



# RUNNER PROFILE

## TODD EICHER

**AGE:** 32

**RESIDENCE:** Queensbury, New York

**OCCUPATION:** Consultant for DST Health Solutions, Cohoes, NY

**FAMILY:** Wife Michele and 9 Month Old Daughter Allyson

**T**odd Eicher has been a member of the Adirondack Runners since 2003. He got into running when his neighbor talked him into running the 2002 Saratoga First Night 5k race with no training under his belt. After completing the race in 25:11, Todd decided to take three months to recover before doing the Ruby Run in 2003. Six months later, he was the club's new Vice President. Todd is also currently on the Scholarship Committee for the club and writes for The Rundown regularly, but this month we decided to switch articles for a change.

Even though Todd was last years Overall Short Course Champion, he comes from a competitive Bicycling background. In his younger days he used to put in up upwards to 300 miles a week and raced for 4 years in the USCF every weekend he could. His other interests include hunting, hiking and golf.

Todd runs in the Queensbury area mostly and enjoys to run West Mountain with "the gang" when his work schedule permits. Todd averages around 30 miles a week now and likes to do about 20 races a year. He prefers to race at the 5k/10k distance and says the Silks and Satins race course is his favorite. His PR's include a 18:17 5k, a 5:10 mile and a 1:37 half marathon.

As far as training goes, Todd enjoys all parts of training including long runs on Sundays to speedwork on Tuesdays.

Todd's gets his motivation from a simple place, his stopwatch and trying to run faster as he gains experience in the sport. His short term goals include a sub 18 minute 5k, a sub 5 minute mile, and to beat Bill Venner and John Ehntholt in a road race...hey wait a minute, that's me!!! Todd's long term goals include running a Boston Marathon Qualifier and he will be running on a team in the 2005 Reach The Beach Relay this fall.

I asked Todd what his best race experience was. He told me he had many fond race memories, but but but none of them could compare to watching his daughter Allyson being born on 9/14/04.



Photo by Brian Teague  
2004 Waterhouse Restaurant Mile

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Todd said his worst race experience would definitely have to be the USMC Reserves Toys for Tots Half Marathon in October 2004. He decided 3 days prior to the race to enter. He had not trained for a period of 4 straight weeks leading up to the race and wasn't getting much sleep over those 4 weeks with the new birth of his daughter. He had also never run past 10 miles prior to this race, I think the lack of sleep must have been doing crazy things to his mind. Todd had a goal in mind to run a 1:31:40 (7 minute miles) but chose not to share that with any of his running partners. After 10 miles he was at 1:10 (exactly on goal) and then all of a sudden everything turned for the worse. He completely bonked the last 3 miles and crossed in 1:37:12. He told me he did learn a lot from this experience and about being properly hydrated and fueled. He took no water the entire race, he figured he never took water during 5k/10k races so why did he need it now! I guess we all learn the hard way

Todd has worked hard to reach the level he is at now, and I wish him all the luck in reaching his future goals.