



RUNNER BY THE NUMBERS

KATHY MARTIN

63, NORTHPORT, NEW YORK

Ten minutes in to her very first run, Martin, then 30, lay down in the street to catch her breath. It was a reality check. Though she was trim, 100 pounds at almost 5'2", she was unfit. So she started to train. Soon she was winning local events, and at her first track meet, she discovered she wasn't far off record times. She's now one of the country's most accomplished masters runners and will attempt to break her own record (1:28:26) at the NYC Half-Marathon in March. "I want to keep running forever," she says. —MCKENZIE MAXSON



MARTIN'S AMERICAN RECORD MARATHON TIME FOR WOMEN 60-64, SET AT HER THIRD MARATHON

4

Number of world records she's set

2002

YEAR SHE APPEARED IN A NIKE AD, IN WHICH THE VOICE-OVER SAID, "SEE THAT, THAT'S 51 YEARS OLD, AND IT CAN RUN A 5:08 MILE."

60-70

HOURS SHE WORKS EACH WEEK AS A REAL ESTATE AGENT



THREE

Number of miles she ran in her first race, in 1981. She can't recall her finish time but says she was "hooked."



Number of years she has been married to her husband and coach, Chuck, who manages her racing career

EIGHT HUNDRED

Number of career races she's run, in distances ranging from 400 meters to 50-K

2012

YEAR SHE WAS INDUCTED INTO THE USATF MASTERS HALL OF FAME

57

AGE SHE TOOK UP A NEW EVENT, THE STEEPLECHASE

9

Number of American running records she's broken



GO YOU!

Runners who inspire us



GREGORY CASTLE
Achieving a grand feat

In September, Castle, 72, became the oldest person ever to complete the Grand to Grand Ultra, a 170-mile race from the north rim of the Grand Canyon to the Pink Cliffs of the Grand Staircase. For seven days, Castle carried a 20-pound backpack filled with supplies over rugged terrain as he endured temperatures that climbed into the 90s. "You're going to hit times where you really feel that you're crazy," he says. "You have to just push through that." Castle, who is CEO of Best Friends Animal Society, raised \$200,000 for the Utah-based animal rescue organization. —BECCA BEDNARZ



BRITTNEY OLINGER
Outfitting young runners in need

Thanks to Olinger's efforts, more than 3,000 pairs of running shoes have been distributed to underprivileged athletes. In 2012, as a high-schooler in Gainesville, Florida, Olinger founded ReRun Sneakers, an organization that collects lightly used running shoes and sends them to needy teens and kids in Haiti, El Salvador, and Ghana. Although the 18-year-old is now attending the University of Oxford in England, she still manages the nonprofit and travels on some distribution trips. This year, she plans to hand out shoes at a Jamaican orphanage. "I hope we can help these athletes by providing them with the simple gift of shoes," she says. —KATHERINE DEMPSEY