

## He went from smoker to smokin'



Ken Brewer is a regular road-race runner and you've probably participated with him at several events. And even though he's 71, you might have just been viewing him from the backside because he's usually in the low 24-minute to mid-23-minute 5K finishers. One might expect that the slight, fast Arlington resident had been running most of his life, but he didn't start until he was 35. That's when he gave up smoking (he says it's a hard addiction to overcome) and started playing league soccer to insert some activity into his otherwise sedentary life.

Soccer provided good speed and interval work just by the nature of the sport. When he decided that he might be suited for running because of his slight stature, he started running. And he has been going ever since. He has logged five marathons, but said that's not a good distance for him. For years, he ran 10Ks because they were more prevalent than they are now. Even though he's running more 5Ks now simply because there are more of them, he will slip in a 10K and half marathon.

His training regimen has changed somewhat from what he followed for several years. He has backed off somewhat from a program that calls for three days a week of "quality" interval, tempo and long runs. Even the long run is supposed to be done at an "uneasy" pace, Ken said. It was a program that put him among the front pack of runners for several years. But he's not putting as much intensity into his workouts as he once did. By watching him run in road races, though, he apparently is saving that intensity for his competition. At the FWRC Watermelon 5K, for example, he finished in 23:53. So, say hi to him as he smokes past you next time.