

# Danny Moon, Miler & USCAA Hall of Famer

BY MARK WINITZ

At the start of the new year, many runners set their annual goals. For some it's a new PR, tackling a new race distance, peaking for a favored race, or simply to keep on running. For Danny Moon, 54, selecting a goal is no problem. It comes with the territory.

In 2002, he is focusing on running a mile race in under 5 minutes. Okay, an ambitious aim for many recreational runners, particularly if you're a "senior." But, there's a catch here. Moon has maintained a sub-5 streak for the past 21 consecutive years—a remarkable string, especially considering he entered 2002 with 123 sub-fives under his belt. That's an average of more than ten a year—in mile races only (no 1500-meter conversions), all officially timed on measured tracks, or in mile road races.

Not surprisingly, one of Moon's role models is American mile record holder Steve Scott, who ran 136 sub-4 miles over a span of about 16 years. Although Scott recorded his share of 100-mile training weeks on his way to the top ranks among milers, Danny hasn't averaged more than 35 since high school (when he ran about 50). He now squeaks by on a modest 22 to 24 miles during a typical week.

Last year, Moon was inducted into the United States Corporate Athletics Association's Hall of Fame—a talented group of about 40 individuals recognized for their performances in USCAA's National Corporate Cup competition. Just call Danny Moon the Steve Scott of everyday runners.



Danny  
"Rocketman"  
Moon

Courtesy of Danny Moon

## VITAL STATS

**Age:** 54

**Height:** 5 feet, 6 inches

**Weight:** 135 pounds

**Residence:** Lives in Saratoga, California with his wife, Madelyn, who is also a runner.

**Nickname:** "Rocketman" (not only is he fast, he also works as a senior planner for the aerospace company Lockheed Martin)

**First Mile Race:** 5:45 as a 15-year-old in gym class at Santa Cruz (Calif.) High School on no training.

PRs: Mile: 4:35, 220: 23.9, 440: 53.6,  
800m: 2:03.5, 10K: 33:58 Marathon:  
2:59:28 (tethered as part of a centipede)

**USATF Club Affiliation:** West Valley Joggers  
and Striders

**Corporate Team Affiliation:** Lockheed Martin

**Contributions/Nolunteerism:** National team  
co-captain for Lockheed Martin's corpo-  
rate running team. Serves on the Board of  
Directors for the United States Corporate  
Athletics Association and is Vice  
President of the Bay Area Corporate  
Athletics Association (BACAA), a regional  
affiliate of USCAA. Coached the  
Cupertino Yearlings, a girls' track and  
field club, and founded the Santa Clara  
Valley Golden Girls' Club.

**Quirks:** Annual ocean cruises where he cir-  
cles 5-miles on the deck with Madelyn  
every morning. Owns eight tuxedos from  
these cruises, all of different colors, which  
he sometimes wears to road races.

**On the Mile Distance:** "It's a distance that  
intrigues and grabs me. I've always felt  
comfortable with it, and I've always been  
able to pace myself well. I also just love  
being on the track. I ran my first sub-5  
mile, a 4:58, as a high schooler in 1965 at  
the Hollister Relays. I didn't start running  
again until 1975, and in 1980 I ran under  
five again at an all-comers meet. That's  
when the string started."

**Most Memorable Mile:** "At an all-comers  
meet in Los Gatos, Calif., I ran 4:47 at  
the age of 50. A buddy of mine, Brad  
Holbrook, and I kept trading off the lead  
for the whole race. On the final straight-  
away, youth won because Brads about 20  
years younger than me. It's a race I've  
visualized over and over again-a lot of  
fun."

**Most Forgettable Mile:** "It happened early  
last year. Again, I was running in an all-  
comers race, this time with a bunch of  
high school kids. I was coming down the  
stretch with the kids, looking for about a  
5:06. About 25 meters before the finish,  
my legs just went out from under me. I  
rolled over, got up, and finished. It was

one of my most embarrassing moments."

**Training Regimen:** "I've never run many  
miles a week-about 34 in the past.  
When I started dating Madelyn, in 1987,  
it dropped to the mid 20s and it's pretty  
much stayed there. I used to gear my  
training specifically for the mile just lead-  
ing up to, and during, track season. I  
could run sub-5s and sub-60-second  
quarters pretty easily. When I turned 50,  
it became more difficult. I found I need-  
ed to stay in tip-top shape year around.

Last year, my very supportive training  
partner, Rich Stiller, and I figured out  
that running 400- and 800-meter interval  
workouts throughout the year-instead  
of just during the season-is the key for  
me. Those workouts give me the extra  
strength and stamina to hold sub-5 pace  
over the last lap of a race. Now my focus  
is to try and run a sub-5 mile whenever I  
can get it during the year. It doesn't mat-  
ter which season."

**Other Distances:** "These days, I race 400  
meters to 5K, in order to keep within the  
mile range. I'll race an occasional IOK,  
but won't go out of my way to do it. And  
training for the mile definitely helps  
when I do get into a 5K. Recently, I ran  
18-flat and was pretty happy with that."

**Life After Sub-5:** "My goal is to keep run-  
ning under five as long as I can. If I can  
do it until I'm 60 years old, it would be  
great. After that, I'll see how many years I  
can go sub-6."

**Running Philosophy:** "Run for fun. That's  
the most important thing. Generate sun-  
shine. Encourage the other guy. Don't get  
up tight. It doesn't matter if we win or  
lose, but how we play. Why be out there  
if it isn't fun?"

***If you know an "everyday" track and field  
athlete, long distance runner, or race walk-  
er that deserves a profile in CALIFORNIA  
TRACK & RUNNING NEWS, contact  
Managing Editor Cynci Calvin at  
ccrun@psyber.com.***