

# Joe off and running

by ANDREA MURPHY

Woodstock high school teacher Joe McGuire will attempt to run 120 kilometres from Woodstock to Grand Falls July 7 for the Tomorrow Run '91.

McGuire will attempt the run for the first time to help raise money for the Elks and Royal Purple of Canada's purple cross fund. The purple cross fund was set up by the two groups to help children with special needs.

Although McGuire has never run such a long distance at once before, he is no stranger to endurance running.

"I have been running for 14 years now, and altogether I have been in about 40 marathons," said McGuire.

McGuire, who runs about 3,000 miles a year, has taken part in the Boston Marathon for the past 11 years, where he has always placed in the top 20 and has been the first Canadian to finish. He also won the Masters (a category for people 40 to 49) at the marathon in 1985.

McGuire, who has only lost one race in Canada, runs almost every day to keep in shape.

"I never run less than eight miles. I run about 65 to 70 miles a week."

Even though McGuire often travels long distances to compete in races, he still manages to take the time to get involved in other forms of exercise.

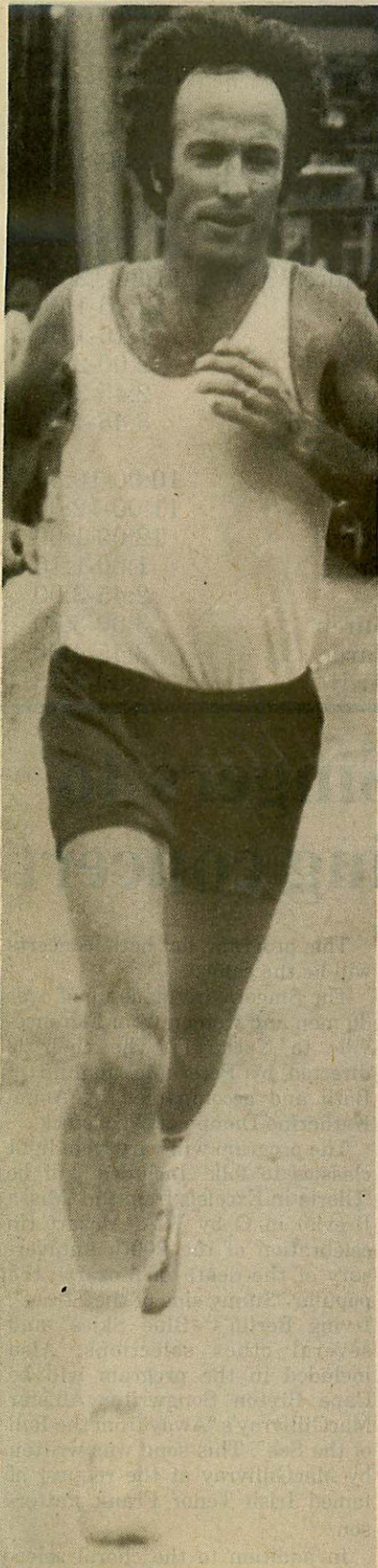
"I like to play basketball, and I also coach activities such as soccer," stated McGuire who teaches history and physical education.

He said he took up running to keep in shape.

"I was overweight and out of shape, and I would put on about fifteen pounds during summer break. So I took up running as a form of exercise."

Although McGuire has never run more than 26.1 miles at once, he feels confident that he can make the run to Grand Falls.

"I try to run every day to keep in shape for my runs, and I am feeling good about this run."



JOE MCGUIRE