

Legacy Runner Arlene Fichman



My name is Arlene Fichman. I am very excited to run my 25th LA marathon. As a native of Los Angeles, I love the city. I have run several marathons in other cities (like Boston and New York) but my heart belongs to LA. I have run almost every LA marathon in under 4 hours, with a personal best of 3:06 at the first LA marathon.

I am 56 years old, married, and have a 13 year old son. I reside in Brentwood, and have lived in Los Angeles my entire life (Why would I live anywhere else?) I have worked as a registered nurse for the past 33 years. Currently I am working at Cardiac Rehab at Cedars Sinai, and have been for over 20 years. As a cardiac rehab nurse, I practice what I preach and encourage patients to lead a healthy lifestyle.

My training consists of an average of 50 miles a week of running, weight training, and yoga. Fortunately, I have been mostly injury free with all the pounding over the years.

What keeps me motivated are my own personal goals, running with great friends, and listening to my Ipod.

I have been challenged in 1991 with a diagnosis of Graves Disease (Hyperthyroidism) which has been under control with medications. One week before the LA marathon last year, my thyroid became hyperactive, as I noticed I was losing weight and had an increased heart rate. Fortunately, with medication adjustments, I was able to complete the race in just under 4 hours and placed second in my age group. I was very happy to continue my streak as a legacy runner.

Looking forward to the 25th anniversary and beyond. Thanks, Arlene