

Runner does it for others

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Posted Sep 17, 2010 @ 03:00 AM

Lake of the Ozarks, Mo. —

At 55, Mike Creed put on his running shoes and he has not taken them off since. Now, he's running to save lives. The lives of children.

His passion for running started six years ago when his son convinced him to run a half-marathon — or 13.1 miles. He did badly. So bad, he said, that his competitive nature kicked in and they signed up for another half marathon five months later just to make a point.

“With that one, I got the bug and started doing at least two a year,” Creed said. “Now I have finished 15 half-marathons. I have gotten to run with my son, Griff and oldest daughter Becca in half marathons and my youngest daughter Abi in some shorter races. Becca will be running with me in Memphis in the St Jude half marathon on Dec. 4. They will be running in memory of a young lake area child who died last year.”

This weekend, Creed will be on home turf for the St. Jude's Run for the Cure in Linn Creek. The past two months Creed has been concentrating his efforts on the St. Jude 5K Run for the Cure he is hosting this Saturday in Linn Creek.

St. Jude's Children's Hospital in Memphis is and has been the charity of choice for Creed for the last several years. The first St. Jude's race he ran was in 2006.

“I thought if I am going to run I might as well do it for a reason and try to help someone. I was looking for a fall race and found the St Jude race in December. They have a program called St Jude Heroes,” he said.

“If you sign up as a hero they want you to raise at least \$500. Last year there were 2,400 heroes at the Memphis race and we raised \$1.8 million.”

The goal this year is \$2 million. Creed said he has gotten involved a bit more than he originally planned after taking a tour of the hospital and seeing for himself what the facility offers to children and their families.



Mike Creed, 61, runs the St. Jude Children's Research Hospital's half-marathon. He runs not just for himself, but for others, too, as the entry fee for the race goes toward the hospital.

“I saw the amazing work they are doing to save kids lives. As always there are those kids that can’t be saved but maybe they can have a little bit more time with their family because of the hospital research,” he said. “Last year I ran in memory of an area child, Colton Thurman. He lost his battle on Halloween night, just a month before the race. I will also be running in his memory again this year. This will be my 5th year running for the kids at St Jude.”

At 61, Creed says he continues to enjoy the challenge. He has no pre-race rituals other than laying out his running clothes and the body glide is close at hand to prevent chaffing in critical places. Once that’s done, he’s ready to go. When the race is over, he takes a 10 to 15 minute ice bath.

“It sounds crazy but the benefit is amazing, I can actually walk up and down the stairs without any pain and at the age of 61 that is important, as little pain as possible,” he said.

Creed owned Interstate Batteries in Linn Creek until selling it about 2 1/2 years ago.

“ I am not doing anything now but my wife insists that I am not retired.” he said.

St. Jude Run for the Cure in Linn Creek

Saturday, Sept. 18 the St. Jude Run for the Cure will be held at 8 a.m. at the Linn Creek City Park pavilion. Cost is \$20.

Children under the age of 12 are free. Every adult who pre-registers gets a T-shirt. Race day registration opens at 7 a.m. Race fee are tax-deductible. For more information or to make a donation contact mcreed46@gmail.com.

About the Memphis Race

Sign up for the St. Jude Memphis Marathon Weekend scheduled for Dec. 4, 2010, and get ready for a fun-filled race weekend in the birthplace of rock ‘n’ roll and the home of the blues. Experience Memphis’ rich and unique musical heritage, great food and tons of Southern hospitality while participating in a race benefiting the lifesaving work of St. Jude Children’s Research Hospital.

About marathons

Full marathon 26.2 miles

Half marathon 13.1 miles

Body glide considered essential by long distance runners to protect sensitive areas