

Classified Ads
Cont'd

Aggie to run Boston Marathon

By JULIE SMILEY
Battalion Reporter

He'll be able to eat all the Boston Cream Pie he wants, but no lobster. It's called carbohydrate loading and it's done three days before a long-distance race.

The race is the 26.2-mile Boston Marathon and his name is Scott Myers. He's a sophomore animal science major from Fort Worth.

"The Boston Marathon is the oldest and most prestigious marathon in the United States. It's the trials for the Pan American games and the Olympic runners will be there," Myers said.

A serious runner for only a year, Myers qualified to run in Boston by running the Houston Marathon in January in less than three hours. His time was 2:56:19.

His \$5 entry fee for the Boston run will enable him to compete with over 3,000 official entries and 1,000 unofficial runners on Monday. "We'll jog the Freedom Trail and go by Paul Revere's house."

This is the 83rd Boston Marathon, but Myers said he never planned to be part of it. He started running a year ago to release tension. "The books were killing me when I got here. All I wanted was a 4.0."

Twenty-year-old Myers runs 20 miles every Saturday morning. His weekly mileage is 65 to 70 miles and he gets about 1,000 miles per pair of jogging shoes. "I run by myself 90 percent of the time. There's not many people who want to run 20 miles on Saturday morning."

With his 3.6 grade point average, he said he plans to apply to vet school next year. "You learn to budget your time. Classes come first and obligations to family, friends



Scott Myers, a sophomore animal science major from Fort Worth, stretches before

running. He will run in the Boston Marathon Monday.

Battalion photo by Julie Smiley

and club activities come second. Then you find 40 minutes to an hour and run. It's a way of life for me."

His family has accepted running and it has affected them, Myers said. "One month after I started running, Dad came down to visit and saw what I was doing. He weighed 205 pounds then and now

he weighs 150 pounds. He runs 40 miles a week and my mother is a fair-weather jogger. Even my younger brother runs.

In the summer Myers said he ran Sundays at 6 a.m. before church and the heat. "We had mile markers sprayed on the road. Dad would go in the car and every three or four

miles he gave me Gatorade. He'd read the Sunday paper while I ran."

Myers said his father is the reason he is going to Boston. "I never said I wanted to go, but he knew it. The night before I ran in Houston he told me I'd run in Boston if I ran the marathon under three hours."

Even though he doesn't plan to win or place in the marathon, Myers is preparing by dieting and running. The percentage of fat in his body is 12, compared to the average man's 16 to 18 percent and world-class runners 4 to 9 percent.

Part of his preparation to run a marathon is carbohydrate loading. One week before the race, he will run 15 miles and eat only protein for the three days after that. He said this creates a carbohydrate hunger in the body. The last three days he will eat only carbohydrates, so his body will store energy for 26.2 miles.

Two nights before the Houston Marathon, he ate two baked potatoes, rice, two slices of bread and a piece of cocoanut cream pie for dessert.

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