

Jerry Bunn and Tracy Brown

Complete a Running Resolution in 1981

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It isn't often that people make New Year's resolutions and stick to their vow for an entire year. Last Thursday, however, two Columbus Grove men, Jerry Bunn and Tracy Brown, completed their 1981 resolution of running at least one mile every day for one year.

The two men set up goals before the year 1981 began to run at least one mile every day. The men have courses laid out in the Columbus Grove area ranging from one mile to 14 miles and logged over 1,600 miles each during the year.

Both men averaged approximately 4.5 miles a day during the year, with Bunn totaling 1,689 and Brown, 1,629. Bunn's longest run was 12 miles and Brown ran 14 miles on his best day.

Most area residents have seen the two Columbus Grove High School teacher/coaches on many of their outings. Bunn and Brown designed one, two and three-mile town courses and anywhere from four to 14 miles on a number of different country runs.

During the year, Bunn and Brown ran on the Ohio State track while in Columbus for a track and field clinic and ran to Ottawa to watch the Gold Medal Relays last spring. The men and their families vacationed together at Hocking Hills and stated that it provided some of the most beautiful scenery and memorable running during 1981.

Other than maybe a sniffle, the men remained healthy during every day of the year enabling them to complete their 365-day streak.

Many people would think that it would be harder to run all bundled up in the winter, but Bunn and Brown both favored the cold weather over the summer heat and humidity.

Avid runners for years, Bunn and Brown stated that the one year streak was the hardest thing that either had attempted as a runner.

Both have logged over 2,000 miles in a year before, but feel that the streak required more energy. There were times this year when the men would feel tired or have something else to do and run the mile minimum for several days. In previous years, the men may take several days off, but come back and run the 12-mile course, accumulating more miles during the same time period. Both say that it is easier to run 10 or 12 miles after a couple days of rest than it is to run the same distance in three consecutive days during the yearlong streak.

Bunn is the cross-country coach with Brown as his assistant and Brown is the track coach with Bunn as his assistant. They both run with their squads in addition to participating in several races during the year.

Bunn and Brown both like to compete in races and have ran with prestigious runners such as Bill Rogers and Randy Thomas. But Brown stated, "It was fun to associate with some of the top runners in the country, but after the race started we weren't fast enough to carry on a conversation with them."

Both men suggest physical exercise for everybody, but not necessarily running. "It is just isn't for everyone, but I do suggest physical exercise for everyone, whether it be running, walking, bowling, etc. I know running isn't for everyone, because my wife hates it." Brown continued.

The two men do not plan to keep their streak going into 1982, however. Bunn is still running every day. Brown has already broken his streak and Bunn stated, "someday I'll be a little tired and the streak will also end."

The two men have set different goals in 1982 including a 200-mile month and a 70-mile week, among other things.