



*Darryl Beardall winning the 1974 Dipsea Run*

## Darryl Beardall

b. 10/22/1936

Darryl Beardall's nickname is "The Legend" but it might as well be "Superman." His accomplishments are enough to make mere mortals weep. Here are some of them:

- Has run over 200 marathons, including 23 California International Marathons, nearly all 30 Napa Marathons, and 4 US Olympic Time Trials including two 8<sup>th</sup> and one 9<sup>th</sup> place finishes,
- Has raced in 51 annual Dipsea Runs, collecting 17 black shirts, capturing first place in 1974 and 1978 and fastest time honors in 1961 and 1963,
- Has competed all but the first of 36 Kenwood Footraces, all of the Harvest Fair Runs, and almost all of the Ilsanjo Classic 10-milers,
- Has logged nearly 300,000 lifetime training miles,
- Has achieved the following Personal Records:
  - 5K: 14:45
  - 10K: 29:50
  - Marathon: 2:28
  - 50 Miles: 5:18
  - 100 Miles: 12:30

Born in Utah, Darryl moved to Santa Rosa with his parents and four siblings in 1950 and attended Santa Rosa

Junior High School, High School, and Junior College. For two years he ran on a full-ride scholarship at Brigham Young University in Provo, Utah. From his early twenties until his late fifties, Darryl consistently logged 120 training miles a week, often running back-to-back races on week-ends. He raised 5 children with his wife, Lynn, whom he married in 1963, and worked full-time, beginning in 1967, for Northwestern Pacific Railroad, from which he retired.

Well before the Empire Runners Club even existed, Darryl joined the Marin Athletic Club, later to become the Tamalpa Runners. He has remained a loyal Tamalpan ever since and still competes for their teams but has also been an active member of the Empire Runners, competing in club events, helping out at races, joining the group workouts, and attending club meetings. Just one club, apparently, was not enough for this guy.

Darryl turned 70 in 2006, and he still cranks out scores of training miles and shows up at nearly every local race, regularly winning his division. His pace may have slowed (Rumors are he might have been exposed to some kryptonite.), but his desire remains as strong as ever. He lives to run and run he will. He's "The Legend." He's Superman.

*May, 2008*



*Darryl at the 2007 Viking Classic Alumni Cross Country race*