

Dane E. Rauschenberg

AGE: 29

Best time for a mile: 4:50

Number of years running: I really consider my marathoning career to have begun in 2004 when I set out a definitive training plan to run my third marathon, the Marine Corps Marathon.

Number of marathons: I'm running a marathon every weekend this year to raise money for a charity called L'Arche. Last weekend I ran my 25th marathon in Toledo, Ohio. April 8 I'll be running in Ocean City, Maryland.

Type of shoe: I have no one brand. Just this year I've worn Sauconys, Nikes, Brooks, and Adidas.

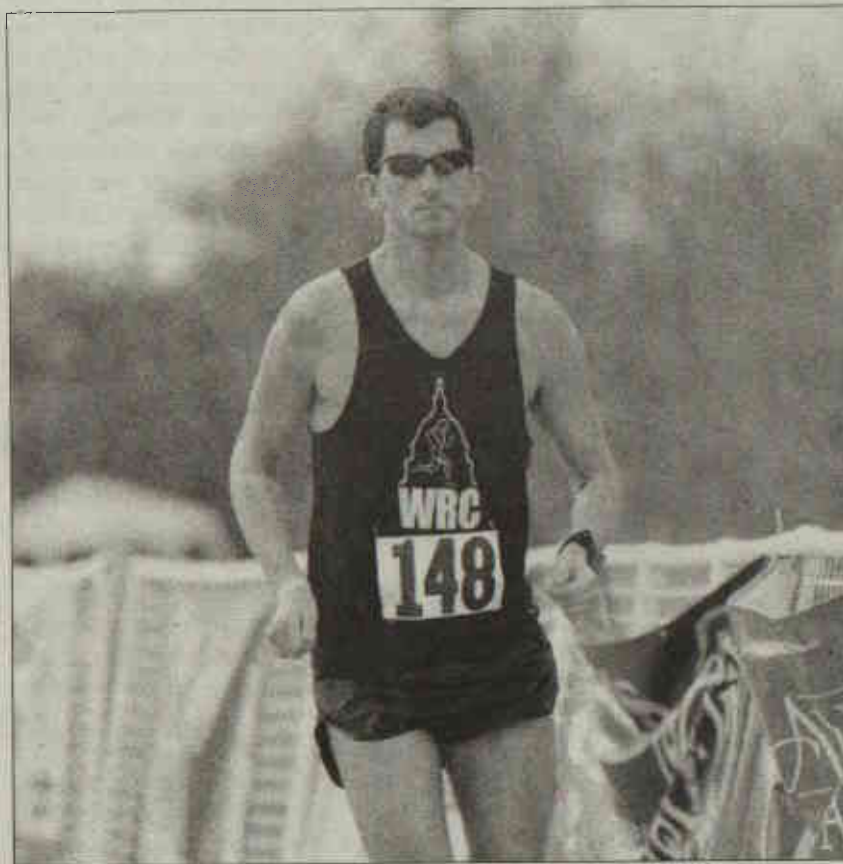


PHOTO COURTESY OF DANE E. RAUSCHENBERG

Best time/which race: 3:07:25 in 2005 Marine Corps Marathon

Goal for this upcoming race: I'll be running a 3:25 in Ocean City. My reasons for doing so are multiple, but mainly I want to run a time for every minute between 3 hours and 3:30 and I have never run a 3:25. Sounds a little odd, but it's one of the many things that keep me interested week in and week out.

Injuries: None

Best about marathons: All the people you meet.

Worst about marathons: The cost for traveling to a marathon is almost the same as a vacation's cost: then you have to go run 26.2 miles!

Fueling up: I eat plain Vanilla Gu during the race and drink the water given to me. Prior to the race I eat plenty of pasta, mainly from Joe's Place Pizza and Past in Arlington.

Tips for someone who wants to run a marathon: Read lots of information, test it out on your own body before believing any of it, don't get discouraged, and plan ahead. There's a wealth of information out there for anyone to read.

In addition, pick a cause or a reason to run. It will keep you motivated. I'm currently running for L'Arche (more specifically the chapter in Mobile, AL) which is an international organization that assists developmentally challenged individuals by providing a home for them to live and work with volunteers.