

## Looking for adventure? Claude Hicks found it at the Grand Tetons Marathon

Claude Hicks of Fort Worth said his goal is to run a marathon in every state. He also wants to run interesting marathons. He had run several marathons in several states during the past few months. About 10 years ago, Claude had three lower vertebrae fused together because of an injury. Doctors said among the things he probably wouldn't be able to do was to run a marathon. Because he wasn't a runner, that prognosis didn't upset him.

Six years later, though, Claude decided to start running because his mother was training for the Disney Half Marathon and wanted her children to accompany her. He kept going and ran his first marathon in 2004 at The Cowtown.

He has run more than 60 marathons now and has a PR of 3:50. Besides running marathons in every state, he also wants to run 100. He said he hopes to finish all the states next year. His goal this year is to run marathons in 30 different states and 40 marathons. He had 14 to go as of last September, when he finished in Bristol, N.H., and logging a 4:22 on what he said "not an easy course."

His travels have included trips to West Virginia, Iowa, Minnesota, Wyoming and Idaho. He also ran back-to-back marathons and said the second one, the Grand Tetons, was the most difficult he has ever attempted.

One of Claude's most recent marathons was the Moose Mountain Marathon in Minnesota, which he finished in 6:36:45. One of his faster efforts was the Casper Marathon, which he finished in 4:28:33.

Over the Sept. 1-2 weekend, he doubled up with back-to-back marathons. He ran the Pocatello (Idaho) marathon in 4:19:35, then came back on Sunday to run the challenging Grand Tetons Trail Marathon in Wyoming. He said that was the hardest physical thing he has done and was proud of his 7:10:26 finish. The race starts at 8,000 feet and reaches its peak at 9,840 feet. To add a little more spice, there's an 1,810-foot climb in a short 2.7-mile stretch.

So, after a whole week to rest after Grand Tetons, Claude was off again to Minnesota for the Moose Mountain Marathon on Sept. 8. That was a point-to-point run on the Superior Hiking Trail and he finished in 6:36:45.

Claude's other travels have included the Park City Marathon on Aug. 25 in Park City, Utah. Claude ran a 4:30:32 to finish 209th among the 248 men finishers. Claude also had a busy June as he packed his bags to run in the Casper (Wy.) Marathon on June 3, the Hatfield-McCoy Marathon in Williamson, W.V., on June 9, and the Marathon to Marathon in Iowa on June 16. His fastest effort was in Casper (4:28:33) and his slowest finish was in Williamson (4:38:25).