

## Empire Runners Club Hall of Fame 2011

### Mike McGuire

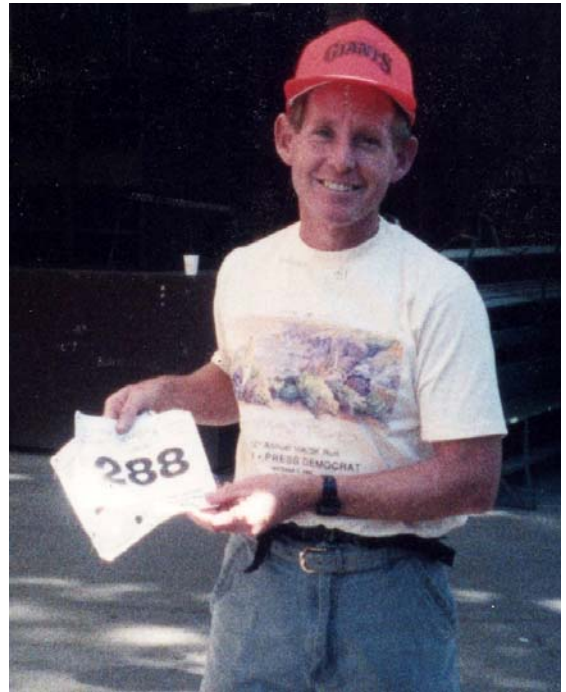
b. 1/15/1945

First joined ERC: circa 1979

Qualifying standard met:

- Resolution Run 10K, January 1983--33:52 Age: 37.  
Age grading: 82.05%

Mike swam and wrestled in high school and would have avoided running altogether, but his swimming coach was also the cross country coach. So, for one year, he ran cross country. In graduate school in 1971, he was inspired by a member of the P.E. Department who had just returned from a 5 mile run and was coherent enough to talk about it. The idea that one could run for fun began to sink in. In 1972, he ran his first Ilsanjo Classic 10-Miler after reading about it in the morning newspaper. From then on, he was hooked.



Throughout the mid '70's to mid '80's, Mike was willing to race "anytime someone scratched a line against the road." He ran local and regional races nearly every weekend, including a dozen marathons—Boston, San Francisco, Humboldt Redwoods, Avenue of the Giants, and Napa. His PR marathon was 2:41:16 in 1983. He ran several Bid Classic Half-Marathons, clocking a PR 1:15:46 in 1981.

Mike also toyed with ultras and triathlons. He teamed with Joe Phaby, Art Webb, and Jim Bower to form a powerhouse 24-Hour Relay team at Sonoma State and ran three 24-Hour Track Runs at SRJC, his best distance being 102 miles. He won his age group division in the 2<sup>nd</sup> Annual Vineman Triathlon full Ironman distance.

Even more outstanding than his running prowess has been his efforts as a volunteer in support of the running of others. Mike was instrumental in the inauguration of several classic local races, including the Harvest Fair Run, the Super Mile, Run for the Roses, the Human Race, A Quick Run to the Market, the Snoopy Run, and several winery runs. Mike has hosted the club event named for him, McGuire's Breakfast Run, all but once since 1981.

Mike confesses to occasional lapses in dues but has considered himself a loyal Empire Runners Club member since he joined in 1979. During that time he has held various club positions, including newsletter editor and club president, and has assisted with countless club races. Mike was the first cross country coach at Herbert Slater Junior High and has retired as the Principal of Hidden Valley Middle School. His current athletic focus is cycling. He is aiming to qualify for the 2011 Paris-Brest-Paris 1200K.