



WARRIOR RUNNING CAMP 2014

27 middle and high school students were sponsored by Palm Beach Road Runners for one week at the North Florida Running Camp.



Introducing Bob Becker-Ultra-Marathoner

This month we are very proud to tell you about a member of the Palm Beach RoadRunners and a very familiar friend to many of the running clubs from Key West through the Treasure Coast, Bob Becker.

Bob just completed his second Badwater Race in July at the everstrong age of 69. For those of you who are unfamiliar, this race is 135 miles that begins in California's Badwater Basin at 282' below sea level and finishes at 8360' above sea level and covers three mountain pass ascents over 17000' and two descents over 12,700'. Known as the world's toughest footrace that is typically during temperatures of or above 120 degrees. Bob finished this race in 39 hours and 45 minutes in which 97 runners started the race. Bob was the 50th runner to finish the race that day. It is also of note that every event Bob runs in or offers through his company he dedicates proceeds to selected charities. This particular race was dedicated to his daughter, suffering from Multiple Sclerosis. He has currently raised over \$11,000 to help her with her care.

I asked Bob how this superhuman running enthusiasm got started. Like many of us he started running in High School and was a good miler. He later ran for enjoyment through much of his life but nothing too strenuous. In 2002 friends invited him to run his first marathon (the Grandma) in Minneapolis. He bought some shoes, found some people to help train for a marathon and got started. He did so well in his first marathon he qualified and ran Boston the next year. Following a series of marathons other friends challenged him to run his first Ultra at he was turning the upstart running age of 60. So in 2005 Bob trained at an Idaho Training program to learn proper nutrition, fluid intake, proper pacing and body awareness and to master the skills in packing for a race of these logistics. He also ran several marathons like the Miami Marathon wearing a 25 lb pack to emulate race conditions. In 2005 Bob then ran his first Ultra, the Marathon De Sables in the Sahara Desert in Morocco. The interest was planted.

In 2006 Bob suffered several stress fractures and a fractured femur requiring hip surgery and a plate in his hip. Later that year he was diagnosed and beat prostate cancer. Not to be stopped Bob ran a 50 miler in the Tetons later that year. In 2007 he followed that with a 100

miler in February and later that year ran three more 100 milers. Also that year Bob was asked to crew (run with and support) friends that ran the Badwater in which he assisted six times.

By 2008 Bob was ready and signed up for his first Badwater at 63 years old. He finished 35th out of 100 runners.

Having participated in this many distance events Bob and his wife wanted to be more involved in this life and changed his profession to start UltraSports, LLC. You may be familiar with his company as he is the originator of the Keys 100, The Palm 100, The Peanut Island New Year's Ultra, the Everglades Ultra Trail Run and more recently the PowerMan Duathlon Series in Palm Beach.

I asked Bob how the seemingly average runner might get started in doing races of this length. He suggests start with the Marathons, move on to the 50 K (31 miles) and team Relays for the longer distances (Keys 100). If you like that you may get the bug as well. I asked Bob what does it take to get started. His philosophy is once you start to think about it then you need to just GO For It!

You can reach Bob regarding upcoming races or to help with donations to his charities at his website ULTRASPORTSLLC.COM

