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Home Sports

# Herron making history in marathons and beyond

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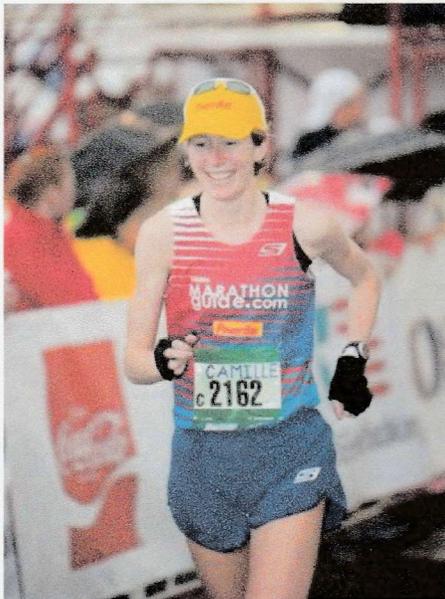
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Posted: Monday, June 15, 2015 7:02 pm

By DARL DeVAULT | SPECIAL TO THE SUN

Oklahoma's most successful elite woman marathon runner, Camille Herron, now a national champion in the 100K road ultra marathon, continues her winning ways.



CHRIS BARNES | PHOTO PROVIDED

## Herron pushing for world stage

Camille Herron enjoyed the weather in winning the Oklahoma City Memorial Marathon in 2014.

spots. Her goal was the course record, which she beat by 20 minutes. Herron bested Ann Trason's 26-year-old national championship record while achieving the third-fastest American performance and thge 17th best world performance.

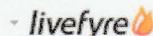
Camille ran the fastest women's road 100K ever on American soil and will get another shot at the American record at the 28th International Association of Ultrarunners 100K World Championships in September in Winschoten, Netherlands.

While holding a personal-best marathon time of 2:37:14 from the 2012 Olympic Marathon Trials, she's no ordinary elite runner. While most elites run only two or three marathons a year, Herron has run up to seven quality marathons in a year's time.

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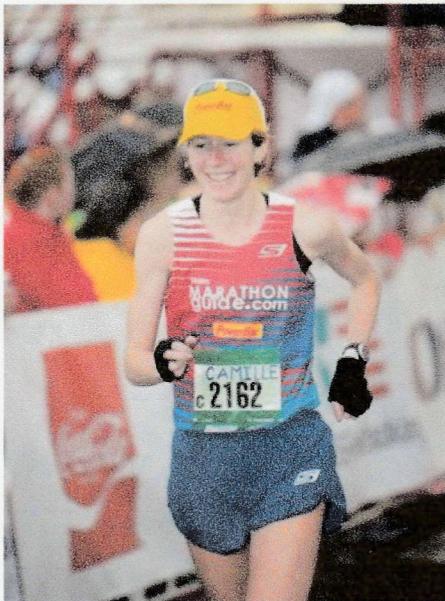
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## Herron pushing for world stage

Camille Herron enjoyed the weather in winning the Oklahoma City Memorial Marathon in 2014.

Growing up in Mangum, Norman, Duncan and Guthrie, Herron is a University of Oklahoma research assistant living in Warr Acres. She says she loves to run long distances, push the limits and give back to her sport by encouraging youth to be athletic. Her career highlights include winning 19 marathons, qualifying for three U.S. Olympic Marathon Trials, and finishing as the top American woman at the 2011 Pan Am Games marathon.

Many Edmonites have seen Herron running while watching the Oklahoma City Memorial Marathon on television, including this year's race. Many may have also seen her blazing the streets of Tulsa in a head-to-toe pink Spiderwoman suit winning the 2012 Route 66 Marathon. She set a Guinness World Record (2:48:51) in the marathon for the fastest woman in a superhero costume.

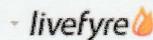
The multi-time high school track state champion and valedictorian at Westmoore High School earned athletic and academic scholarships to the University of Tulsa. However, injuries cut her career short for several years, and she focused on academics.

Camille made a running comeback during her fifth year of college.

She mentioned that she has now averaged more than 100 miles per week since November 2006, running twice on most days. Her training philosophy is, "Easy days easy and hard days hard." This long-term strength development is what's propelled her in recent years.

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