



TRANSITIONS

Ed
Green

I'M A FRONTRUNNER

Retired Oceanographer, Academic, 2007 DCFR Over-Achiever with 33 Races, 76, Member since 2005

Growing up a surfer in sunny California had a lot to do with my appreciation and passion for athletics. I wanted in the worst way to become a professional surfer, and when it occurred to me that I could not make a decent living at that, I decided I would have to go to school and make something of myself. I naturally gravitated toward oceanography—the only subject I knew anything about—the surf!

While in academia, I held teaching positions at Carnegie Mellon and the University of Maine. I continued to pursue other passions, namely scuba diving, running, and downhill skiing. Being surrounded by students had, in hindsight, a strong influence on me—it gave me the desire to remain young.

I joined DC Front Runners in 2005, and was first drawn by the club's event commemorating the 30th anniversary of *The Front Runner* by Patricia Nell Warren. I remember rather clearly the novel's publication in 1974—those were very different times to be gay. Things have changed over the years—mostly for the better.

My workout routine is a bit grueling, and some think excessive. It works for me. Four days a week I start with a four mile run, and then do some strenuous weight training with a personal trainer. Tuesdays and Thursdays I add some interval train-

ing and speed work, and these mornings usually begin very early at 5:30. They make for a tiring and exhausting day. I'm usually in bed by 9!

My reconstructive knee surgery in 2006 was a big setback that had me worried. While I had a great surgeon and had great prospects for a full recovery, I was both nervous and concerned. I have to say I have come back stronger than ever, and would encourage anyone facing a similar challenge not to give up hope—they can rebuild you!



I've run 14 marathons to date, and don't have any plans to quit soon. I do more enjoy the shorter races, and could not possibly count the total number I have run over the years—thousands I am sure. Seizing first place in my bracket at the Seashore Striders race circuit this season was one of my

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prouder accomplishments, not to mention first place at the Philadelphia half marathon in my age group, and first place for the Pacer's running series—for which I won a cash prize! I've had a pretty good year.

For me, the recognition that DCFR confers upon members for their various running achievements is the highlight of the club's mission. There are so many members who run such respectable accomplishments. I think it is great to be part of an organization that recognizes those who justly deserve it.

DCFR Lillian Wolf once told me, "Honey, if you just keep coming back, soon they all start dropping out and you move right to the top of the age bracket and win." While there is truth in this statement, it is far easier said than done! It takes a lot of work coming back and staying trained—and the competition among septuagenarians is fierce. As Darwin put it, it's survival of the fittest.

Having completed over 33 races this year, I earned the DCFR distinction of "over achiever." I agree that is quite a few races, particularly given that at my age most of my contemporaries while away their time at the senior citizens center. I'm not exactly sure where the center is located, but believe I may have run past it during the DC marathon. ♡

Interview by Jerry Langan