

Record numbers turn out for UW Medical Center Seattle Marathon

The temperature was 40 degrees. Three-quarters of an inch of rain fell. The air was thick with fog, and winds of 10 miles per hour swirled. Yet 9,406 runners, 1,825 walkers and more than 2,500 volunteers turned out on that blustery November Sunday for the UW Medical Center Seattle Marathon.

Among them was Team Transplant, a team of walkers and runners made up of transplant recipients, their supporters and UW Medical Center staff.

“I consider myself incredibly lucky – first having received the gift of life, and, second, being a part of a team that supports and encourages me every step of the way to take care of myself,” said **Steve Reynolds**, who received a new liver at UW Medical Center in 2003.

Since 2001, **Alysun Deckert**, clinical dietician with UW Medical Center and Olympic Marathon Trials qualifier who holds a degree in exercise science, has coached Team Transplant. The 2001 team had 35 members – five of whom had received transplants. The 2006 team had more than 180 members – 30 who had received transplants.

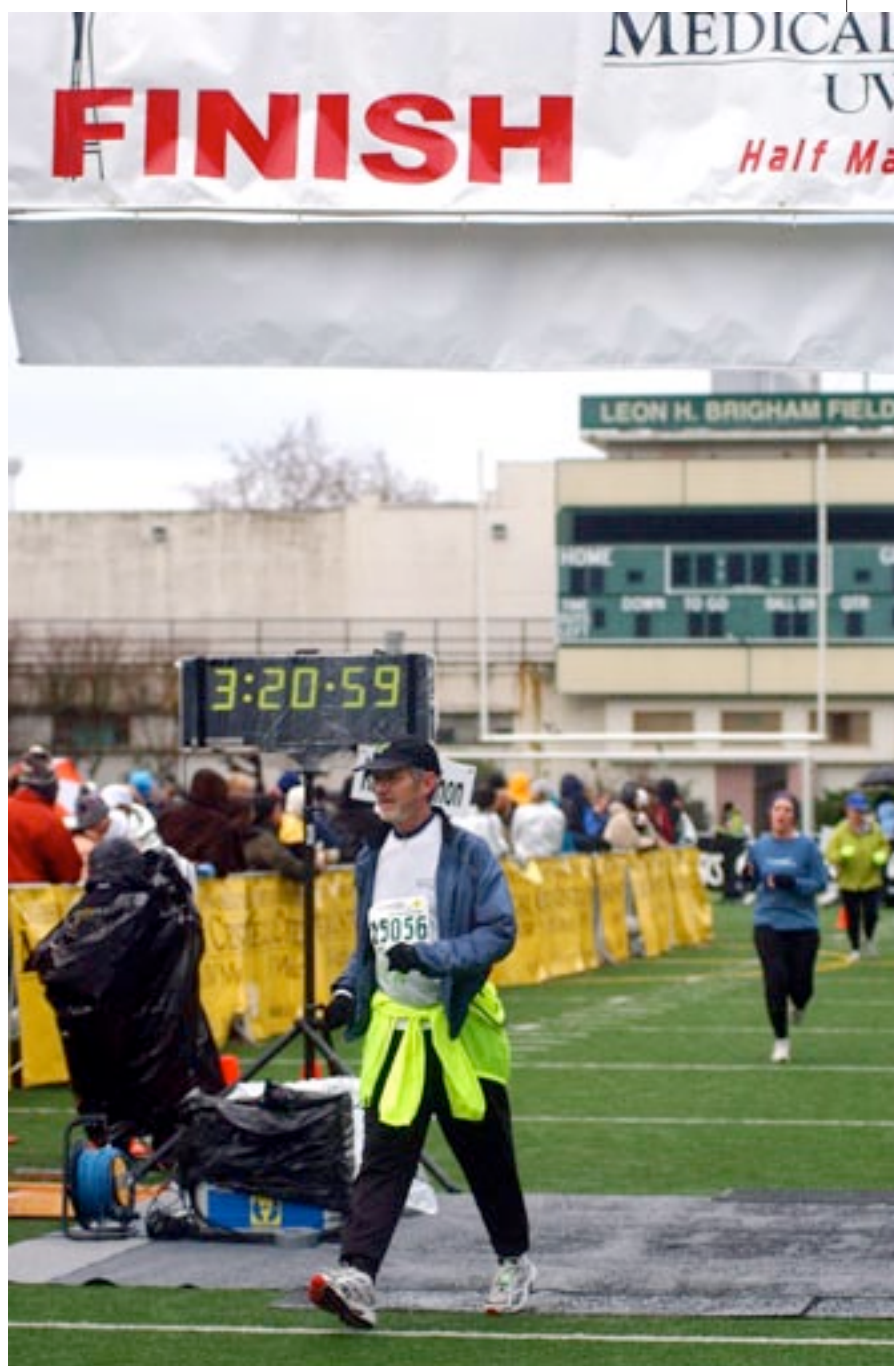
For the first time, UW Medical Center sponsored the 2006 Seattle Marathon, which benefited the Living Legacy Foundation. The marathon began in 1970 with 38 runners and has expanded to more than 10,000 participants.

