

# RUNNING AWAY FROM HOME

**New Albany resident has finished 50 marathons in 50 states**

BY DAVID A. MANN

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When Debbie Shelton completed a marathon in 2000, she told herself she would never do it again.

That was 49 marathons and 49 states ago. The New Albany resident is one of only a handful of people who have finished marathons in all 50 U.S. states.

She decided to go out and try the marathon scene again in 2003, when she competed in Louisville's annual Kentucky Derby Festival Marathon. She later ran into a few members of the 50-state marathon club and the rest is history.

As a part of its weekly Q&A series, The Evening News and The Tribune recently sat down with Shelton. She told us about her sport, her routine and herself.

**QUESTION:** Favorite state to run in?

**DEBBIE SHELTON:** Impossible to say. Different states you like for different reasons.

**Q:** Prerace routine?

Q&A

DEBBIE SHELTON

- **AGE:** 46
- **HOMETOWN:** Brimfield, Ohio
- **RESIDES:** New Albany
- **FAMILY:** Husband
- **HOBBIES:** Running, long-distance cycling



Debbie Shelton has run 62 marathons over the years, including one in every state. Shelton lives in New Albany.

STAFF PHOTO BY KEVIN MCGLOSHEN

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# Q&A: Runner does all her training at 3 a.m.

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**SHELTON:** More mental exercise than physical. You have to be flexible.

**Q:** Favorite food?

**SHELTON:** I love vegetables. Any kind of salad.

**Q:** Do you listen to music while running?

**SHELTON:** If I'm not running with someone, then yes, I do like to listen to music while running.

**Q:** Favorite song to run to?

**SHELTON:** I listen to a lot of contemporary Christian. There are just so many inspirational songs.

**Q:** Your evening routine?

**SHELTON:** My husband would say I don't unwind. But I like crossword puzzles, reading.

## KNOW A GOOD SUBJECT?

• If you know someone who has an interesting hobby or job, or recently completed a unique milestone, we might like to interview them for the weekly Q&A series. Send suggestions to [Newsroom@newsandtribune.com](mailto:Newsroom@newsandtribune.com) with the subject line "Q&A."

**Q:** Guilty pleasure?

**SHELTON:** Chocolate.

**Q:** Favorite chocolate?

**SHELTON:** M&M's.

**Q:** Plain or peanut?

**SHELTON:** Plain. I'll eat peanut if they're around, but they're the slightest bit healthy, so I prefer plain.

**Q:** When do you train?

**SHELTON:** I do almost all my training at 3 a.m. [before going to work].

**Q:** Even when it's cold?

**SHELTON:** Do I like to

run in cold weather? No. Do I do it? Yes.

**Q:** Which is better, hot or cold weather?

**SHELTON:** Too hot can be just as bad as too cold. About 45 to 55 degrees is the perfect temperature.

**Q:** How many miles per gallon does your vehicle get?

**SHELTON:** Honestly, I have no idea. It's a Honda Accord, so probably pretty good.

**Q:** Favorite running shoe?

**SHELTON:** Saucony, the Omni series. They change models on me every year.

**Q:** Favorite author?

**SHELTON:** Janet Evanovich, a mystery author.

**Q:** What's something you can't live without?

**SHELTON:** Faith.