

Legacy Runner Willard EW Krick



I am Willard EW Krick from El Segundo CA with my current age at 72 years, until 3 weeks after LAM 25.

I almost did not continue my streak as a Legacy runner in LAM 13 (3/29/1998) when I had a serious injury during a long training run 31 days before the marathon. It was very painful & I could hardly walk, so I went to a sports injury doctor. The doctor thought I had a stress fracture in my left leg so he put me in a cast & on crutches. When I went back about 10 days later & he took another X-ray, he then diagnosed it as severe shin splints which is a condition I never had before. So he cut off the hard cast, put on a soft cast & a boot & I continued to walk on crutches until 2 days before the marathon. I was walking with a limp when I met with my friend & fellow Legacy runner Rene Diaz. When I told Rene of my condition & told him I had not trained or done any running for the last month, so I was going to break my streak, he convinced me to just finish by walking as fast as I could for 26.2 miles.

I had finished 41 marathons at that time & only twice had it taken me more than 4 hours to finish a race. So on Saturday, the day before the race, I did a test & timed myself walking for 2 miles as fast as I could. I then figured that if I walked that fast for 26 miles, I would finish in about 6 1/2 hours. So I went to the start the next day & gave it a try. After I went about a mile, I was feeling so good that I started running at a slow pace & then almost as fast as I normally ran. At about 14 miles I began to have leg cramps & finally had to walk & run until about 18 miles when I could no longer run. My walking slowed & by mile 22 I had to take stops to stretch my leg cramps every 1/4 of a mile. At about mile 24 I think I must have stopped for 15 to 20 minutes. I thought I was going to have to crawl to get started again, but after I moved for a while I was able to limp to the finish in 6 hours, 26 min., 30 seconds, which turned out to be a few minutes faster than I guessed I could finish. So I kept my LA Marathon legacy alive. I've had other challenges, but this was my closest to not finishing the race.

The last few years I have been troubled with Parkinson Disease, but with treatments by UCLA doctors in their movement disorders center, this last year my finish time improved by a little over an hour better than the year before. I plan to finish every LA Marathon as long as I am alive on the day of the race.

Willard EW Krick

Legacy runner # 10,263