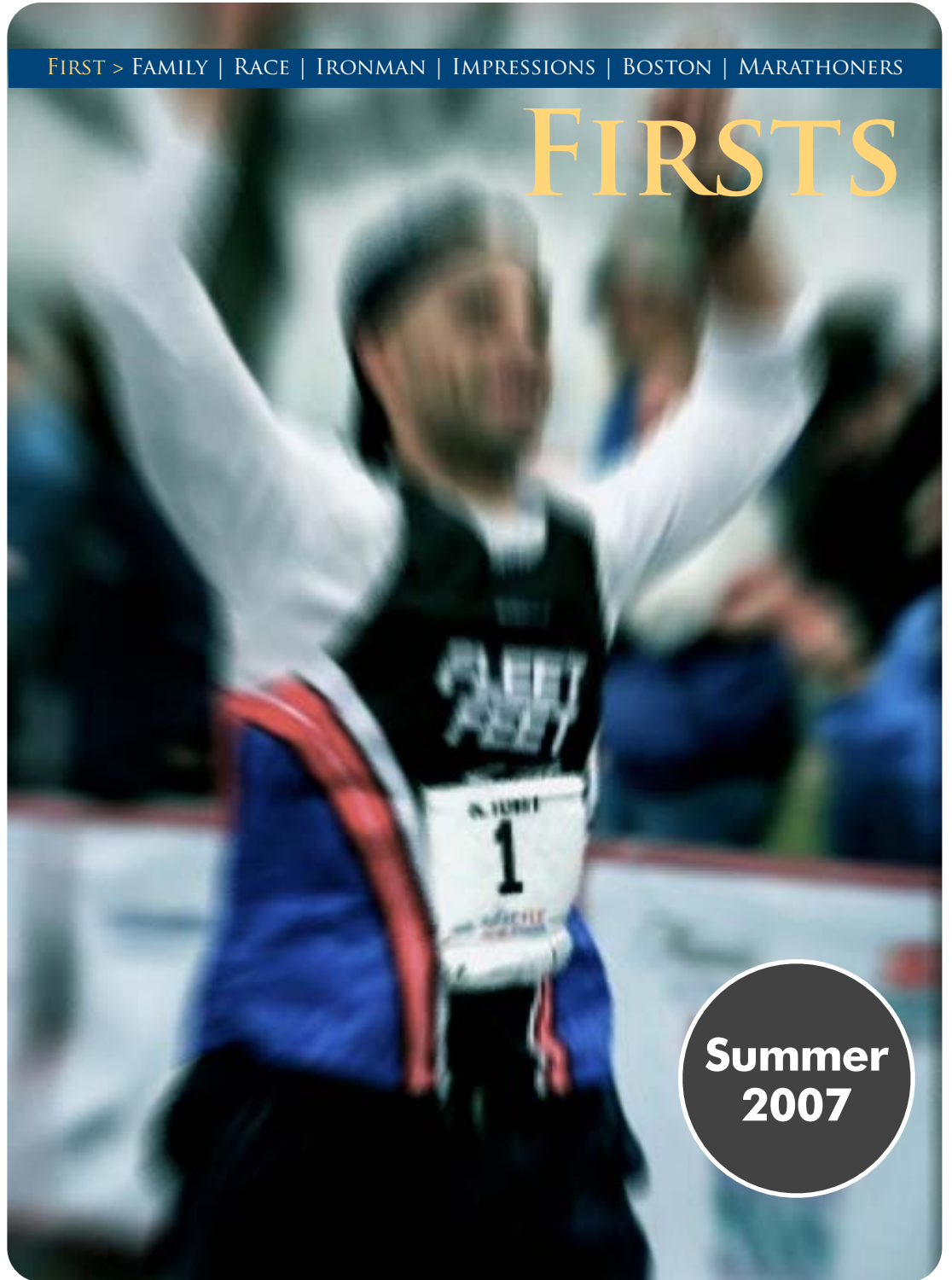


FIRSTS



Summer
2007

RUNNING IN OFFICE

While growing up and working at his parents' running store, future D.C. Mayor Adrian Fenty learned that there's more than one meaning to the term "Front Runners."

Interview on page 2 ▼

FIRST RACE TRAINING

Outreach Director Blake Rushin talks about the new DCFR 5K beginner's training program that starts on July 7. Let's support our newest Front Runners!

Story on page 5 ▼

IRONWOMAN

Nope...it's not a story about Margaret Thatcher. Our own former head-of-DCFR Taneen Carvell recalls training for her first Ironman Triathlon.

