

MY WORKOUT

Endurance runner keeps pushing the envelope

Steve Smucker packs on the miles: to and from work, in the gorge and on 50- and 100-mile all-terrain events

By **NANCY DOW**
THE OREGONIAN

Who: Steve Smucker, 51, Portland

Stats: 5 feet 7 inches; 140 pounds

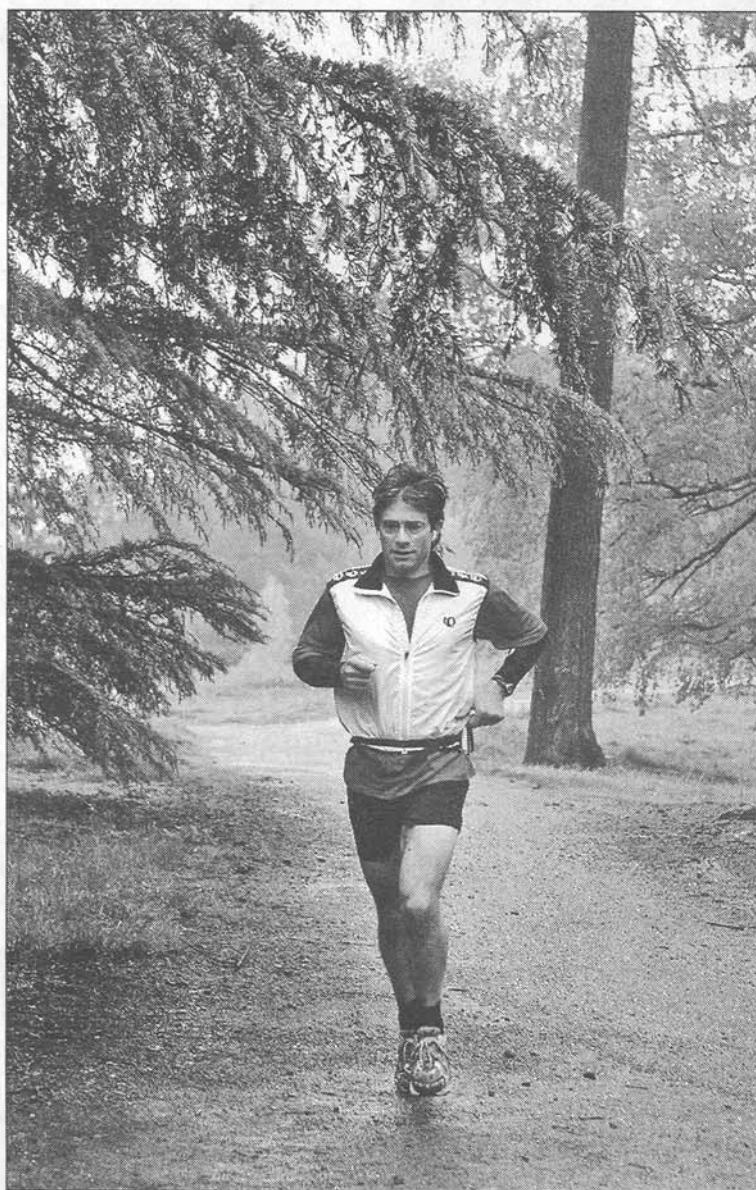
Then and now: Smucker, a lawyer, was born and raised in Elkhart, Ind. He moved to Portland in 1973 to attend Reed College and earned his law degree at the University of Oregon. He and his wife of 20 years, Laura Paxson, have sons ages 13 and 15.

Fitness past: Smucker grew up swimming, wrestling and playing football, basketball and tennis. He started running in law school, moved on to 10Ks and, in 1980, to marathons. He's done the Cascade Runoff as well as marathons in Seattle, Portland and Boston. He ran a marathon in Rio de Janeiro, where he was passed by people running barefoot.

In 1990 he started doing long-distance endurance runs. Five years later he was featured in *Sports Illustrated* for setting records at each of three 50-mile Northwest trail runs: White River in Washington, Winterhawk in Portland, and the Mackenzie River near Eugene. Ultramarathons are typically 50- to 100-mile runs over rough terrain.

Fitness now: Forest Park's Wildwood Trail begins less than a quarter-mile from Smucker's home in Northwest Portland. Three or four days a week he runs this route to his downtown office. The six-mile commute takes him past Pittock Mansion, the Japanese Garden and the Rose Garden before landing him on Southwest Salmon Street. The run takes him 60 to 90 minutes, depending on which route he chooses, and he sometimes runs home as well. On the mornings he doesn't run to work, he rides his bike. On weekends, if he's training for a race, he runs 25 to 35 miles both days. The gorge is one of his favorite places to train. When not training he runs for two and a half to three hours. He does 51 pushups and 51 sit-ups every morning (matching his age), as well as 10 pull-ups.

Why it works: The efficiency of running to work gives Smucker more time for family and career.



MICHAEL LLOYD/THE OREGONIAN

Steve Smucker starts his six-mile commute to work in downtown Portland along the Wildwood Trail. His 60- to 90-minute run takes him past Pittock Mansion, Japanese Garden and Rose Garden.

He says it's a nice way to clear his head and arrive at the office with a few things worked out. Running home gives him a chance to clear the workday out of his system. His routine gives him a good base that allows him to be competitive.

Diet: Smucker's activity level allows him to eat pretty much anything he wants. Breakfast is oatmeal or muesli and coffee. Lunch frequently comes from one of the variety of downtown food carts. Smucker's wife, the cook of the house and a vegetarian, usually makes dinner. That means dinner is frequently vegetarian, but she'll also cook meat for the carnivores. Smucker says his downfall is cheese and ice cream but he'll also eat soy ice cream or frozen yogurt.

He takes no supplements regularly, aside from vitamin C when he's feeling worn out.

Coming up: On May 14 he'll run the McDonald Forest 50K near Corvallis. The Cascade Crest in Washington in the fall will probably be his 100-miler for 2005. Smucker will do the long runs as long as he can. When things "start to break down," he plans to turn to biking and hiking and perhaps some mountain climbing.

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If you'd like to share your workout with reader, send name, age, daytime phone number and workout details to Nancy Dow, My Workout, The Oregonian, 1320 S.W. Broadway, Portland, OR, 97201 or send a fax to 503-294-4039.