

For him, a marathon is merely a TRAINING RUN



Pat Christman

Mankato attorney Randy Zellmer will run in his 50th marathon this weekend. He says it will be a tune up for a 50-mile ultra-marathon next weekend.

Weekend race will be Randy Zellmer's 50th marathon

By Robb Murray
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That little race thing coming up in Mankato this week? That big run? 26.2 miles? It's child's play for Randy Zellmer. He's using it as a training run for a race twice as long the following weekend. And in the past, he's run a 9-hour, rocky-terrained marathon to the top of Pike's Peak. And he once ran a 100-mile race, the Lean Horse, in 2008, in just over 28 hours.

Crazy?

Um, yeah.

But he loves it. Every minute of it. Usually.

"Why do I like running?" he says. "Because I don't need anyone else to do it."

Despite Saturday's run being a



relatively easy gallop for Zellmer — he's not kidding when he says it's a training run for an ultra marathon in Savage on Halloween weekend — Saturday's inaugural Mankato Marathon will be a special race for Zellmer.

It's his 50th marathon, a milestone he says he's been eyeing for quite a while.

"Is it any more important than the 49th? Probably not," he said. "But I'm kind of excited about Saturday."

Zellmer's running career started back in the 1980s. He remembers joining an exercise class at the YMCA.

"I was getting fat," he says.

One day soon after, he was running at the track over at West when he speedily passed an older gentleman. Next time around, he passed him again, only a little slower. Later, that man passed him, and Zellmer dragged himself back to the YMCA.

"It's called pacing," he said, and

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