



Inspirational Stories

FROM DMC FREE PRESS MARATHON PARTICIPANTS

Dear Craig,

Thank you for your e-mail, and yes congratulations to all of us!

My journey with the marathon started last year when I lost significant weight by walking 20 - 30 miles a week and was feeling my best. When I saw your training schedule on e-News I said yes I can do this! After my friends & family saw my success and determination from last year, they decided to take the challenge this year.

What started solo has now grown to seven friends & family joining me in the half-marathon this year. It has created lots of positive energy and already I have co-workers, friends & family asking if we are doing this again next year. It has been a great way to get together, walk for a cause or just walk for yourself. It has taught me that I am up for a challenge and enjoy the sense of accomplishment that comes with completing a half-marathon. I know this will carry into other things in my life, because if you can keep going after Mile 8 and finish beating your time from last year, you can do anything once you set your mind to it.

I also want to thank the DMC for offering the shuttle for its runners/walkers. For myself that sealed the deal, because it made it so much easier and stress free. I love my RUN with DMC t-shirt and wear it with pride. Hope to see everyone October 16, 2011; we might need a bigger bus! Thanks, Verda.



I am grateful to my legs and heart for this achievement, certain encouraging friends and family and to *my employer*. **DMC** has been a part of my progress every step of the way, too.

I must admit that I have **NEVER BEEN A RUNNER**. I did not participate in track in high school and the mere thought of running 4 laps around the track made me faint. In fact, I think that I did faint in high school gym class once. I am now twice as old and after my third baby. (Thank you Dr. Vista, Hutzel Nurses and NICU.) **Become a runner? Are you nuts?** Yes, I have been trying to get back into those pre-pregnancy clothes. So, I had been stepping up my activity level i.e. biking, walking and taking stairs. I "just say no" to elevators and shuttles. (*Thank you to DMC Parking and Badges for arranging my daily walk/run of 3 blocks and 11 flights of stairs.*) But, I would never consider doing 52 laps around the track in one morning!

Then, I was presented with the Detroit half-marathon challenge via DMC eNews. Just 12 weeks ago, I received a DMC eNews with a link that provided a *free* training schedule. I entertained the

idea. I printed the training schedule, hung it on my fridge, and shared it with friends and family. Before I knew it, I was at week two of consistent gradually increasing daily run/walks. So, I shelled out the money for a pair of *sale* running shoes. I was slowly beginning to digest the idea that I would soon be able to commit to this whole new persona of cardio fitness.

After four weeks ... the naysayers and comments from worried family members that "didn't want me to hurt myself" were dogging me with self-doubt. So, I emailed the name listed on the DMC eNews, RIM's Fitness Center Manager, Craig DeLeon. I described my progress and asked him if my 13.1 mile goal was realistic. While the question in my mind was "***Could an out-of-shape, non-runner follow the training schedule and actually run a half marathon in just 11 1/2 weeks?***" He graciously replied promptly and responded with cautious encouragement to listen to my body and keep my doctor up-to-date of any concerns, but reassured me that I could indeed complete the 13.1 miles in under 4 hours (maximum allowed time) if I continued to train without major problems.

So when I received another DMC E news that indicated with the DMC code I could get the early registration price and a *free shirt to boot*, I signed up for the Detroit Marathon. I liked the idea (of not having to pay full price, *just in case my training plan went astray*).

As I continued to train for my big goal, I learned many lessons: . water and potty breaks are most essential . . . I get to and need to eat more . . . straighten-up for better running form to have less pain . . . the first 2 miles are the worst and toe nails are really over-rated.

So the answer to my question is yes! This can be done. After only 11 1/2 weeks, this nervous newbie runner set out for the Detroit International Half Marathon with the personal time goal of *just under 3 hours*. Actually, I did much better than that. As the runners on the cross country team say, "I PR'ed" or achieved my best Personal Record for time. Most importantly, I remained healthy and I was able to keep my slow "run" pace most of the way with a smile on my face. J, What an exciting way to spend the morning! The views were beautiful! The crowds were encouraging and musical! The event was run smoothly and participants kind and encouraging! I thank all the marathon participants and volunteers for a great experience, especially the DMC and RIM for assisting with the event.

I share my story to encourage others and close with this thought... *Slow is the New Fast whenever you finish! You did it!*



THANK YOU!

What an enjoyable experience. The DMC was a major part of our family having a successful and memorable "trip to Detroit." The convenience (ease in/out of the race course, availability of parking at DMC, bathroom access) coupled with the fun, friendly vibe of co-workers/families (all with Matching Shirts!) helped us get the race off on the right foot before we even toed the start line.

