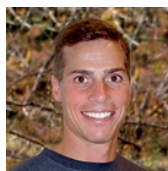


## WHAT IT TAKES TO...

### Train for an Ironman while at sea



**DAVID HAAS**, commanding officer of the **USS THACH**, trained for last October's Ironman World Championship while at sea. For 14 months, Haas's frigate was stationed in the Persian Gulf. Haas, 42, ran on a treadmill, rode a Computrainer, used a rowing machine, and occasionally swam. In Kona, Haas finished in 11:16, a new personal best.

"I had to be accessible 24/7, so I trained wearing a headset to stay in contact with my crew. The training was challenging, but it brought a new sense of balance to my life." —GAIL KISLEVITZ

### Race the Iditarod—without dogs

**TIM HEWITT**, 55, a lawyer from Greensburg, Pennsylvania, is the only person to run the 1,100-mile Iditarod Trail Invitational in Alaska four times. In February, he'll attempt it again. Hewitt owns the course record: 25 days, nine hours, 29 minutes.



"This race hurts, but it's mostly a mental challenge. I think of the Chinese proverb: 'A journey of 100 miles begins with a single step.' You have to break the race into little parts and have goals you can reach." —JAYME OTTO

[SEND NOMINATIONS TO [WHATITTAKES@RUNNERSWORLD.COM](mailto:WHATITTAKES@RUNNERSWORLD.COM).]



### Run 100 marathons and beat cancer

When she reached her goal of running 50 marathons by her 50th birthday, **KAREN QUEALLY** set another: to run 50 more before she turned 60. In October, at 57, she nailed it, but she didn't celebrate with a rest day. The health administrator from San Bruno, California, hasn't missed a day in 13 years, even when she had a mastectomy and chemotherapy in 2005.

"My secret is always having a goal. Without one, I wouldn't be motivated. When I think of the lengths I've gone in order to assure a daily run, I can't find any excuse to miss a day." —G.K.

→ TO SEE ALL OF THE COLUMBUS RUNNING COMPANY'S TATTOO-OF-THE-MONTH WINNERS, VISIT [COLUMBUSRUNNING.COM/TAT4EVER](http://COLUMBUSRUNNING.COM/TAT4EVER).

## Art and Soul

### Tattoos that represent runners' commitment

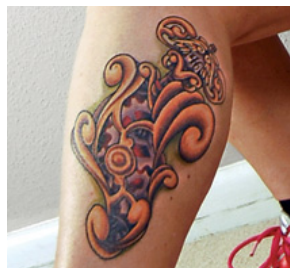
**SOME RUNNERS** take their dedication to the sport to an extreme by putting it in ink—permanent ink. In 2005, the Columbus Running Company in Ohio launched a "tattoo-of-the-month" contest to showcase body art inspired by running. Here are a few creative winners. —Lauren Hanat



**MATTHEW KUHN**, 18, Michigan State cross-country

**TATTOO** The Roman messenger god, Mercury, on his right thigh. His arrow has a "cc" for cross-country and is holding a "V" for victory.

**INSPIRATION** "I had it positioned so that I can see it when I wear racing shorts. All I have to do is look down, and it motivates me to run harder."



**HEATHER WHITESIDE**, 49, three-time marathoner

**TATTOO** The number 46 (top, in small letters) with clockwork gears and a key on her left calf

**INSPIRATION** "I got this to memorialize my first ultra, the Delano Park 12-Hour Run in Decatur, Alabama, which I ran last March. The '46' refers to the number of miles I ran. The fanciful clockwork gears and windup key means 'wind me up and I'll keep going!'"



**GREG OLIVER**, 39, five-time marathoner

**TATTOO** The Roman numeral for 26 with five dots underneath—one for each marathon he's run—on his right bicep

**INSPIRATION** "I wanted something classic with a way to show how many marathons I'd done. I add a dot each time I run one. I won't always be able to run like I do now, so I wanted a permanent reminder of my achievements."