



## Leana Sloan focuses on shorter races



*Runner  
in  
the Spotlight*

Leana Sloan has switched to shorter distances after building a reputation in ultras. She also has overcome an abdominal operation and mononucleosis in the past year, and still remains one of the better female masters runner in the area. Her most recent accomplishment was winning the RRCA State Championship masters title at the LGRW Double Trouble 10K. Here is a look at Leana, another Runner In The Spotlight.

### By Leana Sloan

I've been running since I was a young girl on our farm in South Africa....usually barefoot with the African kids.... I had no interest to compete in high school and college and stopped running soon after leaving the farm.

Then, everything changed... I wanted to run the Comrades Marathon; (a 90K ultra race from Durban To Pietermaritzburg) after watching the race on television. I joined a running club, qualified to run the 90K race in 1992 with a 3:13 first-ever marathon. I completed the Comrades two months later with an 8:28:07. This was my running highlight! I made a promise to myself never to run this race again, because it was so special!

I continue to improve my marathon time to a 2:46 by 1994 and qualified for the National Marathon Championships in '94, '95. I ran several ultra marathons (32K-56K ) and half marathons (PR 1:21:07). My interest was only for long distance running and the shorter distances were of no importance. My racing schedule was up to two marathons a month... Almost always sub 3 hours.

I immigrated to the USA in 1997. My running was not going well due to an ongoing stress fracture and a major car accident. I took off from running and Luke was born in 1998.

I ran a couple of local marathons in the USA, but training was awkward with having to push a "babyjogger"

I decided in 2006 to stop running marathons due to injuries. Nowadays, I enjoy running the shorter distances and half marathons. My favorite training runs are on the trails on Lake Grapevine with my running friend Doctor Fowler.