

WHAT IT TAKES TO...

Run your 81st marathon at age 85



At age 64, **MARGARET HAGERTY**, of Concord, North Carolina, quit smoking and started running. Three years later, she ran her first 26.2-miler. Today, the 85-year-old retired bookkeeper has done 80 marathons (with another planned for December) and holds a Guinness record

for the oldest woman to run marathons on seven continents.

"Exercise keeps you young and fit. I'm proof, aren't I? After I complete a marathon, I always look forward to the next one. At some point they'll have to cart me off the course."

Complete 100 triathlons in 100 days

On September 8, **JOHN CURTAIN**, 41, of Lake St. Louis, Missouri, took a well-deserved rest day. From May 31 to September 7, the chiropractor did 100 triathlons, going to races on weekends and getting up at 4:30 a.m. to swim, bike, and run near home during the week.



"At first, I had to take naps during my lunch break. Then I got used to the routine. It was hard not getting to spend as much time with my family, but it felt great to accomplish my goal."



Battle cancer and race the Trials

As a junior at Villanova University in Philadelphia, **FRANCES KOONS**, 21, was struggling through track practice. Months later, she discovered why: She had kidney cancer. Four months after having surgery to remove the tumor, Koons was logging 50-mile weeks. In June, she placed eighth in the U.S. Olympic Trials 1500 meters.

"After the diagnosis, I was scared, but I focused on my dream to make the Trials. I was pleased with my results even though I didn't make the Olympic team. There's always London 2012!"

—TEXT BY GAIL KISLEVITZ

[SEND NOMINATIONS TO WHATITTAKES@RUNNERSWORLD.COM.]

→ THE 2008 TRANSROCKIES RUN WAS ALSO THE SITE OF A MARRIAGE PROPOSAL, AN ANNIVERSARY PARTY, AND A 50TH BIRTHDAY BASH.



ROSY FINISH

Guests handed the couple flowers for Amy's bouquet.

Race to the Altar

A couple runs 106 miles to say "I do"

JUST FINISHING THE Gore-Tex TransRockies Run—a 106-mile, six-day event in Colorado—is cause for celebration. But when Ryan Flock, 28, and Amy Baker, 31, completed the journey in August, the pair from San Diego not only popped some champagne, they also got hitched. Here's how they redefined "destination wedding." —*Dimitry McDowell*

THE INSPIRATION "We're adventurous people," says Ryan, who met Amy in 2005 while auditioning for *The Apprentice* (neither was cast). "So we wanted to do something different."

COLD FEET "By day two, I was questioning our decision to do the race," Ryan says. "We ran one marathon thinking that would prepare us—it wasn't enough. But

I never had doubts about marrying Amy."

PRIMPING "After we finished, I sprayed a little perfume, popped a breath mint, and put on a veil and pearl necklace—but I left on my finisher's medal," Amy says. "I also soaked my left hand in a bucket of ice. My fingers were like sausages from running for six days, and I wanted to make sure my ring would fit."

GUEST LIST "Fifty people came," Amy says. "We were surprised. Our friends and family thought we were nuts for doing this, so we expected a smaller turnout. Our bridesmaids and groomsmen wore black track suits."

ANNIVERSARY PLANS

"We'll be back for another go," Ryan says. "We got a free entry for next year, and we'll be much better prepared."

