

Runner's World
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The human race
Eileen Portz-Shovlin

A marathon can be a lonely endeavor, but not for **John Napier** and **Marque Moore**. At the Motorola Austin Marathon last February, Napier pushed his lifelong friend in a customized wheelchair the entire distance. "Marque kept me pumped the whole way," says Napier.

The two used to run together on their high school cross-country team. Then, the summer before Moore was to start college on a bull-riding scholarship, a bull stomped on him, leaving him a quadriplegic. Moore went on to finish college and now studies healthcare law at the University of Texas Law School in Austin.

Last fall they decided to tackle a marathon together. Napier, an environmental engineer in Columbus, Miss., had never done one before, but he'd been a runner for years. Their plan: Napier would train, while Moore would seek a sponsor to pay for a racing chair. "Our goal was to finish in under 5 hours," says Napier.

"We talked most of the way, and the spectators and other runners were really cheering us on," says Napier, who ran 8-minute miles until the 19-mile mark. "The last 7 miles were tough, but Marque kept encouraging me." They finished in 3:59, an hour under their goal. "We're thrilled," says Moore. "And we're going to do more of them. We hope to find steady sponsorship so we can help other quadriplegics."

Hours after Dennis Satterfield's quadruple bypass surgery last August, he started training for his next marathon. "My first workout was a 6-foot walk from my hospital bed to a chair," says Satterfield. By the third day, Satterfield was shuffling around the hospital halls so fast that his doctor sent him home.

Satterfield learned he would need bypass surgery soon after starting training for his fifth-straight Motorola Austin Marathon. "I was getting signals that something was wrong," says Satterfield, 51, a couch potato before he started running 5 years ago.

After the operation, doctors were skeptical that he'd be able to run Austin in February, but he signed up anyway. Satterfield joined the hospital's cardiac rehab program and started walking and running with a monitor. He graduated in late November, then joined the Austin Fit running group. "I figured slow and cautious was the best approach," says Satterfield, who ran 3 to 4 miles three times a week, with a long Saturday run.

Race day came and-given everything he'd overcome the previous summer-he was more anxious than usual. It took him

until mile 23 to finally realize he'd make it. "By the finish I was feeling strong and confident," says Satterfield, who ran 4:44, his second-fastest time ever. "This was the best marathon I've ever run."

In 1978, Adrienne Salmini's two sons gave her a pair of running shoes for Mother's Day. "I had always been into sports, but girls didn't run back in my day," says Salmini, who was 62 at the time. Fortunately the shoes fit, and she started a running program. Twenty-two years later, the 84-year-old is still at it, having won more than 450 age-group awards and trophies.

She's an active member of the North Jersey Masters Track Club, but last year had to stop running when she fell at an indoor track meet and broke a leg. "That accident really put a crimp in my style," says Salmini, who has taught Hawaiian dance for the past 40 years in Harrington Park, NJ. She recuperated last spring and summer by walking with a cane and exercising in a pool.

By fall, Salmini was running again. Though her leg is healed, she still limps and feels some pain when she runs. But that's no reason to quit, she insists. She finished the Holiday 4Mile in New York's Central Park last December in 50 minutes, her first race since the accident. "It was slow," says Salmini, "but I finished and felt great. Now I want to do a triathlon."

Please send short articles and sharp color slides to: The Human Race, RUNNER'S WORLD, 33 E. Minor St., Emmaus, PA 18098.

---- INDEX REFERENCES ----

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