

## Prepare for the Pounders!

The term 'road trip' brings up images of fun and laughter and this crew is bringing lots of it to the Portland Marathon. We hail from the sunny Okanagan Valley of British Columbia up in Canada. Penticton is known for its sandy beaches, ripe fruit, 60 wineries (Napa Valley North) and the Pounders Running Club.

Peach City Runners & Nordic Ski put on a marathon clinic this summer with Portland listed as one of its goal races. One of its coaches did the 2004 Portland Marathon and was so impressed that he decided that the club should take a bus-load of joyous runners down to do the marathon. The store had started into the Nordic walking this year so Portland seemed to be the perfect fit for runners and walkers alike and one of the stores Nordic walking instructors is indeed doing the Nordic walking marathon and we wish her all the best in this event. Three of our runners also just competed in this year's Boston Marathon in April and are looking forward to doing Portland, as they heard it is very well organized, has perfect temperatures, and lots of music along the way to keep them going. A chartered bus sounded like a lot of fun and interest grew with each day. We've even managed to talk some of the Kamloops Ridgerunners, a city to the north, into coming along. They'll fit right in as they've listed having run in underwear, red dresses, PJ's, cow suits and covered in jello. One of our yearly highlights is the Red Dress Run at Halloween.

We've heard great things about the Portland Marathon and are looking forward to the event and having lots of fun! ■



## My First Marathon

My name is Stephen Gaudet and I live in the San Francisco area. I registered to walk the 2006 Portland marathon a few months back and I just wanted to say THANKS for catering to runners AND walkers! This will be my first full marathon, and I appreciate the extra time allowed to finish as this will give me a much better chance of fulfilling my dream of finishing a full marathon.

I'm a 51 year old with very severe lung disease (severe persistent asthma since birth) and I have been training for this event for two full years now.

In the past year, I've walked and successfully finished 4 half-marathons. The most recent at the San Francisco Marathon in July where I finished in 2:52, my fastest time yet. Of course, walking 26.2 miles is exponentially more difficult than walking 13.

As you might imagine, any type of physical exertion can be incredibly difficult when you can't breath, but because I've trained so hard to become as proficient at walking as possible, I've been able to go farther and faster than most severe asthmatics. My goal for this race is to finish in under seven hours—barring any severe breathing problems the day of the race.

I also have reason to believe that if I successfully finish this marathon within the time limit, that I will be one of the first people (given the severity of my disease) to ever accomplish such a feat.

You can read more about my story at [www.baycitywalker.blogspot.com](http://www.baycitywalker.blogspot.com)

Thanks again! BTW... I've never been to Oregon, but I hear it's beautiful! ■



Steve proudly displays his 2006 San Francisco Half Marathon medal.

**Be sure to look for Steve on the marathon course (he'll be wearing a bib of the same name) and cheer him along in his endeavor!**