

## Resolved to Run

When Landstar employee Armando Quinones sets his mind to do something – he does it! That’s clear given the 46-year-old’s path to qualify for this year’s Boston Marathon.

Qualifying for the legendary race – a 26.22 mile trek through hilly New England – is impressive enough. But considering that a little over two years ago Quinones couldn’t even run two miles without stopping to gasp for breath, his participation in the April 16th race is downright amazing.

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Quinones, who works in the Administration Support department at Landstar’s Rockford, Illinois, service center, hadn’t always struggled with running long distances. In fact, he ran track and cross country while attending high school in Rockford. It was during this time that he competed in his first marathon – the 1983 Rockford Marathon – winning the event for his age group of 19 and under. But shortly after graduating in 1984 and moving to Kansas City, Quinones says he quit running, and fell

victim to the usual pitfalls of staying physically active as an adult.

“I got married, had children, a job, a mortgage. I stopped running for 20 years,” he says.

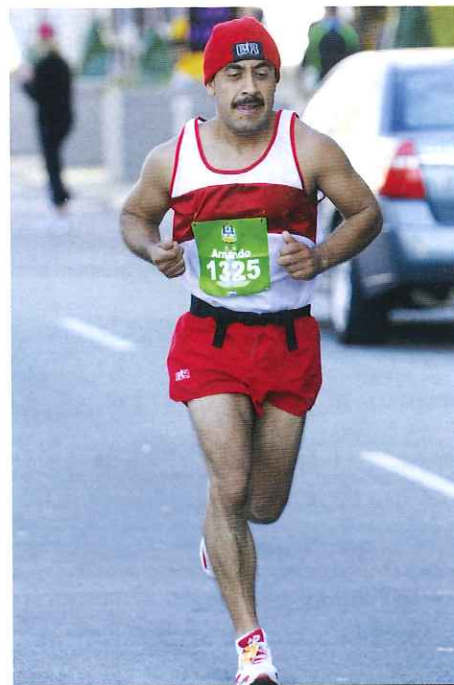
But after moving back to Rockford several years ago, he found that many of his high school running mates were still active in the sport. That prompted him to get back in shape.

“I had tried to stay in shape in the past by going to the gym and lifting weights. But I realized that just wasn’t for me,” Quinones said. “I had wanted to start running again and seeing that my old friends in Rockford were still running really motivated me.”

Weighing 200 pounds – a heavy weight for Quinones – he one day set out for a jog.

“I could not even jog two miles without stopping,” he recalls. “So, I challenged myself to run a marathon within a year.”

In October of 2010, he did just that, running in the Kansas City Marathon. His accomplishment was just shy of a bigger goal, however, as Quinones’ time of 3 hours, 31 minutes, 41 seconds was one minute and 41 seconds short of qualifying for the coveted Boston Marathon. To qualify for the Boston Marathon, a runner must compete in a qualifying marathon and finish



**Armando Quinones**

within a certain time range set according to age and sex.

With more resolve than ever, Quinones trained even harder, setting his sights on qualifying for the Boston Marathon. He hit his stride almost exactly a year later in the 2011 Chicago Marathon held last October, finishing that race in 3:25:52 – more than sufficient to earn his entry into April’s Boston Marathon.

“It feels great,” he said. “The Boston race is like the Super Bowl for runners.”

Of course Quinones is already a winner by proving that, with determination and hard work, nearly any finish line can be crossed. ★

*Send us your story of perseverance by emailing [LandstarCorpComm@landstar.com](mailto:LandstarCorpComm@landstar.com)*



## Resolved to Run part 2

A little over a month away from the biggest marathon race of his life, Landstar employee Armando Quinones found himself fighting for his life. But he now says thanks to God and being in great physical shape, he's not only alive – but feeling (and running) better than ever!

In the last edition of the *Road to Success* (2012, Issue 1) we chronicled Quinones' personal story of perseverance in qualifying for the 2012 Boston Marathon. But shortly after the publication's release, tragedy struck in March when the 46-year-old Quinones suffered a heart attack and was in a coma for three days, during

**A silver lining to his frightening medical crisis is that it has led many of his running peers to have their hearts checked out.**

which doctors gave him a one percent chance of survival. He did survive, however, and amazingly less than three months later crossed the finish line of the



**Armando Quinones**

Rockford Marathon with a time of 3:31:49 – good enough to earn him second place in his age class.

Quinones, who works in the Administration Support department at Landstar's Rockford, Illinois, service center, said that doctors attributed his incredible recovery to his outstanding physical conditioning from running. Prior to the incident, Quinones experienced no symptoms of the major artery blockage that led to the heart attack. The married father of two says a silver lining to his frightening medical crisis is that it has led many of his running peers to have their hearts checked out.

Quinones says he feels great and is not giving up on his goal to compete in the Boston Marathon. He says he's running even better than before his heart attack

and, in October, plans to run in the Chicago Marathon, a qualifying race for the 2013 Boston Marathon.

Good luck Armando! ★

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	10:35 AM	Arrive in Boston Logan, MA (BOS)		
RETURN APR 22 TUE	09:25 PM	Depart Boston Logan, MA (BOS) on Southwest Airlines	Flight #2699	<b>Tuesday, April 22, 2014</b> Travel Time 2 h 35 m (Nonstop) Wanna Get Away
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