

Legacy Runner Ed Arnold



LA Marathon Memory

The LA Marathon was my first marathon at the age of 30. After the second LA Marathon I was hooked. Now I'm coaching other runners. My twin sisters Lynda and Sharon wanted to try running their first marathon with me. At the age of 30, they finished their 1st in the 7th LA Marathon. During the 90s we ran for the American Heart Association pulling the 3 foot AHA helium balloon along the course. As if that wasn't challenging enough, Lynda and I finished the LA Bike Tour for a couple of years, just before the marathon starts. Thanks to Lynda, she still finishes many marathons with me and motivates me to continue the legacy.