



Photo Courtesy of DeAnn McClure
In October 2010, DeAnn competed in the Bank of America Chicago Marathon.

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To meet her goals in the triathlons, Lavin knows she has to improve on her swimming, which she admits is a difficult sport for her.

Typically Lavin trains 3-4 days a week and runs 5-6 miles. Many days, Lavin starts her day around 5:30 a.m. with either biking or swimming. Then it's time to get the kids to school and head to work. In the evenings she may run or take in a Kisado class while the kids are at practice.

"I fit my workouts around their schedules."

Lavin also has a great support system. Her brother-in-law is an Iron Man Triathlete and her sister also competes.

"If he can do that than I can run a marathon," said Lavin about her brother-in-law's Iron Man competitions. "He has been a real motivator."

She also gets support from her husband and kids — Madisen and Hunter (age 9).

"My husband thinks I'm crazy sometimes."

What does the future hold for Lavin?

"I may not always be this aggressive with my training, but I know I'll run as many years as I can. It's a lifestyle now and we all want to remain as young as we can."

For DeAnn McClure running was a way to keep busy while she was home with her children.

"It was just one of those things. The kids were all little and I needed to do something — didn't have time to go to a gym. So I'd put them in the stroller because it was free and right outside my door. And I just started doing it that way," said McClure, who started running at the age of 30.

In 2003, McClure says she decided she was going to try the Riverboat Days 5K race.

"I did that, I finished and I was just hooked on it," says McClure. "And it just snowballed from there. So now it's my passion. What I love to do."

Running has turned out to be a fun time to spend with her kids.

She says it started with her eldest son, Brody. He had expressed interest in going to the races.

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