

**Always athletic, Linda Landrum's running evolved from being 'transportation' to competition and she has kept her English accent even though living in Texas for 25 years**

By Fiona Green



*Runner  
in  
the Spotlight*

The first thing about Linda Landrum that caught my attention was her accent. Despite the fact that she has lived in Texas for 25 years, she has kept her lovely English twang. The next thing was how fast she had just completed the Run the Rails 5K on a hot, humid morning (Saginaw - June 4). With a time of 26:25, she effortlessly won the 60-64-year-old division, finishing 7 minutes ahead of the second place finisher, Marta White.



Slim and athletic, Linda has always enjoyed sports. In certain respects she might be considered something of a pioneer. She was a founding member of the Ipswich Ladies Football Team around 1960. In those days, there were few women's teams around and she and her teammates would often play against the men's teams for some friendly competition. She also practiced judo, earning several belts -- two at her first exam because she was so eager!

In the early days, she considered running simply as something children did to get from A to B and she would regularly run to and from school, to the grocery store, church etc. It was her husband Curtis who introduced her to the notion of running for running's sake. Curtis, a keen athlete, would refuse to eat supper until after his evening run. Tired of waiting for him to return, Linda decided one day to lace up her shoes and join him. That was 37 years ago (the pair have now been married for 47 years) and she has never looked back. Running is now part of her identity.

She loves the fact that the sport can be done at anytime, anywhere and to the extent that you desire each time. "I like the challenge and the feeling when finishing either a good workout or a race," she said. Her training consists of running on average of three times a week, with her longest run being around 1 hour, 45 minutes. Her route often starts with hills and ends on the track.

She supports her running by using weights twice a week, mainly for the upper body, and she makes sure she takes time to stretch. Linda credits her active lifestyle with keeping her healthy, and she tries to stick to a decent diet, preferring simple foods like rice, lentils, sardines, root vegetables and salsa. She avoids sodas and anything artificial.

She races once a month and participates in the Fort Worth Runner's Club runs when her schedule permits. Her favorite races are the Boopa's Run 10K and the Run for the Riders 10K as both of these races benefit children with special needs and she has a special needs granddaughter.

Asked about her most interesting race experience, she told the tale of the race that never was -- the 2009 Fort Worth Turkey Trot. Before the race, she had been standing in a tightly packed crowd moving toward the start line. She didn't see a curb, tripped, fell, injured her groin and couldn't race. While frustrated by the experience, she kept things in perspective and realized she was fortunate her injuries weren't more serious.

Linda's passion for running is clear and an inspiration to us all. Turning 65 today (June 21), she is excited at the prospect of entering a new age group and hopes to continue to run for many years to come. Happy Birthday, Linda!

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