



Introducing Barb - Of Barb's 5K!

By Jeff Galloway

I met Barb on the track. My Phidippides store was new and in need of business. I put several types of shoes on a blanket in the middle of the track while I did my workout. When Barbara Worrall came over to look, I stopped my interval session and started talking shoes, then running, and then life. She was one of the few people I had met (as of 1974) who, like me, enjoyed running primarily for the positive emotional effects—not simply as a means to get faster or go farther. We were married in 1976 and Barb worked in the store for many years, used her masters degree in teaching PE and designing programs at The Galloway School. In 1981 and 1984 our two sons, Brennan and Westin came into our lives. For Barb, this meant car pool, endless trips to soccer and basketball games, tennis, and track and cross country meets...among other things.

She has been a major help to me in gathering research and resources for my books and clinics, introducing me to new ideas and mind-expanding authors. We have written 4 books together: WOMAN'S GUIDE TO RUNNING, WOMAN'S GUIDE TO THE HALF MARATHON, WOMAN'S GUIDE TO FAT BURNING, WOMAN'S GUIDE TO WALKING. Barb has run through 2 pregnancies, menopause, numerous other female running challenges, and accessed a wealth of additional information by finding medical and scientific experts who also ran.

Barb does not talk about her own running but has run a 3:18 marathon and completed over 100 marathons. We run most of our workouts and races together, including about 12 marathons and 12 half marathons a year. Barb also plays on several USTA and ALTA tennis teams. She wants Barb's 5K to be a celebration of fitness for walkers and runners while promoting the great work of Piedmont Park Conservancy's Dog Park.