

# *Searcy Rush*

## Member of the Month- June



1. Name: *Dan Kirwa*
2. Family Members: *wife (Carol) and daughter (Adriana)*
3. Occupation: *Athlete, fulltime daddy*
4. How long have you been running and what got you started? *I've been running seriously for the last 14 years but before that I used to run in Elementary School on/off but only during Track and Cross Country season. When I joined High School as a Freshman, it was track season. It was compulsory for freshmen to run 6 Miles every evening and I was the best. I used to challenge upper class athletes and I was second best in the entire school. One of my friends who was a sophomore introduced me to his running schedule and taught me what was important in workouts. He also told me about Athletic Scholarships in the U.S. I was inspired and ever since then I was determined to work hard and focus on coming to the U.S.*
5. What is your favorite distance to race? *This is kind challenging question, I love distance running. I would say 10K is my favorite. It's neither long nor short and it does test my speed, endurance and resistance. By running 10K I can gauge how my shape is.*

6. What have been your favorite races you've done so far? *Go! Mile, 5K Fire Cracker Little Rock, Crescent City Classic 10K, Little Rock Marathon, Germantown Half, Naples Half, Fresh 15K and RussVegas Half.*
7. Have you dealt with a long term running injury before and if so, how did you get back to running? (Any advice for others who may be in the same situation?) *Yes, my Freshman year in College I had IT Burn and I was off training for five months. It was frustrating considering that it was my first ever injury and I was in great shape. I had a wonderful coach, Mr. Guymon, HU athletics department and teammates. Everyone was supportive. After five months I started slowly by biking stationary bike which was so hard. Then I started running 10 minutes progressing and it took me three months to get better though I was still hurting. My advice to athletes with injuries, don't force yourself to run, listen to your body and respect it. Seek advice from experts. Take some time off, start slowly and progressively.*
8. What is your best race memory so far? *RussVegas. I love the way everyone was supportive, I mean race organizes, volunteers and the community, coming out to cheer. It was amazing. Then Will Berry leading me and slowing down to keep me updated about my times and distance. It was such amazing. Also Go! Mile is a pretty challenging Mile with great support from Race Director Gary Taylor by participating in the race. That's awesome support and I think that's one of the rarest races where you find a Race Director participating in the race. That's why I always look forward to racing it.*
9. What future running goals do you have? *That hopefully one day I will run as an elite at Boston or New York marathon.*
10. Who or what inspires you to keep running? *Bernard Lagat inspires me. I'm impressed by his running the way he has been consistent, even after being a master. He is running awesome! If I can stay healthy and run smart I will keep running for a long time. My family inspires me a lot... My wife has been supporting me a lot and I thank God for her. Also, I would like to keep running for a real long time so that I will be pacing my daughter in future. That's my prayer and goal.*
11. Please list any race PR's:
  - *1 mile- 4:05*
  - *5k-13:58*
  - *10k- 28:36:23*
  - *Half Marathon- 1:04:22*
  - *Marathon- 2:20:05*