
Tuttle runs to rock 'n' roll

■ Weekly jogs help prepare participants for upcoming race

BY EMILY BUTLER

REPORTER

Along with Dean of Students and Director of Residential Life David Tuttle, many students and even some faculty members have been training for the Rock 'n' Roll San Antonio Half Marathon coming up on Nov. 16. The Rock 'n' Roll race series is also traveling to other locations around the country such as Phoenix, Nashville, San Diego and Philadelphia. The scenic race course will be packed with events such as a headliner concert, live music at every mile, cheer squads and awards in all age divisions.

Tuttle had planned to run the half marathon himself, but after meeting with Student Affairs and working to incorporate health and service

related goals in the community, he decided that Trinity students, faculty and staff training together would be perfect.

"It is a visible and tangible way to give students a way to work on their health and fitness," Tuttle said.

And Tuttle is no amateur when it comes to running marathons. He did his first half marathon in 2000 and has done five full marathons since. Tuttle has mixed feelings about running marathons, explaining that they are very painful but at the same time addicting. Watching the crowd cheer on runners at marathons, Tuttle said he would sometimes wonder to himself why he was doing it.

"I could just stop and stand on the sidelines," Tuttle joked. "I would ask myself, 'why am I doing this?'"

There were about 160 students signed up for the race at the peak, and six to eight faculty and staff. About 15 students regularly attend the group training runs on Saturdays, but students also meet at the Witt center to train together either at 7:30 a.m. or 6:30 p.m.

Running a half marathon is manageable, Tuttle believes, especially when runners begin with a base

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DAVID TUTTLE
Dean of Students and
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Trinitonian
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Dean, students train for half-marathon

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number of miles and continuously build from there. Also, Tuttle brought speakers to campus to talk about proper training habits, such as form, breathing, hydration, nutrition, gear and other running tips.

Tuttle even worked out a deal with the bookstore to get maroon, dry-fit shirts for the runners.

"There are 28,000 runners signed up for the marathon," Tuttle said, "so this will give us a little bit of Trinity identity out there."

Sophomore Paul Kosmarciukas has been training with the Dean and other students to prepare for this 13.1 mile race. He is excited because, along with training, Kosmarciukas has been able to take advantage of the information sessions Tuttle brought onto campus. This provides for a better experience both for people who are experienced runners and those who are just beginning, Kosmarciukas believes.

Kosmarciukas, who naturally likes running, believes that having a goal, such as a marathon, can add extra motivation, especially when a group of people run together.

"It's good having a goal and

once you have a goal, everything falls into place, like nutrition," Kosmarciukas said.

Other areas of life can also improve with marathon training.

"I like to run in a group," Kosmarciukas said, "It gives me that extra push to get up and run in the morning."

Sophomore Stephanie Acosta has also been training with the Dean for the upcoming half marathon.

"I'm doing it because it's with the school, and I get to represent my Trinity year," Acosta said.

Running was a part of Acosta's New Year's resolution, and when she heard that Trinity was participating in the Rock 'n' Roll marathon, she decided to join. Unlike Kosmarciukas, Acosta likes to train in the afternoons because she has trouble getting up in the mornings.

"I run about four to five times a week," Acosta said, "which is about 12 to 17 miles a week."

Ultimately, Acosta has had a very positive experience.

"In the end, it's going to be pretty awesome if I finish the half marathon," Acosta said, "but it's going to be even better getting in tight with the Dean!"

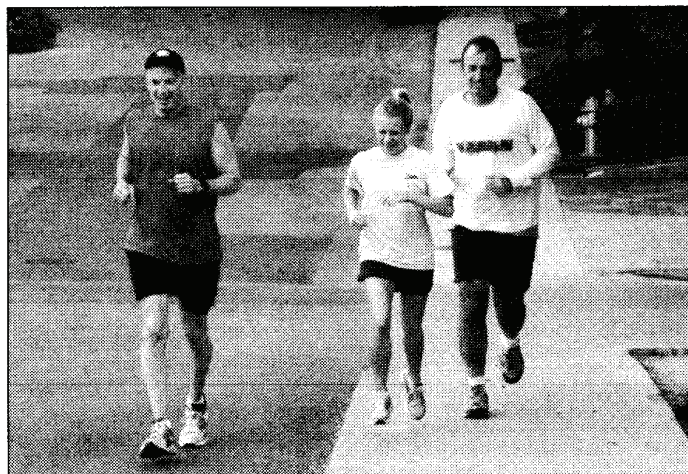


photo by Matthew Patty

JAM OUT TO JOG OUT: Dean of Students and Director of Residential Life David Tuttle, Sophomore Cristina Hamme and Reverend Stephen Nickle pass by the Witt Center on their weekly morning run.

Peter Kelly-Zion, associate professor of engineering science, is also training with the Dean. Running with a group has always appealed to him, and when Tuttle asked him if he would be interested, he decided to join.

"Running a marathon has always been in the back of my mind as something to try," Kelly-Zion said, "and a half marathon is a good first step."

Kelly-Zion trains with the group on Saturdays. The most recent Saturday run was six miles, with a gradual increase every week. He has enjoyed training with students and the Dean and said that getting to know people is a great part of the activity.

"It is drudgery running on your own, but if you have more people, it makes it a little more enjoyable," Kelly-Zion said.