

# Brad Zanetti

b. 7/10/1954

First Race: Bay to Breakers 1970 (ran 8 times, last 1983)

Marathons: Honolulu (1976-78) Maui (1978), Hilo (1979) PR 3:03.35

## TRACK:

MILE- 5:34.5 (age 57) 80.6% 3K- 10:55.5 (age 56) 80.6% (#8 AT)

2M- 11:49.1 (age 56) 80.4% (#7 AT)

5K- 18:53.5 (age 57) 80.4% (#9 AT)

## ROAD:

Resolution Run 5K- 18:57 (age 57) 81.7% (#4 AT)

Harvest Fair 5K- 18:45 (age 57) 83.2%

Carlsbad 5K- 18:49 (age 56) 83.1%

2011 National XC 10K 39:55 (age 57) 81.5%



Born in San Francisco, a couple of blocks from the east entrance of Golden Gate Park, it is prescient that my first race ran right by that very spot, the 1970 Bay to Breakers. My childhood was filled with ball sports. By my junior year in high school I kind of gave up on a varsity ball sport career. Meanwhile my father had bet me I couldn't run a footrace across SF, 8 miles long, the Bay to Breakers. While not a runner, I knew about the Bay Area running scene. An avid reader of the SF Chronicle Green Sheet, I would read results of the local Dolphin South End (DSE) races and regularly the winner was some guy named, Beardall. That first Bay to Breakers was a great experience, though, by far, the hardest thing I had ever done. But I got to see Darryll Beardall.

I have been an avid track fan since about 6<sup>th</sup> grade. My Dad and I regularly went to track meets, especially the Examiner Games at the Cow Palace. I was intrigued by all of the events, especially the Devil Takes the Hindmost mile, but the premier event was always the MILE; and my favorite miler was Jim Ryun. By the time I started high school I was aware of a young runner from Coos Bay and became intrigued with everything related to Steve Prefontaine. My dad and I continued to share our love of all things running. He became a USATF Official and we went to many meets together.

In 1979 I moved to Santa Rosa, living near Howarth Park training off and on, just enough to run Bay to Breakers annually until 1983 when I stopped racing.

At the age of 34, my twins, Lauren and Michelle, were born. With no time for exercise, I beefed up to nearly 200 pounds. I decided to start running again. In my early 40's I was challenged to run the Human Race 10K (46:22). I guess challenging me works as I was fueled to up my training with the goal of breaking 40 minutes again (PR in my 20's was 36:05). This finally happened at the 2011 XC Club Nationals in Seattle with a time of 39:55 at the age of 57.

When my daughters started running XC at MHS, the family joined the Empire Runners, who over time, have become a second family. My whole family got involved and truly enjoyed all of our Empire friends and events. During this time I met Val Sell, first as the girls' coach then as Val's assistant coach. This friendship opened a whole new aspect of running to me: serious training and racing.



Running is a major force in my life. I am involved in many aspects of Empire Runners: training sessions, volunteering, photos, XC team, racing and writing for the newsletter. I am proud to be part of and happy to spend so much time with such a great group.

My earlier athletic career did not portend for anyone's Hall of Fame. In fact I never considered the Empire HOF. It was John Harmon who enlightened me. I am pleased to have achieved an 80% or better result on the track and on road courses. I am honored and proud that my running times, service to the club and advancing age have allowed me entry into the Hall of Fame. The friends I have made and the experiences we have shared are a significant part of my family's life and will always be so.

GO EMPIRE!