at Auburn High School Friday.

# Famed marathoner: 'Show up'

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AUBURN — Kathrine Switzer — the first woman to officially enter and run in the Boston Marathon — dismisses the suggestion that she was destined to compete that freezing day in April 1967.

"Destiny is about finishing the race, OK? You make the decision to do something and you see it through," Switzer said. "So in everything you do ... people who quit are going to be left behind. People who stay at home are left behind. Show up. Finish the race. Those are things that get the job done and create your own destiny."

Switzer spoke to students, staff and others at Auburn High School Friday, dispensing life advice and talking about her experiences.

Switzer — a 20-year-old Syracuse University student at the time —was participating in the event when race official Jock Semple inadvertently launched them both into history by chasing after her and take her official racing bib, marked 261, saying that she couldn't race because she was a woman. Switzer's then-boyfriend Tom Miller knocked Semple to the ground and Switzer continued the 26-mile trek.

Even though Switzer ran that day to prove to her Switzer's words to be inspiring.

"I think the advice she gave can apply to other things besides sports and running," Morgan said.

Katie MacIntyre — the race director for the Right to Run 19K 5K in Seneca Falls— said Switzer came as the national spokesperson for the face last year, speaking at different different schools. Switzer also brought her words to the young learners at Waterloo High School Thursday.

MacIntyre said she wanted Switzer to speak at different events in the hopes that the racing veteran and author's words would touch someone.

"We wanted students to hear her story directly from her, because you never know the moment when someone hears a story and it changes their life or inspires them," MacIntyre said.

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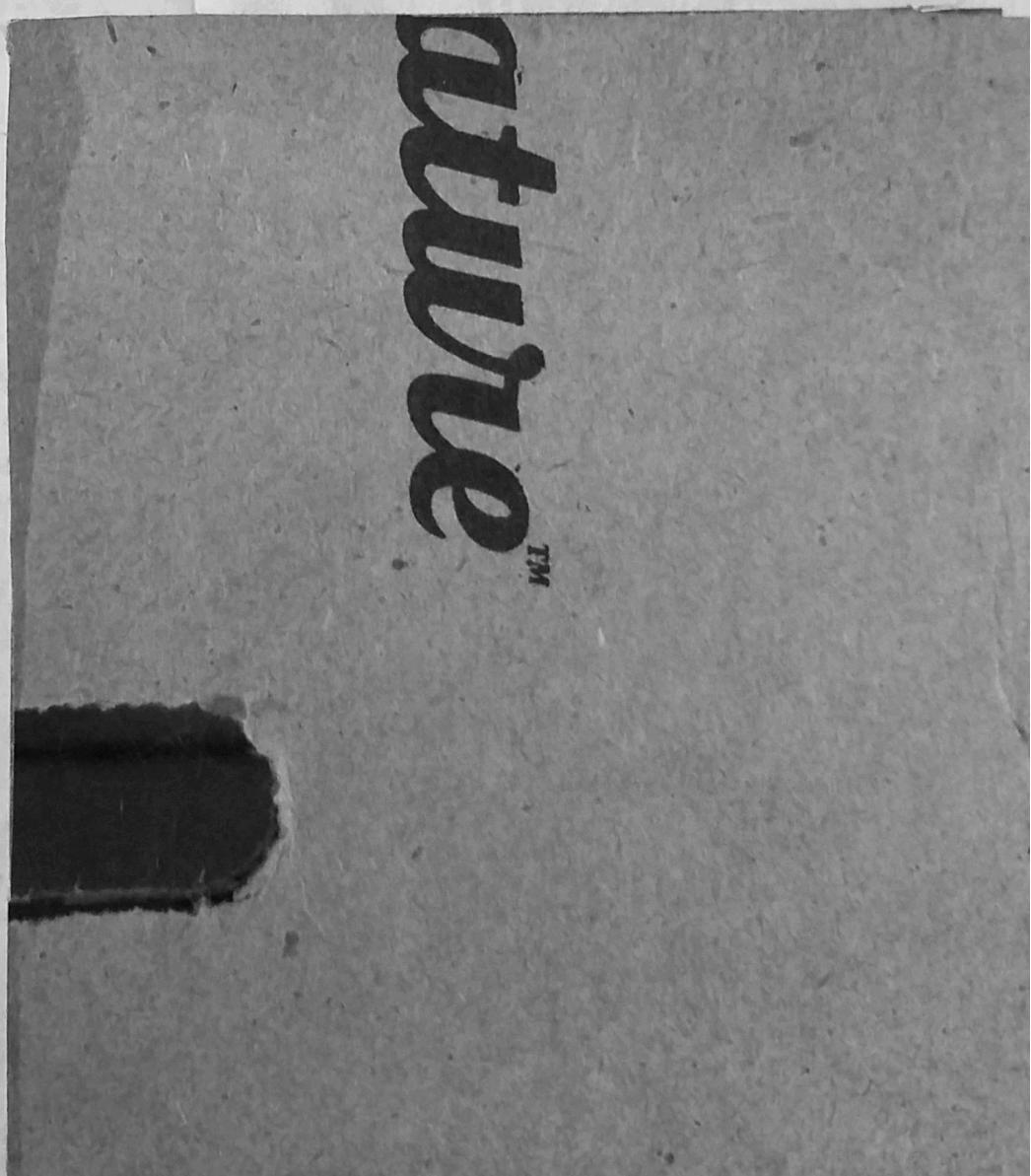

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Even though Switzer ran that day to prove to her coach, Arnie Briggs, that a woman could complete a marathon altered the course of her life, causing her to be an exponent for women's equality. Her accomplishments since then include a career as an Emmy-wining TV commentator and advocating for the women's marathon to become an official Olympic event in 1984.

Switzer, with an occasional dramatic pause, stressed to the audience that they are capable of surprising themselves in regards to what they are capable of doing, often by the putting one foot in front of the other until that that task is complete.

"You can not underestimate your capability. You are the worst judge of your capability, and the only way you'll understand how you can be good be or how how much you can achieve is by taking the next step and doing the next piece," Switzer said.

Sophomore Olivia Morgan, 16, said she found