

About a Gator #57: Patty Trainer

April 2016



1. **SVYMG:** What is your endurance sports background?

Patty: I began running in high school as “therapy” as I was recovering from anorexia nervosa. I ran for many years just to stay in shape. After the birth of my second child, Jimmy, I began entering races and I joined a local running club, Fast Tracks, based in Valley Forge. My first race was a local 10K (Citizen’s Advocacy 10K in Phoenixville); I was first in my age group, which fueled the racing fire in me! I have since run many races of distances up to a marathon... Too many to recollect. My first of five marathons was the 1997 Marine Corps Marathon, which came two months after I was diagnosed with MS. I’ve also run the New York City Marathon and the Philadelphia Marathon.

2. **SVYMG:** What are your top 3 endurance sports goals?

Patty: My top three goals are...

1. To feel comfortable in the swim.
2. To cross the finish line knowing that I put forth the best effort for that day/race.
3. Improve in one small way from one race to the next.

3. **SVYMG:** What has been your favorite race in which you've participated?

Patty: I love the NYC Marathon. I’ve run it three times, but probably will not again as it is now too crowded and expensive for my taste. BUT, the crowd support is fantastic! Locally, I love the Valley Forge Revolutionary 5 Mile Run in Valley Forge Park in April.

4. **SVYMG:** What is the race that you'd most like to do?

Patty: Ironman St Croix 70.3! Haha (Stephanie)!

5. **SVYMG:** What song would you most like to hear at the starting line of a race? How about the finish line?

Patty: For the starting line, maybe “Lose Yourself” by Eminem. For the finish... I don’t know, I’m usually kinda delirious by the end of a race... Something by Earth, Wind, and Fire... “Sing a Song”?

6. **SVYMG:** What has been your best endurance sports experience to date?

Patty: The 2015 Steelman sprint triathlon and the 2015 Quakerman Olympic-plus triathlon.

7. **SVYMG:** Do you have an endurance sports tip or two that you'd like to share?

Patty: I need tips.....

8. **SVYMG:** Who is your favorite professional endurance sports athlete?

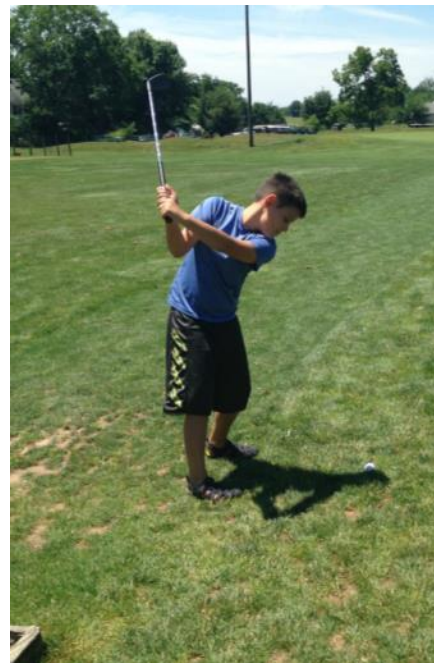
Patty: Well, she is no longer with us, but Greta Weitz is my favorite. I met her at the NYC Marathon expo. She was just standing around at the Asics booth and we chatted a bit... I got her autograph and I had a picture taken with her. She was very gracious!

9. **SVYMG:** What is one interesting thing about yourself that has nothing to do with endurance sports that you'd like to share?

Patty: I was in the audience on the Phil Donahue show when I was in 5th grade. I asked Omar Shariff (Doctor Zhivago, Lawrence of Arabia) a question. He came over to me and gave me a kiss. My whole class was watching it live on TV. And one other thing... When I was 16, I flew **alone** to London (before cell phones, mind you... What were my parents thinking?) and was in Harrods Department store when an IRA bomb went off! Sorry, that’s two!

10. **SVYMG:** Any other background info you'd like to share?

Patty: I have three children: Madeline (21), Jimmy (19), and Max (10). After graduating from Albright College in 1989 with a Political Science Degree, I entered the restaurant business instead of proceeding to law school (my original intent). Oh boy, what was I thinking???? Anyway....I managed the Kimberton Inn for 10 years before going back to school to become a teacher. I now teach Second Grade at Schuylkill Elementary School in Phoenixville. Previously I taught Fifth Grade and taught in the Phoenixville Middle School. Hobbies? Well, this sport and the training involved take up most of my time, but I do like to cook!



My boys and I at Marsh Creek and Max golfing... We like to paddle board, kayak, and golf for cross training!