

ADVANCING TOWARD A CURE: HOW TORRANCE MEMORIAL
IS FIGHTING CANCER—NOW AND INTO THE FUTURE

// HEALTHY
AIRPLANE TRAVEL

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PULSE

COVER STORY

**Dave Klein Is Extremely
Committed To Flying
High And Running Fast**

magazine

SPECIAL PULLOUT

**Walking:
Make The
Perfect Workout
Even Better**



**A Taste of
Evening
Under the
Stars**

 **TORRANCE MEMORIAL**
A CEDARS-SINAI AFFILIATE



Ready for takeoff: Dave Klein with his Nanchang CJ-6A vintage Japanese warplane and wearing his marathon medals.

In 1989 Torrance Memorial Medical Center patron and Golf Tournament committee member Dave Klein ran the Los Angeles Marathon—his first. His goal then was to run a marathon every 10 years, but in the 30 years since he has outdone that by just a bit. He also is a member of Tiger Squadron, a precision formation flying team based in Southern California. The Squadron puts on thrilling exhibitions flying vintage warbirds. Pulse caught up with Dave to ask about his dual odysseys.

His Hobbies Run Toward the Extreme

Dave Klein first set out to run a marathon every decade; now he's racing on every continent. Oh, and flying vintage airplanes too.

Written by JOHN FERRARI / Photographed by MICHAEL NEVEUX

How and why did your goal change after that first marathon?

My goal was to run a marathon at age 30, 40, 50 and 60. I ran them at 30 and 40, then took a break. When my kids were growing up I didn't think I'd be able to run another at 50, so I ran the Los Angeles Marathon again at 46, thinking that would be the last one.

I'd heard about people running marathons in all 50 states and thought that was a great goal, so I ran in Chicago and St. George, Utah, in 2011 and 2012. I had such a good time in Chicago that I ran the New York City and Boston marathons too. Then I completed a series called the World Marathon Majors, which added Tokyo, Berlin and London.

My wife, Song, and I had the opportunity to travel when we became empty nesters, and we mixed in races along the way ... even in Antarctica, where we ran through the snow, ice, mud, penguins and cold. Once we had run in Antarctica, it just made sense to try to join the Seven Continents Club. After running in Melbourne, Australia, and Santiago, Chile, we've run marathons on six continents.

In August we're going to Kenya to run with Masaai on the last continent. Our sons, Christopher and Jonathan, will be joining us; they will be running their first marathon with me as I finish (hopefully) my last.

How much do you run in an average week?

I use a 16-week program to train for marathons. It starts at about 30 miles per week and gets up to 50 miles per week about three weeks before the race.

What does running do for you, besides keeping you physically fit?

Running gives me the opportunity to have some quiet time to think about the day's events and plan for tomorrow. I think it keeps me a little sharper mentally too.

How do you stay committed to running? Do you allow yourself time off from running sometimes?

Sometimes it is difficult to keep the training going. After a race I usually take a few weeks off. It's definitely hard to start training after a long break, but I feel so much better after a few weeks.

Do you run alone or with others?

I do both. Normally I run during the lunch hour for 4 to 7 miles around my office in Torrance, and I'm on my own. Long runs on the weekends are much more enjoyable with friends. We generally run on The Strand from Torrance Beach up to Manhattan Beach or on various trails around Palos Verdes.

What's your favorite marathon?

The Boston Marathon would have to be my favorite. I was lucky enough

to join Team MR8 to raise money for the Martin Richard Foundation; he was the 8-year-old boy who died in the bombing at the 2013 Boston Marathon. Wearing the team jersey during the run was truly humbling. The energy during that marathon is incredible.

What can you tell people starting a (hopefully) long-term exercise program to help them stick with it?

Start at a level you can achieve easily and add a little bit to your program regularly. Once exercise is part of your everyday regimen, it becomes much easier to accomplish. It really doesn't take a lot of time; a little bit every day adds up.

You're also a pilot with the Tiger Squadron; how did you become involved with that group?

My father was a pilot for Western Airlines and Delta when I was growing up, so I guess there was a little bit of flying in my blood. I started to learn how to fly in 2007 and bought a Cessna 182 in 2008. I became partners in a slightly larger plane after that and my partner was interested in learning about formation flying. It's been a great experience. When we're flying together it takes 100% concentration to perform safely. The level of expertise and camaraderie amongst our Squadron is truly phenomenal. •