

Anker also has several training programs for various events in both Culver City and Rancho Park (including online session back-ups). They include injury prevention, nutrition, shoes, apparel, and much more. Runners and trainers Fran Bustos and Anker will get you in shape the right way. Training began in June, but there are ongoing programs. [See phone number for information at the end of article.]

According to Kronenthal, the international running society has always benefited from the WHM, America's second oldest marathon. "People around the world recognize Culver City for the WHM," says Kronenthal. But this international recognition is only possible because of Kronenthal's many innovations. As WHM race director, he tore down several traditional running barriers. One was making it possible for women to run in the marathon (beginning in 1971). Cheryl Bridges won that year's race and set the women's world record at 2:49:40.

"WHM women runners play an integral part in women's distance running," said Bridges. "We were leading the world for years."

Since that milestone, WHM women have continued to break barriers. Westside resident Jacqueline Hansen broke the women's world record in 1974. She ran a 2:46:36, which is still the women's course record today. "I set a personal goal to run the marathon and win, and I did it," said Hansen, who beat every woman in the three WHMs she entered. "The WHM's sense of history," Hansen says, "lured me into the race in 1972." Winning that year's WHM launched her world-



wide running career. She then went on to win the 1973 Boston Marathon and the Honolulu Marathon. Recently, she coached the U.S. National Ekiden team in Japan. Hansen, after all her travels, still heralds the WHM. "The December weather is great for running—temperatures usually fall between 55 and 65 degrees, with low humidity and clean air quality, compared to Hawaii, where stifling heat and humidity daunt runners."

Serious marathon runners, students, and recreational joggers can pace through Culver City's streets in the Half-Marathon or 5K. Students Run L.A., a high-school running group, runs every year. Its runners train for the Los Angeles Marathon in the WHM's Half-Marathon.

Bridges, the first women's record holder, came out and cheered on the runners last year on the 30th anniversary of her world record. "Culver City residents still provide intimate support to runners. Their continued dedication to open up the city to all participants, volunteers, and observers makes this a special event," says Bridges.

This year's other sponsors include presenting sponsor i.FIT.com, who will be awarding

the grand prize of a Nordic Track FlexDeck treadmill to the male and female winners of the Marathon, Half-Marathon, and 5K races.

Anker has secured an impressive list of sponsors. Don Kott Mazda from Carson and Off 'N Running Tours will award two Mazda Miatas if a male and/or female breaks the American record (runner(s) must be an American citizen).

Other sponsors include The Radisson Hotel (Culver City), Southwest Airlines, 24 Hour Fitness, Ultima Replenisher, Carb BOOM, K-EARTH 101, Jiffy Lube, and See's Candies. These companies and others will exhibit their products and services at the Health and Fitness Expo on Friday and Saturday, November 29 and 30, at the Culver City Radisson Hotel. Participants can pick up their race packets and register at the Expo. The WHM is a Boston Marathon qualifier.

For those of you who are going to try to break the American record, the men's is 2:05.38 and the women's is 2:21.21.

Call Off 'N Running Tours for more information on the WHM and ongoing training programs at (310) 246-1418 or (800) 523-8687, email Cheryl Anker at run2tour@aol.com or register online at www.whmarathon.active.com.



Marathoners Jeaney Garcia, left, Jacqueline Hansen, and Cheryl Anker