

Name: Art DaCosta, 55 years old. Happily divorced for 30 years, no children or pets. I grew up in Hollywood, FL and moved to Lawrenceville, GA in 1989. In 1995 I moved to Gainesville, GA and then moved to Flowery Branch in 1998. I worked for Ricoh Corp. for 21 years and recently retired from there in April 2006.

Running History: I ran XC and track in high school. I took up running again when I became an assistant coach at Hollywood McArthur H.S. in 1976 and coached there until 1981. I did very little racing then except for the Tangerine Bowl 1/2 marathon every year, and the Miami marathon in 1979 and 1980. When I left coaching to go into the army I pretty much stopped running and didn't start back up until 1996. I have been getting faster every year since then and currently run 50 to 70 miles a week in training. I enjoy marathons and have run Boston twice. I also love XC races. I just did a really great trail marathon that combines both of my favorites: XC and marathon!

Running Goals: I want to improve my times at all distances, hoping to run under 20 minutes for 5K, under 41 minutes for 10K, under 1:30 for 1/2 marathon, and under 3:05 for the marathon. I would like to run a lot faster at Boston next time too. If my most recent races are any indication, I am on track for meeting at least some of those goals in 2007.

Favorite Race: I have a lot of favorites, so it is hard to pick just one so I will list a few instead: For the marathon it is definitely Boston. For the 1/2 marathon it is Tybee. For the 15K it is Al Toll in Macon. For 10 miles it is the ATC course around Stone Mountain. For Trail running it is the Rumble in the Jungle at Gainesville College. For XC it is the Jenny Melton race. For 10K it is the Chattahoochee Road Runners 10K. Finally, for the 5K it is the Fuzz Run in Covington, a truly well organized race on a fun course.

Favorite Place to Run: I really love running the trails at Kennesaw Mountain Battlefield Park. I also like running the streets around Flowery Branch.

Favorite Running Story: In 2004 I was waiting near the start line of the Atlanta 1/2 marathon when I noticed that the shoe pocket that contained my car key and Marta token was missing. I searched everywhere for it, but since it was dark and there were a lot of people around it was not possible to find it. I lined up for the start, knowing that I now had no idea of how I was going to get home. I ran very well anyway, and that race is still my 1/2 marathon PR of 1:31:30. When I finished, I found my friend Kate and convinced her mother to give me a ride back to the Doraville Marta station. She also loaned me her cell phone so that I could call a locksmith. I got the locksmith to open the car so that I could get my house key and wallet, then I called a taxi to get a ride back to Flowery Branch to get my spare car key. Finally, I got a friend to give me a ride back to the Marta station to pick up my car. It turned out to be a very long day, and a very expensive one, but I still really had a great race.

Favorite Runner: Those who know me, know that my favorite runner is Kate Brun. I have watched her develop from a 23 minute 5Ker to a sub 3 hour marathoner with excellent times over all distances. Her determination, dedication, and love of running is very inspirational. Another runner that I admire is Rick LeVasseur. His enthusiasm and enjoyment of running is great.

Favorite Saying: My favorite saying is from Adidas: "Impossible is Nothing".