no more than two miles to marathons who were looking to improve their time,” says **Kristina Laidler**, talking about the PRO Sports Club Marathon Training Class, the first of its kind to be offered last summer. This was the first marathon for Laidler, who began running 1 ½ years ago. “It’s so exciting! This was a goal I had, and the class looked like the way to go. There was such good support from the trainers and staff. They’re all such professionals and have a lot of experience in this. They know how to encourage and lead people. Everyone had a specialized, individualized training program. I learned so much. We all supported each other. I ran the first 17 miles with some people from the class. We chatted the whole time. Every step of the way, it was such a good time.”

It was also a first marathon for **Katie LeLand**, who ran a half-marathon last year. “Last year, by the time I finished the race, I felt horrible and told myself I’ll never, ever do long-distance running again. I thought I knew what I was doing because I’ve been running off and on. This year, even though I ran twice as long, by the time I finished, I just felt excellent, and it’s all because I listened to Josh and Corey and what they’d taught me throughout the class. It definitely made a huge difference in my attitude and how I approached it. Even if I felt I was having a bad Satur-

day run, they’d say, ‘You’re doing fine.’ You build up your confidence. On race day, I was a little nervous at first, and then picked up my speed thinking about what Josh had told us. I felt excellent. With every passing mile, I kept thinking, ‘Oh my gosh, I’m feeling really great. I can do this. I can do this even faster!’ That was just amazing to me. It was a great experience.”

For **Roger Lengel**, who’d run two marathons, it was a way to benefit from the expertise offered at the club. “Josh taught us how to monitor and stay within our heart rate zones. We learned how to run a very long distance, and how to economize our energy. He also gave us nutritional tips, mapped out a plan of attack for us a week prior to the race on what to eat, drink lots of water. It was very worthwhile. At the race, the crowd and support was fantastic. There were people practically along the whole course. I had a bad day with my legs. They stiffened up midway, but I feel good now thanks to Carol, the massage therapist at the club. She worked me over on Monday and that helped me recover.”

**Radmila Sarac** had never run before. “I set one physical challenge for myself each year,” says Sarac. “This year I was planning on climbing Kilimanjaro to overcome my fear of heights, but my boyfriend proposed to me and I had to postpone my trip. I was looking for

another physical challenge and selected running because I'd always felt that my body wasn't built for it. That's where the training really helped. Josh and Corey were so supportive. They prepped us really, really well. They kept us motivated, gave us training runs so we could do hills, and took us out on the actual course. That really helped familiarize us. In the middle of the training I thought, 'A half-marathon? That would be a piece of cake!' Besides the great achievement of running 26.2 miles, I found that I got to know Seattle all over again because we were running through Seward Park, the Arboretum, all over the place. It was such a fantastic experience!"

"I've done half-marathons and 10Ks, but this is the first time I'd trained for something this big," says **Michelle Harmon**, "It was really fun. The trainers who helped out were phenomenal in dedicating their time. The group was very diverse in ages and backgrounds. It was neat to get to know some different folk and succeed in the goal we all set out to accomplish. I was aiming for under four hours, but was just happy to be able to run the entire time and

finish. And I finished strong. I felt very good. I haven't been too sore, so I think I was well prepared for it."

For **Patricia Walsh**, this was her third marathon. "Beyond my (improved) time, I felt a lot more confident and a lot more prepared for this marathon than previous marathons," says Walsh, who is legally blind. "I was very thankful for the training and Joshua was amazing. I've had the goal to run the Boston Marathon for as long as I can remember, and decided about two years ago to start training for it. Now I've run three marathons. It's become an important part of my life. The race went very well. I ran into a few other people who had taken the class and we ran a large part of the marathon together, which made for a really supportive environment and a very positive experience."



Roger Lengel is congratulated upon his completion of the Marathon by Josh Fitchitt and Corey Weathers from PRO's Group Fitness Department.

Photos courtesy of Will Lengel

## The 2004 Seattle Marathon

# results

### PRO Sports Club Marathon Training Class – Marathon

1. Travis Adams	3:55:13
2. Hammish Anderson	3:56:00
3. Nancy Anderson	5:41:47
4. Michelle Harmon	4:12:47
5. Kristina(K) Laidler	4:09:58
6. Katie LeLand	4:03:38
7. Roger Lengel	4:39:35
8. Jennifer Ploszaj	5:02:59
9. Radmila Sarac	5:16:22
10. Laura Thompson	5:29:37
11. John Traynor	4:33:12
12. Patricia Walsh	3:58:26

### PRO Sports Club Marathon Training Class – Half-Marathon

13. Lori Joyce	2:32:07
14. Kimberly Smith	2:05:59
15. Tina Terry	2:43:06
16. Donette Venn	1:56:28

### PRO Sports Club Members – Marathon

17. Tom Gruver	3:55:53
18. Michael Harms	3:34:41

### PRO Sports Club Members – Half-Marathon

19. Scott Green	1:26:38
20. Kelly Hirsch	1:59:12
21. Michael Lipp	1:48:46
22. Cheryl Salazar	1:52:13
23. David Scheelar	2:20:58
24. Emily Wong	2:23:47

### PRO Sports Club Personal Trainers – Marathon

25. Ryan Donavan	2:51:13
26. Nelson Lau	6:08:24
27. Danielle Walters	4:54:09

### PRO Sports Club Personal Trainers – Half-Marathon

28. David Ayala	2:08:49
29. Don Burton	2:53:30
30. Lindsey Caley	2:08:03
31. Joshua Fitchitt	1:29:00
32. Matt Hjertstedt	1:37:05
33. Milena Jankovich	2:15:02
34. Erik Nelson	1:55:37
35. Karrie Pilgrim	2:29:55
36. Corey Weathers	1:52:00
37. Audrey Wright	2:29:55