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FRONTPAGES



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April 18, 2007 | Sworn in as mayor of the District of Columbia in January, Adrian Fenty was initially known to the metro area running community for years through his parents, Phil and Jan Fenty, owners of Fleet Feet in Adams-Morgan (*photo, right*). Among Fenty's spring races was the Wire-fly National Marathon, in which, running under bib number 1, he finished with a net time of 4:08:03. The mayor spoke with DC Front Runner Michael Lustig.

Michael Lustig: I got my running career start at your parents' store, 11 years ago, when I first walked in and said I want to run, and I will be doing marathon number 20 this fall.

Mayor Adrian Fenty: Wow, 20 marathons in 11 years. Very good for you. Very good for you.

Lustig: Things keep holding up, so as long as I can.

Fenty: What shoes do you run in?

Lustig: Right now, it's Brooks. I just switched to Brooks Adrenaline. Right now, everyone seems to be wearing them.



A Conversation with Mayor Fenty by Michael Lustig

Fenty: Those are good shoes. We could talk about running shoes all day.

Lustig: How's your training these days?

Fenty: It's going good.

Lustig: What's next on your calendar?

Fenty: Lake Anna [a half-Ironman triathlon, on Sept. 8].

Lustig: Now that you're in office, how has that changed your training at all? Has it made it more difficult?

Fenty: As long as I keep to my 6 a.m. every other day—Monday, Wednesday, Friday—running, I get in biking and swimming whenever I can.

Lustig: I should be so disciplined.

Fenty: 6 a.m. runs, it's tough on you, but there are no other distractions. No one else is up.

Lustig: Had you planned on doing the full marathon in the National Marathon?

Fenty: I have one strategy for a marathon, and that is I am going to enter and run as far as I can.

Lustig: Were you satisfied with that time?

Fenty: Yes.

Lustig: Because I'd seen the reporting earlier in the week that the mayor was expected to do the half marathon, and then a friend of mine had finished and all of a sudden they were saying, here comes the mayor.

Fenty: Tell your friend not to beat the mayor anymore. Every race I finish, I never beat the mayor.

Lustig: The organizers, from what I've read, want to make that race sort of an all-city race like the New York marathon, running through all the neighborhoods.



Is that something that the city can get behind?

Fenty: Absolutely. The city is already behind it. We may have to make some adjustments, but that's fine.

Lustig: There was some coverage in the Post afterwards critical about road closures, getting the word out. Was there just not perhaps enough communication so that people knew this was going on?

Fenty: Human beings rarely do anything to perfection and planning a marathon is one good example of that, and we will work harder as the years go by.

Lustig: Is there something that you can do, or is there something in the works already, in which you can take your interest in physical fitness and try to get it out into the community, sort of thinking that America's getting more obese. Can you sort of parlay your interest in physical fitness to that?

Fenty: We'll explore for the right opportunity, we will. Another message, the way I go about working out, obviously, [is] you should find time to work out. Pretty often, we work until at least 9 o'clock at night, literally out working 'til 9 o'clock at night—I'm not even sitting behind a computer—and I find the time to squeeze in pretty much early workouts each week. I think maybe even just the simplicity of that, I think, kind of is a message. But we'll find other ways. I did a triathlon with the medical students of Georgetown University and they were raising money for a clinic, a low-income clinic that they work in. So I thought that was a great way to highlight what you can do. There will be other things.

Lustig: You did an interview with *Metro Weekly* in November 2005 when you were running [for office], you mentioned that one of your first exposures to the GLBT community was as members of DC Front Runners would come to your parents' store. Can you talk a little bit more about that?

Fenty: It's pretty straightforward. I started working in my dad's shop when I

was 14 years old, and we always gave a Front Runners discount. As long as I can remember, there's been a Front Runners discount. I guess you all were established prior to June 8, 1984, when the store opened. I remember Warren [Snaider] coming in the store back then, and other leading Front Runners. That's the beginning and end of the story. Fleet Feet national, I believe, has always been supportive of Front Runners, and embedded in that is that I guess I did grow up with the thought that business and community should support the GLBT community. It was never a question. That was a part of my growing up.

Lustig: When the stadium location was chosen, there were a number of businesses that were displaced by that, including a number of gay-oriented businesses. There was some talk at the time to assist not just the gay-oriented businesses but any businesses down there with relocating if they want to. Is that still something on the table?

Fenty: As far as I can recall, I know I committed to helping out with that. I remember going to a meeting in Southeast, in that area, with a number of other council members, I think [Jack] Evans, some others, [Jim] Graham. So, I think the commitment is there. It's a matter of working with the owners to find a place, help them.

