

**RUNNING**

# Griskus legs out a big 'hit'

**P**AT GRISKUS came in 18th out of 26 finishers in yesterday's seventh annual Empire State Building Run-Up. That doesn't sound too remarkable until you realize that the other 25 finishers had two sound legs. One of Pat's is artificial.



**EDDIE  
COYLE**

But the 36-year-old Waterbury, Conn. resident isn't looking for sympathy. He's a serious runner who has made "phenomenal strides since he first hit the roads three years ago. Pat had been a top miler in high school and loved running. At the age of 21 he lost his leg just below the knee in a motorcycle accident and

that was the end of the road as far as running went — or so it seemed at the time.

Three years ago, following the example of Dick Traum who runs with an artificial limb and has finished about half a dozen marathons, Pat decided he would try running again. It was slow and painful at first. His girl friend, Robin Dowling, recalls: "At first he did a mile. Then he got up to two miles and then three. . . . and then five." He continued and just a year ago completed his first marathon, the John W. English in Middletown, Conn. Encouraged by that success and not content to just hear people say: "That one-legged guy actually finished a marathon," Pat started to train harder with the idea of bringing his time down. And his legwork paid off. This past fall he completed the New York City Marathon in under four hours, something no artificial-limbed runner had ever done before.

Then two weeks ago he ran an amazing 3:46 — a time a lot of two-legged runners would be happy with — in the Sri Chinmoy Marathon in Hampton Beach, N.H., undoubtedly a world record for so-called "disabled" athletes. Dowling, who used to run with him, says: "Unless it's his easy day I have trouble staying with him on a training run. You know, he inspired me to run my first marathon, the Marine Corps in Washington, D.C. last November." Dowling shaded four hours and with Griskus' training tips should be bringing that time down.

Griskus also swims and bicycles. "One of my ambitions is to finish the Iron Man Triathlon in Hawaii. I've already been accepted for this year's," he said. This weekend, in honor of the anniversary of his first marathon, Griskus will run the John W. English again and "The Pat Griskus Award" will be given to the most courageous runner in the 26-mile race. Pat isn't eligible for it. Otherwise he'd win it going away.