

Half marathoner gives whole effort

by Bruce Hill, Jr., USACE Public Affairs

With the coming of future races comes a greater level of competition and an elevated incentive to be competitive.

Middle distance runner, Danielle Galloway, a biologist with the U.S. Army Corps of Engineers, Albuquerque, showed her competitive spirit at her first half marathon in Phoenix, Arizona in January.

Nearly placing in the top 10 percent of her field, she finished 184th out of 2,190 in the 25 to 29 age group, her first long distance race.

Only 30 degrees at the starting line, the sub-freezing start did not deter her, nor the nearly 20,000 other runners that entered the approximately 13 mile run. Finishing the course in one hour and 51 minutes, Galloway also wound up placing 744th overall out of 12,598 other women.

"I just started training for the half marathon last year," said Galloway. "...my brother and I thought it would be challenging to do a half marathon, since we had only done short distance races."

Galloway, who began doing five kilometer races, (approximately three miles), over the past five years, attributes part of her running ability to



Photo by Jennifer Pecastaing, Danielle Galloway's sister-in-law
Danielle Galloway, U.S. Army Corps of Engineers, Albuquerque District Biologist, is seen running a half marathon race in Phoenix, Arizona in January. She recently began running the half marathon following five years of running five kilometer races.

the soccer field and having played on the University of New Mexico soccer team for four years. While at UNM, she was a four-year letter winner, Defensive Player of the Year her last two years, and team captain her senior year.

"Soccer and running go hand-in-hand," said Galloway. "I used to hate long distance."

Training (for the half marathon in January) included doing different runs six days out of the week, she said. "There were a couple of long distance runs, some days were speed runs and others were interval runs and hills. I definitely felt different pains, but began to feel stronger as I trained."

"A difficult time was being relegated to treadmill training during the days I was snowed in here in Albuquerque," said Galloway.

The next race is the Duke City Marathon in October. She runs every day but the actual training for her next race doesn't start until three months prior to the event.

Galloway was the Duke City five kilometer winner in both her division and 25 to 29 age group in October 2005. 🏆

Quote of the quarter

History with its flickering lamp stumbles along the trail of the past, trying to reconstruct its scenes, to revive its echoes, and kindle with pale gleams the passion of former days.

~Winston Churchill