Did I mention how cool the shirts are!? RUN . . . DMC! Catchy, bold . . . a slogan taking me back to the old school music act of a "similar" name. . . and highly visible to all around. Proud to wear the shirt; proud of our workplace. Thanks again, our family is already looking forward to next year! -- The Kachnowski Family



Dear Friend,

I was truly IN THE ZONE running my first 1/2 Marathon; my husband mastered his first full Marathon. We started (with) a learn-to-run program on Jan 18/10, then advanced to (an) improve-your-5-or-10k program. I told my husband 'that's as far as I want to go.' Well, my husband signed us up to the 1/2 and full marathon clinic, and what a tough, hot, summer training we had.

I realized at my age of 45 years. . . The two most important factors for me were to monitor my heart rate and fuel my body with lots of fluids and good foods. I had no injury throughout my

journey, until 1 1/2 weeks prior to the Marathon . . . I couldn't run pass 3 miles without suffering lower leg pain. I quickly saw my physiotherapist and was (diagnosed) with shin splints. She ultra sounded my leg and taped down my muscle to the bone 3 days prior to the race day. Would you believe the Marathon day was my best run EVER. It took me 2hrs 16mins. I was choked with tears, amazed at the organized starting line up. Hearing the bands every mile of the way and the cheering crowd kept me going. I saw my children/family on the Windsor side along with my Physiotherapis . . . they all got a hug. Thank you so much for all your support. I will be back in the gym in a couple of weeks.-- Sincerely -- IN THE ZONE . . . The pictures of me were outstanding . . . great memories.



My Marathon Story:

This was my first Marathon and a wonderful experience. I will definitely do it again. I have been running, for exercise purposes only, for about 8 years. The longest I have ever run at any one time was 5 miles. I started my training four months prior to the Marathon. During my training, I was diagnosed with Plantar Fasciitis (a foot injury). I continued to run, while being treated by a DMC Sports Medicine Doctor.

After I completed a long run of 19 miles, I developed a soreness in my right calf. I was determined to complete this race. I put a lot of time into the training and mentally told myself everything would be just fine.

With one foot wrapped and the other in an ankle brace, I showed up for the Marathon not knowing what would happen. I signed up for the last chance pace team of 6:30. This would be the last individuals to cross the finish line at 6 1/2 hours. Once I crossed the starting line, I realized the team I was with was moving way too slow for me. I picked up my pace and left that team behind. I soon started passing many people. After about 6 miles into the race, I started to believe I would finish. I completed the race in 5 hours, 24 minutes. It was awesome and I can hardly wait to get back out there. -- Carolyn Barden



I run for my children. I believe that our kids learn just as much from us by seeing what we do and how we live versus what we say. I hope that not only will they see me achieve the physical benefits of running, but also learn how important it is to set a goal (no matter how difficult it may seem) and work hard to reach it. If even a small portion of that reaches them at this young age, I am grateful. - Jamie Shaskos (mother of 2 and a marathon runner)



For the last couple of years, my daughter has entered my family in the Detroit Free Press 5K so that we would run as a family for a memorable event, but more importantly, for a cause -- the Detroit Institute of Ophthalmology 'Steps For Sight' through Children's Hospital. The 'cause' was the motivation for getting up early on a Sunday, sitting in traffic with 20,000 others, finding a parking space, and running our hearts out when the 'Start' was sounded. We 'ran our hearts' so that others 'may see'! And the beauty was that it was my children who organized and orchestrated our involvement and used their 'own money' for registration and donation.

Interesting, this year, my 16-year-old daughter, Katarina, came in 5th in her class, my 14-year-old son, Dylan, came in 3rd, while my wife also came in 3rd (I'm not allowed to write to which age class she belonged). I was also able to run after recently coming back from surgery myself that was performed at Harper by Dr. Webber who did a great job and allowed me to be involved! I proudly wore my 'RUN WITH DMC' shirt with a number of cheers for our institution from the crowd lining the streets.

