

60-Year-Olds Run Marathons Every Day



Janette Murray-Wakelin, 64, and her husband Alan Murray, 68, did something incredible in 2013: they ran a marathon every day of the year!

A marathon is approximately 26.2 miles (42 km) long. Most marathon runners train all year to run in one or maybe two marathons. But the Murrays ran one every day for a year.

On January 1, 2014, they ran their 366th consecutive marathon!

The Murrays ran all around Australia in 2013. According to their Facebook page, they've run precisely 9,776.75 miles (15734 km). They accomplished their goal while keeping to a raw, vegan diet.

The Murrays have been married for more than 43 years.

Janette was diagnosed with aggressive breast cancer in 2001. Her doctors gave her six months to live. But she surprised them by making changes to her diet and lifestyle.

The Murrays aren't the only older marathon runners. Over 12,000 people over age 50 ran in the ING New York City Marathon last November. The oldest runner was 93.

Do you like to run a long distance every day?