

# February 2015 Member Profile

Windy City Striders

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Edition 2, Volume 1

## Lunch With Errol

What a great opportunity I had to sit and talk with Errol over lunch the other day. I wanted to order a steak but followed Errol's lead on ordering a salad. I thought it was to watch calories, but he was saving his appetite for the prime rib dinner he would have that night with the School of Mines Alumni at the Petroleum Club. (Dang, I should have had the steak!) I'd seen Errol at the

Strider events and running out by the river on Trevett and even read about his healthy lifestyle change in the Casper Start Tribune. I'm thankful I didn't miss out on the chance to learn a little more about this generous and encouraging gentleman.

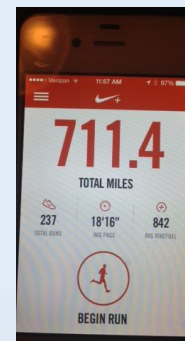
Errol starting running in 1989 when he quit working in the field for 71 Construction. He felt he had to do something to stay active, so he joined the Wyoming Athletic club and was invited to go for a run with some of the members. They would run on a consistent schedule for about an hour. Errol said the longer he did it, the better he liked it. Another running addict in the making. Errol's first competitive run was a 5K night run at the airport, which used to be an annual event.

Errol has run 26 half marathons with his first half being the Casper Cross Town Half in 2002. He completed 4 in 2012 alone, including the Rock & Roll marathons in Phoenix, Dallas and Denver. His favorite run was Phoenix as it went from downtown Mesa through a cactus park and ending at the university.

You'll see Errol with his headphones in and music on during the running events. He listens to wide range of music from Country, downloaded music from the Voice and Pandora when it will come in.

Although he suffers from Asthma, you'll see that doesn't keep him from this activity he's come to love.

He told me about a Nike Running App he uses to track his mileage. When I asked to see it I noticed it said **seven hundred eleven.4 miles** -And that is only in the last 3 years.



Errol is a tech savvy guy who keeps in touch via Facebook. He introduced me to a new running site to track my own running events. (Athlinks- check it out)

Errol has run every Bolder Boulder since 2001 with the exception of 1 year when he went to watch his Granddaughter graduate from the American Academy of Fashion Design in London.

What a gift from Grandfather to Granddaughter.

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## BECAUSE I STILL CAN

When I asked Errol what keeps him motivated and why he still runs, he quietly answers, “Because I still can”. “I feel better when I exercise”.

5 years ago Errol built a workout room in his home, although he still prefers to run outside which he does 3 days a week. About this same time, Errol had a visit with his doctor to talk about his weight. His doctor told him to quit worrying about that, he has the heart of a 19 year old.

Errol spends time at home with his wife who also sings with the Meadowlarks, a group that sings at nursing homes. He says she has a beautiful voice. Errol is their driver and chaperone to these singing engagements.

Errol also participates in Relay for Life and United Way.

Errol pulled out a book at Lunch that included pictures of past Strider events. So many memories packed in a binder. Pictures of runners, special bibs and various news articles. Many of the pictures posted on the striders web site are from Errol.

Errol is an inspiration to our running community. One member mentioned that she saw him running a 10K and thought if he can do it, she can too. She has now finished her 29<sup>th</sup> half marathon. There are multiple stories similar to this - He reminds us that it is never too late to start.

Thank you Errol for your kindness, generosity, and encouragement with a little extra dose of humanity thrown in for good measure.