The point of this story is that all it takes is one person's interest to make a difference in others. If you can 'move' a few, the spirit may grow. While we all run for 'personal bests' and other

personal reasons, imagine all 20,000 running with a focus on someone else and/or for something special!! I am proud of the magnitude of this weekend's run and what it has done for the City of Detroit, of our hospital system's involvement, and all who participated; and I am ever so proud of our youth's interest in others, in particular, of my daughter's focus on a 'cause' greater than herself and of 'moving others'--her family--for the good of others. Henry Goitz, MD, Orthopaedic Surgery, Sports Medicine



I ran my first 5K at the Detroit Free Press Marathon and had a great experience. It was a very organized, friendly and uplifting event. I especially enjoyed just walking around the downtown area both before and after the race. Sign me up for next year. -- John Niemczura



This was (the) first marathon I have ever entered. I choose the relay with my co-workers at RIM Brasza. I was the last leg which was a little over 4 miles to run. I do not consider myself much of a runner and in the past I have only (run) 5k races. I wanted to challenge myself a bit more and this was perfect for me!!! I had the best time with all my co-workers training for this event. Some of them would get together on Thursdays at lunch time and run downtown and back. This was fun as a group because it gave people a chance to get to know one another on a different level. Thanks Erin, the trainer who trains, for pushing me to keep up the pace! Race day was great!! Running down by the Riverwalk was absolutely beautiful. I think whoever planned the course did a great job!! I would like to say what a great job both RIM teams did. I will definitely do this again and recommend this challenge to any one who is up for it!!! -- Mary Thompson



I never thought in all my life I would ever participate in a race, let alone a half marathon. Standing at the start line and hearing the music start and all the runners singing "Born and raised in south Detroit" was amazing.

I had a goal of finishing 13.1 miles (which I am happy I did), at one point I didn't think I was going to finish and then I saw the DMC Sports Medicine tent and had a burst of energy from coworkers and volunteers pushing us on . . . at this point I knew I would finish. Even though I ended up with golf ball sized blisters on my feet, I am happy I was able to experience this event. (I will have to participate in next year's half marathon to beat my time from this year.)

Congrats to everyone who competed in Sundays events (no matter how far you went or what your time was), and thank you to anyone who came out to cheer the participants on; we needed it, and I for one appreciated it, and those who worked the weekend events, you all helped make this a day I am proud of myself for taking part in. -- Kim Ward



Thank you, Craig.

Last year my daughter and I completed the 1/2 marathon walk, while my 20-year-old son, Jordan, watched us cross the finish line. Last year he said, I'm going to run the 1/2 marathon this year, and he did in great time . . . now he's aiming to complete the full marathon in 2011!

My daughter, Aimee, and I walked the 1/2 marathon; she forged ahead and beat her time from last year, while I was just happy to finish at all!!! I am currently in physical therapy with the greatest DMC staff at Dearborn Health and Racquet Club for a herniated disc. A few weeks ago, I never thought I'd be able to even complete 6 or 7 miles. But with their healing hands, and the support and encouragement from my family . . . and my DMC family . . .we were all winners!! Thank you! Susan Surma



Hello Craig

I would like to start out by thanking the wonder staff at RIM for preparing me for this event. Your uplifting spirit coupled with the support of my trainers "Z" and Mary helped me propel over the finish line. My friends and family were also a great support to me. I worked really hard but I had no idea I would do as well as I did. I managed to place 22nd in the Top 25 for Competitive Walking in my age category (45-49), gender placement was 128 out of 5,219 participants and Overall placement was 173 out of 8,816 participants. I was floored!!! I cannot tell you how great it felt to cross the finish line although I was so mentally drained I didn't realize what I had done until two days later.

Now I've become addicted! I find myself seeking new challenges in the wonderful world of marathon living. Thank you all for the preparation!! You're the best. -- Ernestine King-Johnson



After last year's 5K run, my 23 year old son said that I had inspired him. He was 70 lbs over weight and could only run for 30 seconds at a time. Over the past year he started running. He lost 65 lbs and came in 8th for his age group. Although my 5K run improved 3 1/2 minutes over last year, my greatest accomplishment was inspiring my son to make a change in his life! -- Cindy Houston



Completing this 1/2 Marathon with my brother and sister was one of those lifetime "highs" I will always remember. The Run with DMC T-Shirts made it even more fun. Thanks for letting us all run with team DMC colors! -- Karen Gall



DMC and Craig rock for making the accommodations so easy and worry free and by the way the shirts were pretty cool to!!! Thanks so much for arranging all this it was such a huge success the shuttle picked me right up and dropped me right off. That made it so much easier. Thank you also for the great shirt I wore it proudly and crossed the finish line, thanks again for making this event so much more enjoyable for me. -- Josephine Crawford



Thanks to you and your staff for all of the work you did to provide the shuttle and t-shirts for the marathon. They were much appreciated! -- Tara McHugh