

Featured Runner – September, 2011

Adam Scott

Editor's Note: Adam ran every race of the WCC series in 2010.

Our next featured runner is Adam Scott. Adam has quite a story to share as he lost over 100 lbs while running.

Adam graciously took time out of his busy schedule to share his story of weight loss and the change in his life due to his running.

When did you decide to take up running? How many miles do you try to run each week?

Growing up, running always seemed to be a punishment. I didn't catch a ball . . . run two laps around the field. Or I missed a tackle . . . take a lap. Therefore, I never really enjoyed running. One thing I did learn through my many mistakes was that running helped me drop weight pretty fast. So, four years ago when I weighed over 300 pounds I knew what I had to do. I started out on a walk/run routine. I slowly built up to where I could run a couple of miles. Today, I run four days a week and average about 35 miles per week.

You have lost 110 lbs. thru your running.....how has this changed your life?

Wow, where do I start? Losing that much weight has changed my life in so many ways. My outlook on life is so much more positive. I used to be a big pessimist. I had an excuse for not doing everything; I am tired, my back/knee hurts, I can't do that, I never have been able to, it was a tough day at work today, etc. Overcoming this obstacle has given me a drive that won't let me say no.

My relationship with my wife is better now after 14 years of marriage than it has ever been. There was a phrase that kept me motivated and still burns deep inside of me today, "I want to give my wife the husband she deserves!" She has been a huge support throughout this process. I'm not sure I could have done it without her help!

I am a lot more involved with my kids. I coach their teams, play outside with them, ride bikes and encourage them to live a healthy lifestyle. I want my children to learn from my mistakes and not have to struggle with their weight.

One of the biggest changes has been in my work ethic. I enjoy teaching so much more. I am no longer willing to sit back and follow wherever I am lead. I want to be the leader and am much more comfortable leading inside and outside the classroom. I am much livelier in the classroom. I bring a positive vibe to the room. As we all know, attitude is contagious and attitude is reflected in leadership.

What was the first race that you ever ran? How many races have you attended so far? Do you have a particularly memorable event?

The first race I ever ran was a Fireworks 5K (before it was part of WCC). It was pouring down rain and I thought to myself.....I could go home and knock out 6 easy miles on the treadmill and have a much better run and workout. Fighting back the temptation, I built up the courage to get out of my car and run. I ran a 24:23. I was psyched! After that point I was hooked!

I now run 12-15 races a year. What I enjoy the most about the races is the atmosphere and camaraderie among runners and spectators alike. Whether you run an 18:00 or 35:00 5k everyone there is having fun. My most memorable event was probably the Flying Pig Half Marathon. The course wasn't easy by any means and it was pouring down rain, but it was one of the most challenging races I have ever run. I am finding out quickly that the ones that kick my butt seem to be the ones I have the most fun participating in.

What's your favorite WCC race & why?

I have to say that the last three races in the series are my favorite races. I really like Cope (the Fall Foliage 5K) because of the setting. It is the perfect time of year to hold a trail run, and the Cope Environmental Center has a great course. The Turkey Chase 7K is also great because it challenges you to maintain your 5K pace for an additional 1.5 miles. Finally, I really enjoy the Frostbite 5K! I enjoy running in the cold weather and there is nothing like Glen Miller Park, 28 degrees, and snow!

What are some of your more memorable experiences as a runner?

Captaining the “Beasts of Bourbon” and running the Bourbon Chase Relay has to be one of the most memorable running experiences to date. Where else can you go and run 16-20 miles on no sleep and have a blast doing it! I had a great team that pushed everyone through the rough times. That is one thing I have really enjoyed about Running Wayne County and WCC. There is never a lack of people to encourage you to go beyond what you think you can do.

In October, I will be running my first full marathon. I have run a dozen or more half's and I am looking forward to achieving this milestone.

The WCC has seen tremendous growth over the past few seasons. What advice would you give to a beginning runner? What encouragement would you offer to others who face weight issues in regards to participation in the WCC?

The best advice I could give to a beginning runner is: Don't compare yourself to others and don't do it alone. Surround yourself with people who will support and encourage you; join our local running club RWC or find a dependable running partner.

Finally, YOU CAN DO IT! My knees hurt, my back hurt, I was sore, but I stuck with it. You have no idea what your body can really do until you push it to its limits! You can do so much more than you think. There are many people who walk or walk/run in the WCC races. Go out, get some fresh air, and meet some new people. WCC does an awesome job of creating a fun and encouraging atmosphere for all fitness levels. Have you ever watched a race? The excitement is contagious!

Thanks Adam for your inspiring story. We look forward to your continued good health and attendance in upcoming WCC events.

This interview was conducted by Dale Bolser for the WCC.



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