



## BACK STORY

# MICHAEL WARDIAN

40, ARLINGTON, VIRGINIA

The prolific runner will tackle the Twin Cities and Marine Corps marathons in October and the 50-K and 100-K world championships in Qatar in November. —MICHELE MOSES

### EYES ON THE PRIZE

Qualifying for worlds is a big deal to me. I'm also running the masters marathon nationals at Twin Cities. I want to go sub-2:18 to qualify for my fourth Olympic Trials. After that, I'm running Marine Corps.

### NO DAYS OFF

I race 40 to 50 times a year. I had a stretch this year where I won a 140-mile race in Costa Rica, won the North Pole Marathon, ran Boston [2:23], and won Big Sur [2:27]. I'm lucky my wife, Jennifer, and boys, Pierce [8] and Grant [5], support my passion.

### WEEKDAY GRIND

I'm a shipbroker by day, so I get up early to fit in a workout, bike to work, run at lunch, bike home. At home, I'm a straight-up dad, fighting to get kids to brush their teeth, reading them books about knights and stuff.

### 'MILLING AROUND

The treadmill allows me to be at home and be close if someone needs a channel changed or their sippy cup filled up.

### VERY SUPERSTITIOUS

My prerace rituals: I lay out my kit the night before, and I wear a hat that I turn backward—that's when I know it's on.

### ORIGIN STORY

I ran my first Boston in 1997 in 2:53. Everyone screamed for me, only me—or it felt that way. And I wanted to have that feeling again.

### BE LIKE RYAN

At a trade event, I ran on a treadmill as long as I could at Ryan Hall's record marathon pace: 4:46 per mile. I lasted 25:14 [5.3 miles] and set PRs for my 5-K and 8-K.

### PROVE 'EM WRONG

Turning 40, everybody's like, "You're going to slow down," so it was rad to set those PRs.

### NUTS FOR

I'm vegetarian. Almond butter is one of my favorite things in the world.

### RACE MANTRA

"Why Not Today?" There are many reasons to give in, but why not make today the day you push through?

### PRO TIP

Even though you have a job, a family, responsibilities, even though you get older, you can still follow your dreams.



## ET CETERA



Records he's held: marathon as superhero (Spider-Man, 2:34); marathon with stroller (2:42); 13.1 and 26.2 on treadmill (1:08 and 2:23).



Wardian's typical recovery fuel? A homemade strawberry-banana smoothie. "I am spoiled after getting a Vitamix. I don't think I could go back to a regular blender. The thing is absolutely incredible."



A shipbroker, Wardian booked some of the cargo aboard the Maersk Alabama, which was hijacked near Somalia, an incident depicted in the 2013 Tom Hanks film *Captain Phillips*.



Wardian's viszla puppy, Rosie, joins him for early morning runs on the Potomac Heritage Trail (left), which he says "just makes my heart pitter-patter."

