

UNIVERSITY OF
DAYTON
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PAIRINGS
WINE & FAMILY

BING CROSBY, CATHOLICISM AND POP CULTURE
OUR OLYMPIAN ■ GE AVIATION LANDS AT UD
HOW TO BE HAPPY (YES, WE HAVE THE ANSWER)

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Miles to go

CHRIS PETIT '95

Chris Petit blithely calls his penchant for running ultra-marathons "a hobby."

"You have to respect the 26-mile race," Petit said. "But it just doesn't have the same sizzle for me, so I run the 50 and 100 milers."

Once a 235-pound UD linebacker, Petit realized that muscle mass was ideal for college football but not for his personal, long-term health goals. He began running marathons and later, triathlons. Now, marathons are merely training for longer, über-endurance runs.

He ran the Akron (Ohio) marathon in 3:20:16. After such a race, "I may end up running 5 or 10 more miles that day and run 20 to 30 more miles the following morning," said Petit.

Often rising at 3 or 4 a.m., Petit runs more than 200 miles in the two weeks before a big race. And because the father of three doesn't like to miss any family time, he'll meet with fellow ultra runners on the quiet, vehicle-free streets near his home in Atlanta and run through the night. Between races, however, he runs about 40 miles a week, focusing on quality rather than quantity. "Hills, speed work and even recovery," he said, "everything has a purpose in your training."

The executive recruiter expected to compete in five punishing races in less than three months, including the Nashville 50-miler, the JFK 50-miler, the Pine Mountain 40-miler, Lookout Mountain's 100K race, and the Pinhoti 100-miler — a single-track trail run that winds through Alabama's Talladega National Forest.

In March, Petit set a men's course record at the grueling Lake Okeechobee Scenic Trail 118-Mile Endurance Run, finishing in 19:10:05. But despite such jaw-dropping running accomplishments, he's quick to dismiss any suggestion that he deserves accolades.

"I like to promote health, but thinking about running 100 miles is a lot to digest for most people, so I don't make a big deal out of it."

—Molly Blake '96

