

## This runner has had world to train and run

By Fiona Green



For many runners, weekly training runs generally take them no farther than the local park where they cover familiar territory week after week, sometimes year after year. They may consider traveling out of state on occasion, but those race adventures are usually few and far between.

Meet Marty Goins.

The 42-year-old aircraft mechanic has trained and raced all over the world, having spent the past 17 years in the Air Force working in Japan, Africa, the Middle East and Europe.

Marty's love affair with running began in 1996 when he was stationed in Japan. His initial goal when he hit the track was to lose a few pounds, but when he realized that he actually enjoyed the sport, he simply kept going.

His most memorable running moments have been experienced not in races but in training runs with friends. Favorite memories include running one morning in downtown Kosovo, then later that night with a friend in the UK, running with a group of older runners in Germany, then two days later hitting the dirt roads of Rwanda; running the runway at an Iraqi airstrip while the army patrolled the hillsides; running in the heat of Africa and seeing a cobra raise its head in his direction; and being chased by a pack of dogs and hoping that he wasn't the slowest runner in the group!

He particularly appreciates the camaraderie of the sport and recalls running with a friend who had previously never run farther than a mile, then watching that same person cross the finish line at a marathon one year later.

Thanks to a log recording all his races, Marty can remember the highlights of almost every single one -- the time he let a young kid pass him, inches away from the finish line, running in Paris with his best friends, running with a group of first time marathoners in White Rock, meeting life long friends at the Texas State Fair or a 5K in Ramstein, Germany, catching up with long lost relatives at Washington D.C'. Marine Corp Marathon and watching his nephew complete his first 5K before joining the Army.

Each race is unique and holds special meaning for him. Modest about his times, he adopts a healthy attitude toward racing. ``Now, I just like to finish a run feeling good. Of course I would like to come out with some hardware, but finishing is the biggest goal.''

Cross-training always has been a part of Marty's routine and he is incorporating more cycling and swimming into his schedule with the idea of possibly completing a triathlon. His future running goal is simple -- to keep going for as long as possible. One of his sources of inspiration is a photograph of him finishing a marathon in Greece in 3:20. Just ahead of him is a gray-haired, wiry gentleman in his 70's. He keeps the photograph because in years to come he hopes to be that gentleman.

In one of his most recent races Marty finished among the top 10K runners at the American Heroes run in Arlington on Memorial Day (May 26).