

## **Featured Runner of the Month – April, 2008**

### **Terry Yandl**

Editor's note: This interview was conducted in March, 2008, while Terry was in training for the 2008 Boston Marathon.

*Our featured runner is 2007 WCC Male Champion Terry Yandl. Terry is a relative newcomer to running. He has graciously taken a few moments to share some of his thoughts & insights about running.*

*You are a relative newcomer to the sport of running. Did you run in high school/college or is this something that sort of "happened" in recent years? When did you first realize that you could achieve a reasonable level of success as a runner?*

**I did not run in high school. I went out for one practice run with the high school cross-country team, a four mile run and I couldn't think of any good reason to come back the next day. Many years later, I began working out and running on an elliptical at a gym, and then a friend invited me to run in the Hope House run. I won my age division, gave up the gym, and decided I actually kind of liked running this time around.**

*What motivates you to run? How many miles do you try to log each week? Do you alter your training at all during race season?*

**Stress release was probably my first motivation to run, but now, through the Wayne County Challenge, I have made a lot of friends, I've learned more about running, and it is something I genuinely enjoy. When I'm not training for a marathon, I try to log 40-50 miles a week. When I am training for a marathon, I'll log any where from 50-75 miles a week.**

*Do you have a favorite WCC race and if so, why is it a favorite? You've also run some major (national) events such as the New York City & Boston Marathons. What has been your most memorable and/or favorite event thus far?*

**The Frostbite 5K is my favorite race because it's during the Christmas season and, because of the time of year it can be a little more challenging. Both the Boston and New York City Marathons were memorable for me. Boston was slow and cold, but I was able to meet my goal of finishing under three hours. New York was special because I was able to go and support Cecil and I was able to see Ryan Hall's win of the Olympic Trials. Running through the 5 boroughs of New York City was a great experience. I set a new PR, and I got to share it all with my son, Eric.**

*Do you have a favorite place to train? Why is it a favorite?*

**I train a lot on the Cardinal Greenway. It's close to work so lunchtime runs are possible, and it's enjoyable, because I don't have to worry about traffic. I also enjoy the Saturday morning runs with the Wayne County running group. It doesn't really matter where we are.**

*What is the best & worst thing about running for you?*

**The best thing about running is the personal accomplishment, always trying to improve my times, being with fellow runners, and how it makes me feel. The worst thing about running . . . Getting up at 4:30 a.m. to train, and how it makes me feel.**

*If you were to introduce someone to running, what advice would you offer to a beginner?*

**Don't say you can't do it. Don't set real high expectations at the beginning. Even if you've tried it before, you might find that you have a different outlook or perspective. Look at me. I couldn't imagine going back the first time I ran. Now I can't imagine not running.**

*What types of goals do you have for yourself as a runner (short term & long term)?*

**My short term goals include running the Boston Marathon this year and improving my time, and running in the Wayne County Challenge runs. My long term goals include running more marathons, and helping Northeastern's Cross Country team when my kids are in high school.**

*Congratulations Terry on your 2007 WCC Championship. Being a newcomer to running, you have proven that a reasonable amount of talent, combined with determination and effort, can produce great success in a short period of time. Your success is inspiring to all of us. Continue to stay healthy and run well for many years to come. We are privileged to have you represent our running community wherever you go to run.*

**Thanks.**

This interview was conducted by Dale Bolser for the WCC.  
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