

Legacy Runner Ann Tack



It is still hard for me to believe that I will be running my 25th LA Marathon on March 21. This will actually be my 61st marathon. I ran my first marathon in 1980 and I guess I got hooked! At one time I was trying to catch my age (65) but now since I am older and have a few physical issues, I only do LA to continue my legacy. I am afraid to run another one because I might get injured and won't be able to run LA.

Over the past 25 years, I have had some great, as well as not so great memories. One of the greatest memories is getting to know a lot of the legacy runners and forming new friendships. This was all due in part to both Lou Briones and Denny Smith who have organized training races for us, kept us abreast of any news from the LA Marathon office and after each marathon hold a "Congratulations Brunch." We are forever grateful to both of them.

In 1994 I was selected as the female representative from the Rockwell Corporate Team to go to Nagoya, Japan, to represent the City of Los Angeles at the Nagoya Half Marathon. It was such a wonderful experience and a lot of fun. I still keep in contact with my interpreter, Yoshie.

Since 1993 I have ran for different children's charities: Amie Karen Cancer Fund for Children, Camp Ronald McDonald and St. Jude's Children's Research. I really feel a sense of pride to know that while I am doing something good for my health, I am helping a lot of children who need my help.

Over the years, I have had some setbacks. I was diagnosed with breast cancer in 2005. I had a partial mastectomy and went through 32 sessions of radiation. However, in 2006 I did my 21st marathon in a very good time. That year I was also selected as one of the "26 Saucony" team members for the LA Marathon. This year I have been cancer free for 5 years.

I have also had some issues with osteoporosis in my lower back. The middle of December 2006 I could barely walk and my Orthopedic Doctor suggested that I not run my 22nd marathon. I decided I needed to at least be at the starting line and give it a try. I was able to finish in 5:11. Last year I was standing on a chair and lost my balance about a month before LA in May. My finishing time was 7:40. This year my training is going well.

Over the years, I have heard some wonderful and courageous stories from the Legacy Runners. I don't know if people really understand what a commitment it took for all of us to be at the Start Line for 25 years, even when the LA Marathon moved the date.

I drove the new course "Stadium to the Sea" and I am looking forward to running it. It looks very exciting.

Ann Tack

Legacy Runner 10199