



A great runner coming and going — BC physical education instructor Sharon Brown, who ran in the New York Marathon this fall, takes her daily training in stride. (Clarion photos by Laura Clark)

Sharon Brown goes the distance

She's BC's Marathon woman

by Libby Enloe
Clarion Reporter

Sunday, November 5, while most of us here at Brevard College were being lazy bums, BC's own Sharon Brown was among the 25,000 participants in this year's New York City Marathon.

Brown, a BC Health and Physical Ed. instructor, finished in the top 20 percent in the women's division. She placed 8,787th over all. "Look at it this way," she said with a grin, "I beat 16,000 people!"

Along with the 25,000 people in the race, there were around two million spectators along the 26-mile course. "The crowds were great," she said, "There were bands and cheerleaders and kids with boom-boxes blasting rap music. The biggest crowds were in Central Park." The crowds could be distracting but she said, "Being around all those people was very motivating." "The people were so nice," she said. "It's almost like you're a celebrity for a day."

Starting on Staten Island and ending in Central Park, the course runs through all five boroughs in New York City. "It's not a particularly fast race because of all the people. It took 13 minutes to get to the first mile," said the three-time NYC marathoner, "but it's a great marathon for first time runners."

Brown, who runs all year, spent four months training for the marathon. "Training is about 80 or 90 percent of the whole race," she said.

Her finishing time was 3 hours, 45 minutes. "That was my best time," she said. "It was faster than my husband's time. The deal was, if I beat his 3:53, he'd have to run with me next year."

"I had good concentration this year," she said. "I was better focused."

"In a marathon, the last six miles are usually the hardest." But when you cross the finish line, she said, "...You get a medal, a rose, a warm blanket and a bag of food." Brown says the feeling of ac-

complishment is so overwhelming that "...all you think of when you cross the finish line is 'I did it'!"

And after the race. "It's a real shock to your body, so you have to be real careful afterwards. I got sick last year," she said. "This year it took me a week to get back to running six miles a day."

Oddly enough she says that one of the hardest parts of the whole experience was

the drive home, "It was hard to keep my legs still. We had to stop every few miles to walk around."

Of the overall experience, Brown said, "It was a real challenge."

What about next year? She said, "I try to run at least one marathon a year." She missed qualifying for this year's Boston Marathon by five minutes. "I was pretty close. I'll train harder next year."

PTK holds book raffle

The Brevard College chapter of the Phi Theta Kappa Honorary scholarship fraternity is planning several December events.

A Christmas tree from the College will be donated to Brian Center rest home in Brevard, and the club members plan to decorate it and visit with the elderly people.

Also, the PTK is holding a book raffle to raise funds. Tickets are being sold by PTK members for \$3 each, and the winner gets up to \$200 worth of books from the Student Store. Faculty and staff members can buy raffle tickets too for \$100. The drawing will be held Friday, Dec. 15, at lunchtime in the cafeteria.

FRANK'S

SUBS

704-884-3686

**EAT IN & TAKE OUT
OPEN LATE
SEVEN DAYS A WEEK**

238 North Caldwell St.
At King Street
Brevard, N.C. 28712

Student Discounts!

drinks free with sub and salad

with valid BC ID

FREE DELIVERY

FOUR AND SIX—FOOT—LONG PARTY SUBS!