



David Saperstein

## DETROIT FREE PRESS / CHEMICAL BANK MARATHON

### Runner of the week: David Saperstein

Each week, the Detroit Free Press/Chemical Bank Marathon chooses a runner to spotlight. Whether you're training for a full marathon, going out on the weekend for a long run or getting back into the swing of running, the race loves to showcase its runners.

**Hometown:** Huntington Woods.

**Age:** 49.

**Event:** Full marathon or U.S. half.

**My running story:** In 2004, in order to lose weight and become more active, I reluctantly completed a two-mile loop in my neighborhood once or twice a week. After repeating this loop for a couple of months, I came to the startling realization that I was enjoying it.

That led to finishing a neighborhood 5k a few months later and then a crazy dream that I would try to run the Free Press Marathon two years later. Now 17,000 miles into my running adventure, I have run on roads, trails, tracks, beaches and forests, shared runs with my wife, each of my three children and our dog, been a pacer, guided a blind runner, organized two relay teams, rung cowbells as a spectator, volunteered, trained with the Lap Dogs in Birmingham, set up training plans for new runners, experienced a runner's high, hit the wall, experienced mid-run emergencies not suitable for discussion in a family publication, watched sunrises, sunsets and shooting stars, listened to the silence of a 3 a.m. run through the neighborhood, battled through arthritis, shin splints and plantar fasciitis, raised money for Make-A-Wish Michigan and Chai Lifeline, made friends, slogged through runs in triple-digit heat, suffered "warrior" runs during which I ran more miles than the frigid temperatures, flown to Florida in the middle of winter to sneak in long runs, been inspired by the story of Terry Fox, completed 17 marathons and 17 half-marathons in three countries, eight states and two provinces, and joined the Marathon Maniacs.

My favorite race was in Crater Lake National Park, which was mountainous and at high elevation. But at least I was under-trained.

**Weekly running:** 10-20 miles.

**Been running since:** 2003.

**Favorite running song:** Impossible to pick just one! "Police on My Back" by the Clash; "The Wheel" by the Grateful Dead; "Hoya Hoya" by Bole 2 Harlem; "Pecan Pie" by Golden Smog; "One Day" by Asaf Avidan.

**Favorite postrun snack:** Chocolate milk!

**Best training advice:** "Back of the pack has more fun."

**Charity:** You can help Make-A-Wish Michigan make wishes come true for children with life-threatening illnesses.