

Legacy Runner Sylvia Toste-Rodgers



Legacy Runner #10107

My story starts out a couple of years prior to the running of the 1st Los Angeles Marathon. I lived in Pasadena and my neighbor, who just had a baby boy, wanted to start running to get back into shape, so she asked me if I wanted to join her. Of course I said yes. Little did I know that she was a marathoner and was planning on competing in various marathons in the near future. So we set off down Lake Avenue and we jogged about 3-4 miles that day. I felt great and was anxious to run again. My first race was the Santa Anita 5K. I don't remember my time, but my neighbor came in 1st place overall.

Since then I have participated in many 5K (coming in 1st (P.R. of 21:20), 2nd and 3rd in my age group), 10K runs (coming in 4th and 5th in my age group), I even participated in the 5 mile runs to Save the Statue of Liberty. I also participated in 1/2 marathons like Run Across LA and Long Beach and others and my P.R. is 1:40 in this event.

Fast forward to 1986. Still living in Pasadena, I saw the advertisements for the very first running of the LA Marathon and I said to myself "What do you have to lose?" So I registered and have continued to participate ever since. I never thought in my wildest dreams that I would be now participating in my 25th LA Marathon. WOW! Simply Amazing!

I have also completed three other marathons, St. George Marathon in Utah (PR of 4:40, San Diego Rock and Roll and I represented the APLA in 2006 (Aids Project Los Angeles) when I participated in a marathon which took place in Florence Italy. Completing the 25th running of the Los Angeles Marathon will mark my 28 marathons. I am 57 years young.

As a member of the LAM Legacy Runners, I was there to support the move of this great run from a Monday holiday run back to a Sunday in March run. I am sure that all the runners and volunteers, including all the police officers, firemen, paramedics and other professionals were very grateful for this change.

Over these past 24 years with the LAM, I have experienced many route changes and I still believe that the very first marathon was the best route ever. I am anxiously waiting to participate in this year's new "point to point" course which starts at Dodger Stadium and ends in Santa Monica. This one may just change my opinion about being the best route ever.

I want to thank my husband, Cory Rodgers, for always being there for me and for having the patience to put up with me these past 19 plus years for without his guidance and knowledge of running, I probably would not be running today.

I also want to personally thank "Legacy" Lou and Denny Smith for keeping together the Legacy group and the email group and for always being there for us runners. They are the glue that keeps our group together.

Good luck everyone and be safe!