

## Legacy Runner Rick Wallace



RICK WALLACE, BORN 1957, AGE 52, MALIBU  
LA LEGACY #10050

Rick Wallace has always lived in Southern California, raised in Woodland Hills, attending Simi Valley High School, and has lived his whole adult life in Malibu after attending Pepperdine University. He works as a Malibu Realtor with Coldwell Banker.

Rick originally decided to make Los Angeles his first marathon because of the lure of finishing the run in the famous LA Memorial Coliseum. The first marathon finished only near there, but Rick enjoyed the training and experience so much that he trained, FROM SCRATCH beginning each September, for more than 20 years in a row after that, with LA the only marathon he ran!

His best time was in #3, at age 30, in 3:59. In the December before marathon #7, he severely sprained his foot and could barely walk, let alone run, for a month. He trained for only 6 weeks and was able to complete the 1992 marathon. His two highest finishes in LA occurred in marathon #8, when the temperature was in the high 80s, and in #15 when he felt so refreshed by the freezing windy cold rain, he ran the whole track without ever walking - the only time he ever did that. Two weeks before marathon #9, his daughter was born, disrupting final training before the 1994 marathon. For a full week before marathon #16, Rick contracted the flu and was bed-ridden for 7 straight days. The night before the marathon, though he was beginning to feel better, he was so nervous he could not sleep till 4 am. Utterly exhausted and ill, he was still able to complete the 2001 marathon, using experience and adrenaline, the first time he went over 5 hours to finish.

Upon finishing marathon #21 in 2006, Rick decided to approach his 50th birthday with a full year of top conditioning. After 21 years of only running LA, he completed the San Diego, San Francisco and Las Vegas marathons all that year, as well as two triathlons and two other long-endurance events, continuing through to marathon #22 in LA; five marathons completed in 50 weeks.

Last year, with the LA marathon moved temporarily to late May, Rick decided to attempt three marathons in three months, since he was already prepared for the usual March running. So he ran and completed the Catalina, Big Sur and LA marathons in successive months. His LA finishing time of 4:25 was the sixth best time of his now 29 marathons completed.