303—and counting! As of October 14, that’s how many marathons (and longer) Curt Lintvedt has finished. Some of us may have read about *300* marathons, but completing them is an entirely different matter.

Of those 303 races, forty-eight have been ultras, “mainly 50Ks,” Lintvedt explained. He added, “Most of my races are marathons, but I do run occasional half marathons and 10Ks.”

Lintvedt now resides in New Hampshire, having moved from Michigan some years ago. But he maintains many close running friendships he developed in the Great Lakes State. One is Donna Swanson, who has run a marathon in each of the fifty states. In fact, Lintvedt’s 303rd marathon was in Hartford, Connecticut. He was there to join a group of Michigan running friends to celebrate the efforts of Jon Lewis and Bill Moran, both of whom completed their goals of running fifty marathons, one in every state.

Growing up in San Diego, California, the now 70-year old began running in March 1978. “I was training to run a half marathon with friends on July 4th. I enjoyed the experience,” both the training and the race, “and have been running ever since.” His first marathon was also in San Diego, the Heart of San Diego Marathon in 1986. “An unexpected life change provided me with more time to train” and his marathon career was launched.

He began by running a few marathons in the Western US with some friends. “In 1989, I qualified for Boston and ran the *ultimate* *marathon* in 1990.”

An idea he picked up at work then fueled his quest for the 50-50 Club. “The sales people in the office where I worked all had maps with pins stuck in them,” representing different accounts across the nation. Since he had run marathons on both coasts, San Diego and Boston, and points in between, he got himself a map. “I liked the concept and started going to marathons between San Diego and Boston and sticking pins in each state I visited.” That led to the goal of running a marathon in each of the fifty states.

“I completed that goal just before my 50th birthday at the Governor’s Day Marathon in Helena, Montana in June 1997.” But he wasn’t done with “50-50.”

“I always said that once around the fifty states was enough and, looking back,” he quipped, “it was!” Yet, some of his friends were aiming at their own “50/50s.” “So I started joining them on some of their trips.” Several years later, with only ten more states for a “50/50” double, he set out to finish it.

“I completed my fiftieth state for the second time in June 2007 at the Mayor’s Marathon in Anchorage, Alaska.”

The first “50/50” was planned somewhat “logistically,” he admitted. “I didn’t want to repeat states!” The second go-around, though, at least until the final ten, “I just liked to join friends on road trips.”

Although, as demonstrated by his Hartford Marathon finish, Lintvedt still enjoys traveling and marathoning with friends, he prefers “to find smaller rural races…that I can drive to.” He added, “There are so many scenic ones to choose from in New England.”

He’s run some of these marathons pretty fast, too, by design. “My time goal [for each marathon] has been my Boston qualifying time. My PR is three hours and six minutes, about thirty years ago when my BQT was three hours and ten minutes.” He lamented, “Since turning 70 in July, I have yet to achieve my new age-group BQT of four hours and twenty-five minutes.”

Running all these marathons, an average of ten a year, even more in some years at one a month, can put a strain on training. He copes. “When I was working full-time, I usually ran after work. Now, with more time, I often run mid-day. My theory is that if I run a marathon a month, that’s all the training I need for the next one.” Otherwise, “I average twenty-five to thirty miles a week, running four or five days.”

“For me, running groups have always been an important part of my training.” He looks forward to “a mid-week run with friends, followed by beer and pub food.” There’s also a weekend long run, usually lasting a couple of hours.

Lintvedt does some cross-training, too. “I practice yoga twice a week.” In the warmer months he also adds “easy bike rides” to his regimen.

Without “any strict guidelines,” he nevertheless is “a firm believer in rest and nutrition. I work hard at getting plenty of both.” Yet he doesn’t let “good rest and nutrition” get in the way of “enjoy[ing] running and life in general once in a while!”

With more than 300 marathons under his belt, there is a wealth of memories, highlights, and stories, as one might imagine.

“It finally dawned on me,” he chuckled, “that I had issues when I voluntarily traveled to Tupelo, Mississippi, the birthplace of Elvis, for a marathon in the heat and humidity of a Labor Day Weekend!”

He recalled the Memphis, Tennessee Marathon in 1997. “My race number was 666,” a number some folks ascribe to Satan or the Biblical Anti-Christ. He laughed as he recalled, “Standing around waiting for the race to start, runners actually backed away from me when they saw the ‘666’ on my race bib!” After the race, one runner mentioned my terrible race number.” Lintvedt pleasantly retorted, “It wasn’t so bad because I ran like the devil!”

As he closed in on completing his first “50/50,” he made special requests of race directors. He would ask for that particular race’s bib number. That is, in Richmond, Virginia, his 43rd marathon, “The race director was happy to give me number 43.” He recalled that the local newspaper, The Richmond Times Dispatch, was a major sponsor of the marathon. One of the paper’s reporters requested a race day story. “It turned out to be a slow news day,” he surmised, “as my article started on the bottom of the front page.” As he ran the race, “Spectators along the course called out, ‘Hey! There’s that number 43 guy!”

After all this, I can think of only one more question. In Lintvedt’s next marathon, will his bib number be “304?”