

LOCAL NEWS

Nelson Slagle keeps his running passion alive

Seal Beach man enters runs that daunt many a man half his age

BY SETH EAKER
SPECIAL TO THE SUN

Run Seal Beach has something for everyone

This year, Run Seal Beach has expanded medals into multiple age categories particularly for our seniors.

With three new medals, so that the seniors can have more opportunity to win and place, the Run Seal Beach organization knew they needed to expand.

Now, the race has age categories added to the awards ceremony, bringing the total up to 17. Expansion occurred at the lower end, 10 and under, and in three upper categories: 70-74, 75-79 and 80+.

Elizabeth Kane and Marc Loopesko thought it would be best too, as an honor to people like Bill Ayres, who has been a runner for decades, to attract more seniors.

Marc said, "Since Leisure World is such a vital part of our community and based on demographics, we know that there is a strong participation by seniors, we thought it would be great to

expand the medal opportunities."

Running in Seal Beach has been a passion for years with Nelson Slagle.

He started running the Seal Beach race in 1986 and hasn't missed a run since. Born in Ohio, Nelson came to Seal Beach to work for Rockwell in 1964. By 1978 he was working in the Seal Beach facility and stayed there until his retirement 1999.

Nelson said, "I got started running and keeping stats for the Boeing fitness center runs in 1981. I have been running for so long, I have to go back to see my stats."

He went on to add, "The Seal Beach race is special because it is really local. Seal Beach is full of runners and volunteers who just love the run."

Nelson had quite an experience last year while running the 10K. He suffered a fall, and had to be taken to the hospital via ambulance.

Regardless, he was not deterred for this year and continues to be a strong advocate of Run Seal Beach and groups like the Boeing

run. He is undeterred for this years 10K and plans on making a decision when he hits the switch point for either the 5K or 10K.

He said, "If I feel good and think I can make it, I will just plan on doing the 10, otherwise I will take the 5K route."

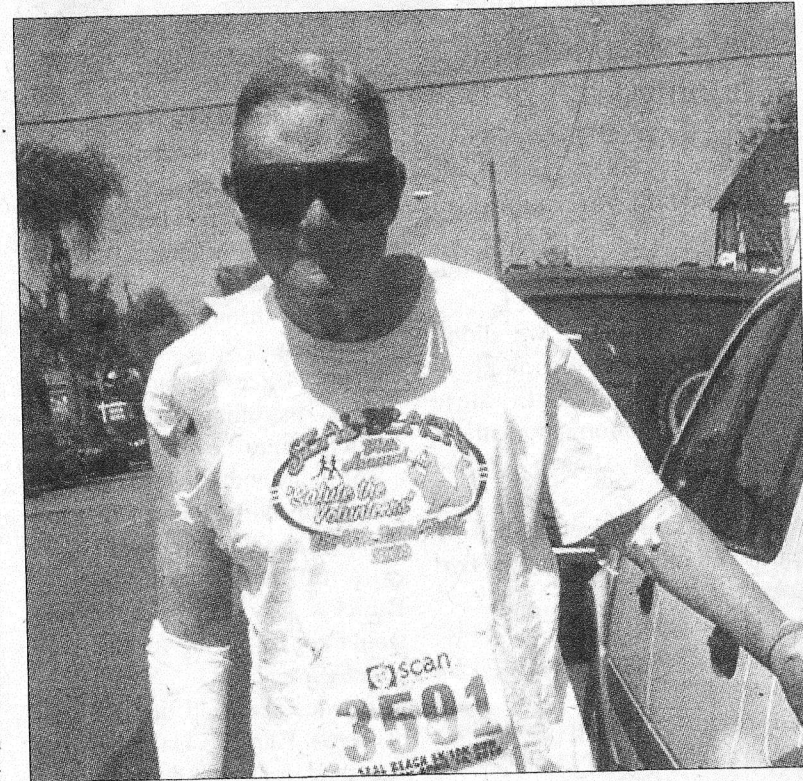
Alan Grant, last year's winner of the 10K was training this past Sunday in the rain.

When asked if he would be ready to win it, he shared that he wasn't quite there, but he would be on April 2nd.

So whether you are running, walking or simply cheering, the Run Seal Beach race is an event for our whole community.

Look at participants like Nelson and Grant, contributors like Liberty Osti, who won the 1K Kids Fun Run t-shirt contest, and relentless volunteers like Bill Ayres, Elizabeth Kane and Marc Loopesko, who are all working together to make the race better all the time.

Don't wait, no matter your age, but sign up now for the race at sealbeachrun.com.



You can not keep a good man like Nelson Slagle from giving it his all.