Lustig: One last question. You said in last week's *Blade* that HIV/AIDS is your



D.C. Mayor Adrian Fenty with Michael Lustig

number one priority. Tell me just a little more about that.

Fenty: We see it as something that both needs to be raised as a higher priority, meaning the mayor, city administrator, department of housing director, have to have a lot more engagement in policy on what needs to happen, what needs to happen to help prevent the onset of more cases of disease, or the spread of it. We got poor grades for condom distribution, which is a very simple thing. But we also, for instance, got terrible grades at educating young people in the schools. With our schools initiative, hopefully that's going to come to an end very soon as well. Providing more resources to organizations on the eastern side of the city who do outreach, marketing and testing. So there's just a number of things I think we can do. Our goal is to start off to be the number one big city in terms of HIV and AIDS prevention and treatment ... move to a place where we've got a very respected, well-running HIV and AIDS administration.

Lustig: Are there things that community groups, even groups like Front Runners, can do to work with your administration on doing that?

Fenty: I think so. Front Runners is a running organization. There's high school track teams on the eastern side of the city where there is not a lot of outreach and education, at least not as much as there should be. Partnering with those organizations, getting into the schools, getting into the neighborhoods, that's one great way to start. There are probably many others that we could come up with. ▼





Today, Phil and Jan Fenty are more popularly known as the proud parents of the mayor of our nation's capital. But to long-time members of DC Front Runners and the DC-area running community, the Fentys are the owners of Fleet Feet DC, a prominent local running store.

"We opened the store in 1984," said First Father Phil Fenty. "We've been a family store since we began. My wife Jan, oldest son Shawn and I run the store. My other sons Adrian and Jesse worked at Fleet Feet through high school and college."

The DC Front Runners and Fleet Feet have a long-standing relationship dating back to the store's opening. For over 23 years, the store has offered a discount to club members.

"We were approached by DC Front Runners in 1984 to give a store discount to their members and we were glad to do so," said Fenty. "As a retailer, we have a responsibility to give back to the community. And the Front Runners have always given back to our running community by supporting local races and encouraging more people to run. It's been a real good, positive relationship."

As a long-term observer of the Washington running scene, Fenty has witnessed a shift in our running community. Fenty noted that in the first running boom of the Eighties, running was a bit more competitive and there was more emphasis on speed.

"Today, running has become more mainstream and fitness-oriented. There's much more diversity in the people that are now running, especially with the large marathons and charitable races," Fenty

observed. "There's also the age factor since we are living longer. Many have started to realize that they need to be in better shape so they can enjoy what's possible in their future. People now recognize that they have to get healthier and need to exercise."

For the first-time runners who will be joining DC Front Runners' upcoming 5K Race Training Program, Fenty had a few sage words of advice.

"New runners should pay attention to their equipment. Getting the right kind of shoes and apparel will make running much more comfortable and pain-free," Fenty advised. "They should also focus on their entire body by cross-training. Building up the muscles around the knee and developing upper body strength will keep you running happy and healthy for a very long time."

As for his new role as First Father, Fenty is justifiably proud of his son. "My goal as a father is to expose my children to what is available and encourage them to seek what's best for them. While Adrian successfully sought to become a councilman and mayor, all of my sons have set high bars and lofty goals," Fenty said.

Have things changed since Adrian became Mayor? "Adrian and I still participate in three to four races or triathlons together, although we train separately. He's a lot faster, but through these races we're still able to spend terrific quality time together." ▼

FIRST > DAD

by Marcel Acosta

FRONT RUNNER FEATS

Spring 2007 Accomplishments

Boston Marathon

Lennie Carter
Charlie Divan
Jacques Lecuyer

National Marathon

Vijay D'Souza
Jacques Lecuyer - 2nd AG
Blake Rushin
Eddie Valentine - 2nd AG

*DC Front Runners Team
placed second in National
Marathon challenge!*

Disney World Marathon

Steven Boyington

Antarctic Marathon

Jerry Langan

Miami Marathon

Jacques Lecuyer

Big Sur Marathon

Brian Beary
Allen Greenberg

Nashville & Delaware Marathons

Ed Green

Frederick Marathon

Jacques Lecuyer
Guy Munsch

GW Parkway 10 Miler

Ed Green - 1st AG
Warren Snaider - 2nd AG
Blake Rushin - 3rd AG

Manna 5K

Brian Beary - 3rd Overall

