

Legacy Runner Aimee Wyatt



Around 25 years ago, at the age of 16, my twin sister Anne and I were visiting my dad in Glendale from Oakland, during our school holidays, and we were watching the news. Some of the anchors were discussing starting to prepare for the inaugural LA Marathon that was coming up in a few months. At the sweet young innocent age of 16, and veteran San Francisco Bay to Breakers runners (yes, we had done a whopping 8 miles or thereabouts for a few years in a row), we looked at one another and agreed "Why not sign up, too?". Despite the legal minimum age of 18, our father, always encouraging of new fitness goals, agreed that it

was a fine idea. [Our mother claims she doesn't remember us fudging our ages a little and now I see kids that look about 12 doing it - go kids go!].

I did get my training up to about 10 miles before that first race. I'm not sure Anne ever went more than than 8 miles. I can't say we really expected to be able to finish. I did one year of cross country when i was 15, but tennis season conflicted with running and both Anne and I preferred to play on the varsity tennis team. We also managed to recruit two of our high-school friends to join us for a weekend excursion, involving a little running, from Oakland to Los Angeles. Our goal was halfway. Well, I always like to say, if you can make half, you can probably make the whole thing. Four of us started out together, and despite significant under training, one made it halfway, one made it to the 18 mile mark, and Anne and I finished together at about 5 1/2 hours. Anne did about 4 more marathons with me over the years, and I have recruited many running companions to keep me company along the miles. Most of my friends these days seem somewhat more reluctant for my running adventures, but my running buddy Kay, and many Legacy buddies keep me going. Having a goal, AND companions to keep moving with together are essential to ongoing success.

Over the next 23 years, I have learned a few things and I could give a lot of advice to first time runners. I remember the 4 of us limping to the airplane on the way home that evening. I remember rashes, sore quads, sunburn and blisters. I also remember the sense of accomplishment in literally running across town and crossing the finish line. I re-live this great sense of accomplishment every year - I love to train and I run with relish with many friends through the welcoming neighborhoods of Los Angeles. I always say "Thanks for comin' out" to the onlookers, many many times along the way. The folks along the way help keep us all going and going. I love LA and I love hearing the song at the start line. Here's to at least 25 more.

Aimee Wyatt - age 40 - Youngest LA Legacy Runner (and a lot faster than she was at age 16)
Started as a resident of Oakland, CA, Lived in Glendale CA for 16 years, Now resident of San Luis Obispo

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Goals - I'd really like to beat 4 hours. I was about 15seconds off that a few years ago - I stopped to speak with Chuck Henry for a few minutes along the way and so I like to say he held me up.