

Steve Cryer

b. 3/17/52

Hall of Fame qualifying races:

5k- Phaby-Gray resolution Run, 20:06 (age 62) 81.18%

10 mile- Credit Union Sactown Run 1:08:33 (age 62) 81.74%

10K- Marin Memorial Day Races 42:00 (age 62) 81.04%

Also ran Boston Marathon ('14-'16)

California International Marathon ('13-'15)

Avenue of the Giants ('13)



Steve grew up in Massachusetts and loved sports at a young age. In high school, he played baseball (mainly 3rd base) and was a 135 pound running back on the football team for four years. He moved to California in 1976 and started running in 1980. From then until 1984, running was his main athletic activity. Then he began riding his bike, doing a century ride a week for a year. Triathlons came next. Swimming, biking and running take a lot of time in order to compete. Family life took priority and raising three children replaced athletic competition for a while. But Steve still managed to get in two or three races a year.

Steve joined a gym in 1996 and my gym friend, Harald (Potts) Nordvold, spent ten years trying to get him to join Empire Runners. During that time Steve became an avid tennis player and ran the tennis league in Rohnert Park. He also got back into baseball playing for a Sonoma County league. Finally Potts and another friend, Gil Moreno, would not take "no" for an answer any longer. He joined the club and fell in love with running again, participating in every ER race and many training runs. For the first Summer Track Series meet he attended, he ran every event. He takes inspiration from many club members and is proud to be an active part of Empire Runners.

In 2013 Steve was excited to win the PA/USATF Road Racing Championship in the 60-69 age group. He runs 60 to 80 races a year while traveling all around the San Francisco Bay area. He rarely misses a weekend of running and racing. He has also travelled out-of-state for runs including three trips to Boston for their big event.

Recently Double Racing has become a special interest and a new joy in his life. He has done every double in California as well as traveling to Kansas city for a race. Double Racing combines two events in the same day with a short rest period in between. A 10K followed by a 5K for example.



Unfortunately, Steve has been slowed a bit in the past year due to a bout with lymphoma and resulting chemotherapy and radiation treatment. In true running spirit, he pushed his doctor to finish treatment in time to run the 2016 Boston Marathon. It was a great accomplishment for Steve to finish the event ahead of many Boston qualifiers.

The goal for now is to get back into running shape. Maybe not 60 to 80 races a year, but to a point where running and racing can be enjoyed for many many years to come. It's always good to have specific goals and Steve's is to continue running Boston each year and to win his age group when returns 70. That mark has been in his mind since he turned 60. He has several more years to work toward it. Working with the Empire runners and seeing the result of steady practice and inspirational club members helps Steve realize his efforts will pay off while he is enjoying what he loves to do.

Well done and congratulations Steve on your running career and accomplishments.