“I think many of the returning members have really enjoyed their experiences and spread that message to other staff members or transplant recipients who decide to join,” Deckert said.

Each team member receives a 16-week training schedule that starts in mid-August. Deckert sends weekly e-mail newsletters with training tips and encouragements. Then, the team meets at 8 a.m. each Saturday as a group for long workouts and clinics on stretching, strengthening, running techniques and yoga.

The training schedule, Reynolds said, is realistic. “It allowed me to reach my personal best time this year. Alysun also brings in a walking coach and physical therapists so we learn technique in stretching and walking.”

After his liver transplant, Reynolds had lost 25 percent of his weight, and he was very weak.



Transplant recipient Steve Reynolds crosses the finish line.

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“I was a stick figure and knew that my recovery depended on stepping up to an exercise regime,” he said. Team Transplant gave him a chance to shoot for a goal and a way to care for the organ he had received.

Reynolds, who trains and walks half-marathons with his wife Jeannette Reynolds, said training sessions are social events.

“Even on a rainy Thursday night hill practice, our group, including Alysun, is out there joking about the weather while we soak up the camaraderie,” he said.

The Reynolds walked the 13.1 miles in just over three hours.

“The transplant recipients themselves are a big source of inspiration. Having them out there training along with us – and in many cases, ahead of us – is very motivating,” Deckert said.

The team also spreads the message that organ transplants do work and that people can live healthy, active, vital lives after transplant, Deckert said.

“Whether their goals were to lose weight or to regain strength and fitness after transplant, they’re out there doing something many ‘healthy’ people don’t, or can’t, even do.”

It’s just about the right time to train for this

year’s marathon. The 2007 marathon is scheduled for Sunday, Nov. 25, starting and ending at Seattle Center. Runners and walkers may participate in a half-marathon of 13.1 miles or the full marathon of 26.2 miles. To join the team, e-mail teamttx@u.washington.edu.

The 2007 marathon will benefit the UW Medical Center Patient Housing Fund. If you would like to volunteer to help with the marathon, e-mail ppoulin@u.washington.edu, or call (206) 598-4454.

For information:
www.seattlemarathon.org

Did you know...

That the one-year survival rate for kidney transplant recipients at UW Medical Center is the highest in the nation? According to the Scientific Registry of Transplant Recipients (www.ustransplant.org), UW Medical Center’s one-year patient survival rate is 99.44 percent, and 96.03 percent of patients are expected to survive longer. The figures are based on the 206 kidney transplants performed at UW Medical Center between July 1, 2003 and Dec. 31, 2005, according to the registry.

Other transplant centers with higher than expected survival rates included Mount Sinai Medical Center in New York, Methodist Specialty and Transplant Hospital in Texas, University of North Carolina Hospitals, Hospital of the University of Pennsylvania and Clarian Health, which includes Methodist Hospital, Indiana University Hospital and Riley Hospital for Children in Indiana.

Get walking! Beginning runner/run-walk training schedule

So you want to walk the half marathon? It’s never too early to start training. Here is a schedule for your first month. To prepare for the 2007 UW Medical Center Seattle Marathon Sunday, Nov. 25 start training in August. For run-walkers, begin by alternating one minute of running with one

minute of walking for the duration of your work-out. As the distances grow longer, experiment with different routines. For example, start running three minutes and walking two minutes, then run eight minutes and walk one minute. Work up to running a mile and walking a minute, and so on. To join Team Transplant, e-mail teamttx@u.washington.edu.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	2-3 miles	30 minutes cross-train	2-3 miles	Off	2-3 miles	3 miles, Green Lake 8:00 am	Off
Week 2	2-3 miles	30 minutes cross-train	2-3 miles	3 miles	Off	4 miles	Off
Week 3	3 miles	30 minutes cross-train	3 miles	Off	2-3 miles	3-4 miles	Off
Week 4	3 miles	30 minutes cross-train	3 miles	Off	3 miles	4 miles	Off