

# The Monster Runner Award

The Monster Runner Award is designed to celebrate the runners in our community who excel in race finishes, overcome personal challenges, run personal bests, contribute to a better life for those around them, and go far beyond their comfort zone to find something special within.



## January 2010 Monster Runner – Steve Grube

If you're truly looking for someone inspirational to help keep you motivated, look no further than this month's Monster Runner, Steve Grube. Steve teaches and coaches (track and cross country) at Crow High School, outside of Eugene – each day, giving his time and energy to kids who thrive under his leadership. Shortly after this past cross country season ended, Steve presented a challenge to his athletes, parents and coaches – to run a marathon on Veteran's Day with Steve at the school, covering 52 ½ laps of an 800 meter loop. Pictured above to the right, are some of the 20 runners who accepted the challenge, with 6 completing the full marathon (26.2 miles), and 13 more finishing a half marathon (13.1 miles). Steve himself completed the historic distance in 4 hours and 40 minutes.

Steve's 4:40 marathon, is far off of his personal best of 2:23, set in Las Vegas, back in 1988 – but in 1988, Steve didn't have Stage 4 colon cancer. Diagnosed in 2006, Steve has been waging a battle for the past three years, running many local races while on chemotherapy. With three lung surgeries in the past two years, it's even more remarkable that Steve continues to run – currently about 15 miles per week. In fact, Steve acknowledges that without running, he doesn't think he'd be doing as well as he is. Steve has always loved to run, and more than that, to race, and he's always had some connection to the sport. He grew up in New Jersey, running in high school and college (Glassboro State College), and went on to coach collegiate x-country at Ramapo College. After meeting his wife, Renee, in New Orleans, he then moved to Eugene and has loved being here ever since.

True to his mentoring nature, Steve encourages his students and athletes to always keep setting goals, and to never give up on those goals. Steve lives and breathes that philosophy each day, so much so that his kids always expect him to be there, regardless of how he feels. Steve's advice is straight to the point, "Focus on just getting out there – you never know what could happen." He also wants people to find a way to make their running enjoyable, specifically noting that having someone to run with can make all the difference. Those who come out to run with Steve, know exactly how powerful that can be!