



GOOSE CREEK

CONSOLIDATED INDEPENDENT SCHOOL DISTRICT



Dave Muston (middle), Travis Elementary P. E. teacher, warms up with his students, setting an example of the importance of physical fitness. Pictured are (from left) Juan Nevares, Marisa James, Jorge Plasencia, Canon Cockrell, Muston, Avery Kerr, Ashley Aguilar, Ariel Richards and Emoryion Moore. Muston will run the 2016 Boston Marathon April 18.

Elementary Teacher Prepares for Boston Marathon

At the age of 63, most people are thinking about slowing down a little, but not Travis Elementary physical education teacher Dave Muston. He's thinking about his next big run – the 2016 Boston Marathon in April.

Muston has only run two full marathons, so he lacks experience in these 26.2 mile runs. During his first marathon in The Woodlands, the temperature soared and Muston dealt with leg cramps for most of the race. The 2015 Chevron Houston Marathon, however, earned him a Boston Marathon qualifying time of 3 hours, 51 minutes, 42 seconds. He registered for Boston, and much to his delight, he was one of the 30,000 accepted to compete. After all, he's only been running since he was 56, but he has accumulated a whole wall of medals in shorter runs and logs more than 100 miles each month. He says he will be ready to go on April 18.

"Running came late in life for me, so I'm pleased and somewhat surprised that I've had such success," Muston said



Travis Elementary P. E. teacher Dave Muston talks about his runs as he shows off his Wall of Honor in his office. Muston is preparing for the upcoming 2016 Boston Marathon.

As a buildup to the Boston run, Muston will be running the Texas Independence Relay next weekend. His team The Peeps is comprised of 10-12 members who take turns running a course from Gonzales to the San Jacinto Monument, around 203 miles. In this relay, a team member runs his or her segment and hits the next runner with a slap bracelet around the wrist, symbolizing passing the baton. On each team, members not running travel

Not only is his success in running a boost to his self-esteem, but it also helps him show his students the importance of physical fitness.

“When I come back from a race weekend, I wear my medal and t-shirt. My philosophy on teaching is that you have to teach by example,” Muston said. “I show students that it’s good to have a healthy lifestyle and to stay active. The body you’re born with is the one you have to stick with.”

Throughout his 32 years of teaching, starting in a small country school in Montana, transferring to Pasadena ISD for 11 years, La Porte ISD for six years and now in his 11th year in Goose Creek CISD, Muston has managed to stay active. He’s no longer the gymnast and tennis player he was in high school and college, nor does he swim long distances. He had to quit playing racquetball due to an injured shoulder, but his approach to physical fitness must be working.

When he realized he would have to undergo surgery to repair a hernia February 22, he let his doctor know that he was just a few weeks out from the Boston Marathon, so he would need to start running again two weeks after surgery. Just as planned, he was back at it with his Bay Area Running Club (BARC) friends. The group, nearly 400 strong, has been the Champion Club for the past five seasons out of 44 running clubs in the Houston area, and his fellow runners help keep him motivated.

ahead in vans. The Peeps enjoy sticking Easter Peeps on the antennas of other vans to show that their team has arrived at each location.

“On these runs, we have a great time with other adults doing things that are fun and good for you,” said Muston. “As my dad would say, ‘Good and good for you.’”

As the Boston Marathon approaches, Muston admits that he and most of the other runners have some pangs of anxiety wondering if they are truly prepared.

“You have to believe in the program you’ve put in for yourself,” said Muston. “I don’t use an actual program. I’m a free-range chicken.”

As for the safety of the event, he isn’t worried. He knows that since the 2013 tragedy at the event, security is tight. His support system – younger brother Scott and David Raines, another Boston competitor - along with 30 or so other members of BARC also will be there running and encouraging him along the way.

A man with a true competitive spirit, Muston plans to keep running as long as his joints hold out. Now competing in the 60-64 age bracket, he is anxious to turn 65 to be a younger runner in the 65-69 age group so he can have an edge over the older runners.

“There are people who run the Houston Marathon who are 85. I want to be one of those people,” Muston said.

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