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## **91 Year Old to Run in Long Beach for 20<sup>th</sup> Anniversary Race**

### **Fenya Crown to run the Half Marathon**

(Long Beach – October 4, 2004) The world's oldest known active female marathon runner, Fenya Crown, will be running the half-marathon in this year's 20<sup>th</sup> Anniversary Long Beach International City Bank Marathon on Oct. 10<sup>th</sup>. The 91 year old ran her first marathon in Los Angeles at the tender age of 70 as an excuse to travel the world. She has since ran in marathons in Montreal, Paris, New York, Shanghai, Rome, Seattle, Portland, Dublin and now has her sights set on Long Beach.

Crown was born in the Ukraine and fled to America as a child during the Russian Revolution. She worked for twenty five years as a dress designer. She now lives in Lakewood, Washington and is a great grandmother of four. She is also a survivor of three bouts with cancer. Fenya trains for running marathons whether or not she has any planned. "If I wake up glum, I'll go for a run and always wake up smiling," said Fenya.

Fenya ran her very first marathon in 1983 in Los Angeles in a time of 4:36, and was able to prove to herself that she was able to finish. Next, she set her sights on the New York marathon, where she lived most of her life. She was able to finish in 5:01. Her next marathon was the Paris marathon, which was her very best time at 4:40.

In 1986, she ran the Shanghai marathon. She and her husband went with a group of American runners. The American women, refused to run because there were no Chinese women, only Chinese men. Fenya was determined to run and they kept the course open for her to finish at 5:01.

In 1986, Fenya celebrated her 50<sup>th</sup> wedding anniversary by running in the Montreal marathon, on the same date and place where she and her husband were married. She then ran the Goodwill Games in Seattle, Portland and LA again.

In 2000, she wrote to the Rome Marathon committee stating she doubted she could finish the marathon under the six hour time limit. As a result, they extended the time limit to seven hours to accommodate her. Rome Marathon officials provided a police escort to the finish, and Fenya completed the March, 2001 race in just under seven and a half hours. Following the race, the mayor of Rome drove her back to her hotel, and newspapers lauded her in their headlines the following day.

In 2003, Fenya ran in the Dublin Marathon. This past January Fenya ran the San Diego half marathon and now is looking forward to running Long Beach.

In 2004, over 100,000 spectators, volunteers and celebrants are expected to line the course for this annual event to watch around 13,000 participants. The events include the Marathon, Half-Marathon, Inline Skating Marathon (both professional and recreational division), Marathon Bike Tour and 5K Run / Walk. For more information or to register, visit the event website at [www.runlongbeach.com](http://www.runlongbeach.com), or call 562-728-8829.

A two-day Marathon Expo is being held at the Long Beach Convention Center on Friday, Oct. 8<sup>th</sup> and Saturday, Oct. 9<sup>th</sup>. The Expo will open at 2:00 PM to 7:00 PM on Friday, Oct. 8<sup>th</sup>. On Saturday, Oct. 9<sup>th</sup>, the Expo is open from 9:00 AM to 6:00 PM. Over 30,000 are expected to attend over the two days. The Expo is FREE to the public and is the last opportunity to register for one of the Marathon events.

A "Beach Party" Finish Line Festival is being held at Shoreline Drive and Linden Ave. on the Marina Green on Race Day from 7:00 AM to 3:00 PM. The Festival is the gathering point to watch participants finish the race and offers live entertainment, vendor booths, food and beverages. The Boys & Girls Club of Long Beach will be serving a Pancake Breakfast to race participants, spectators and visitors from 7 am to 10 am. A donation of \$5 is requested. Upwards of 35,000 will visit the Festival on race day. It is also FREE to the public.

#### About International City Racing

Led by Olympic Gold Medalist Bob Seagren, International City Racing, Inc. (ICR) specializes exclusively in the development, management and implementation of road racing, endurance and fitness events.

In addition, ICR also provides race management for other events including the Arden Energy Challenge 5K & 10K on behalf of Arden Realty Inc., the largest commercial real estate company in Southern California and the Dana Point Turkey Trot for the Dana Point Chamber of Commerce. In it's 27<sup>th</sup> year, and with over 9,000 participants The Dana Point Turkey Trot is one of the largest Thanksgiving Day runs in the nation. ICR has also created the National Collegiate Rivalry Run Series. The inaugural USC / UCLA Rivalry Run 5K was held on April 27, 2003.

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