GIVE HER A BREAK. Commenting on the 10th year of TACSTATS races (June 23), Race editor Mark Winitz had this to say about the world's largest race, the Boston Marathon: "So far, so good. Without exception, the numbers from last year's largest races are in, and once again they're up."

The top 10 races are classified by coordinator Steve Todd as "amateur" races, and range from the $100,000-a-year Bay to Bay 10-K to the $10 million-a-year New York City Marathon. The results of the 10 races alone drew almost $100 million in prize money.

The Aloha Run grew fastest, with a 53-percent increase. Second was the Honolulu Marathon, up 45 percent. Third and the largest event was New York, which grew 43 percent. The 1,100-mile 2000 U.S. Olympic trials, which was run in New York City, lagged far behind New York in percentage growth. The Aloha Run ranked 18 in growth, while New York City ranked 19th.

The Aloha Run and 2000 U.S. Olympic trials are both from the Aloha State of Hawaii. New York ranked first in both growth and finishing runners, 97 to 71, last year.

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First Lady of Running

DORIS HERITAGE LIVES OUT the adage that ’life imitates art’ by always doing the opposite of what she sees. For instance, after her husband retired from running, she continued to run. Doris, with her husband John, has written a book about her experiences as a runner. In her retirement, she has continued to run regularly, setting new personal bests for herself. She believes that running is a way to keep her mind sharp and her body healthy. Doris often runs with her daughter, Shannon, and her granddaughter, Abigail. Shannon is a professional runner and has won several races, including the Olympic Games. Abigail is a talented young runner and has shown promise in the sport.

Joan ran a pregnant about a year ago, when Portland, Oregon, for the Cascade Run. With Anders in tow, she won a Kansas City-area 10-K her return to the roads. Her return to the sport was due to her desire to stay healthy and fit. She feels that running is the best way to do so. Joan says, “The race is not about winning, it’s about doing your best.”

Joan picked up running at the age of 18 and continued to run throughout her college years. She then moved to Kansas City and continued to run, setting several records in the process. Joan won her first Olympic gold medal in 1984, and has been a fixture on the world stage ever since. She has won numerous medals and has set many records in her career. Joan has been an advocate for women in sports and has been a role model for young girls.

Joan's success has not come without its challenges. She had a difficult time balancing her career and family life. She often had to sacrifice her training time to be with her family. However, she never gave up and continued to push herself to be the best.

Joan’s determination and competitive spirit have made her a favorite in the world of running. She has set an example for all runners, both young and old. Joan is a true inspiration to all who look up to her.