

WHAT IT TAKES TO...

Set world records in your 90s



ORVILLE ROGERS, 95, of Dallas, set six world records at the USA Masters Indoor Championships in March. He now owns the fastest times for men ages 95 to 99 in the 3000 meters, mile, 800 meters, 400 meters, 200 meters, and 60-meter dash. The former airline pilot took up running at age 50 and ran his last of five marathons in 3:39 when he was 75. —GAIL KISLEVITZ
"I can't find any training plans for 95-year-olds, so I make up my own. I lift weights and run three times a week at a track, doing 25 minutes of intervals."

Log 70,000 lifetime miles



CHARLES SCHEIBE, 58, has recorded every mile he's logged since he started running in 1971. That tally totals 70,000 (and counting), including 144 marathons and ultras.

The CFO for the State of Colorado averages 12 endurance events a year and volunteers at youth track-and-field events. Next is the Leadville Trail 100 Run in August. —G.K.
"I love to introduce others to running. Not only do I get to promote my favorite sport, I get to see their accomplishments. Running has served me well. My mantra is, 'If you can't run faster, run farther.'"

Return from a midrun stroke



ROCIO MENDOZA, 25, ran the Rock 'n' Roll Portland Half-Marathon in May in 2:31, eight months after suffering a midrun stroke. Her boyfriend got her medical help after he

noticed that her speech became garbled while they were running. Mendoza had no risk factors; doctors aren't sure why it occurred. The Medford, Oregon, nurse had to relearn how to walk and talk. —G.K.
"I had a little fear in the back of my head since I had the stroke while running. I became emotional when I saw the finish banner and crossed the line."

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Eat, Sleep, Run

Need a scenic hostelry to test—then rest—your legs?
 These innkeeper/runners go the distance for guests



Old Monterey Inn, Monterey, CA

This award-winning inn fills up months in advance of the Big Sur International Marathon in April. That's because owner Katy Havlick, a nine-time marathoner, is known for her runner-specific hospitality. She opens the kitchen on race morning around 3 a.m. (shuttle buses start at 3:30) to let runners prepare their preferred prerace breakfasts, and the on-site spa offers deep-tissue massages to soothe postrace aches and pains.



Trapp Family Lodge, Stowe, VT

The hills of Vermont are alive with—running! Here, the latest generation of von Trapps, brother-and-sister Sam and Kristina, join guests for group runs on trails that cover their family's 2,500 acres. The lodge hosts a weekly 5-K trail-running series in the summer. There's also an on-site fitness center, three pools, massage service, daily yoga class, and a brewery. After you put in your miles, enjoy a Trapp Lager.



Boulder Twin Lakes Inn, Boulder, CO

Elite runners feel at home here under the helm of former Olympic marathoners Binesh and Nadia Prasad: Recent guests include Olympic marathoners Shalane Flanagan and Constantina Dita. Posh it's not, but it fits runners' basic needs—open communal kitchen, in-room fridges, and trails right out the door. If the trails leave you with tight muscles, the Prasads can lend a hand. The husband and wife are sports massage therapists.



Hungry Ghost Guest House, New Paltz, NY

Mike Trunke, an elite masters runner and cross-country coach, and his wife, Petra, opened up this guest house with the goal of making it an "active retreat." Guests can take advantage of special perks like videotaped running analysis, cooking lessons, and swim instruction. Fresh, organic food is their passion, and Petra specializes in vegan and gluten-free options. —MEGANNE FABREGA