

What makes Rosasco run

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Mark Rosasco has run so many marathons he's lost count.

Near and far, in the heat and in the snow, through metropolis and desert, the Annapolis lawyer craves competitive road races the way others might crave cigarettes or a favorite sitcom.

There was the God's Country Marathon across the Eastern Continental Divide in northern Pennsylvania, the Shiprock Marathon through Navajo land in New Mexico, the Bataan Death March Marathon and the 26.2 mile race in Death Valley.

"I seem to run marathons with the word 'death' in it, which is kind of redundant," said Rosasco.

But for someone who has run nearly every day for decades, Rosasco, 50, claims not to like it all that much.

"It's hard work and it's too much hard work when preparing for a marathon," he said.

"Whoever thinks running's fun isn't doing enough of it."

He does it for his health, yes, but mainly for the same reason he's a litigator.

"I'm a person who likes to compete," Rosasco said, calling himself a "goal ... and accomplishment sort of person."

Rosasco, who switched to plaintiff-side personal injury work at Hyatt & Weber P.A. in December after an 18-year defense career on behalf of Nationwide Insurance, got his start run-



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Marathon runner Mark Rosasco is competitive, goal-oriented and health-conscious; he's just not all that crazy about running. "Whoever thinks running's fun isn't doing enough of it," he says.

at the 1985 Marine Corps Marathon, a now 76-year-old father Stephen, a retired associate general counsel at Baltimore Gas & Electric and a one-time member of the Maryland Marathon Commission.

The Baltimore native ran throughout his school days and then turned to road races. He clocked his all-time personal best in two weeks — but "that's unusual"

at the 1985 Marine Corps Marathon, a Washington, D.C., event in which he has participated more than 10 times. His time, 2:35:30, would have been a world record before 1920. (It falls about a half-hour short of the current mark, 2:03:59.) Rosasco's other notable achievements include running three marathons in two weeks — but "that's unusual"

— and finishing the JFK 50 Mile ultra-marathon, which includes roughly a standard marathon on the C&O Canal Towpath and another chunk on the Appalachian Trail, in less than eight hours. He's also run the highly selective New York City, his favorite so far, and Boston marathons.

More recently, he's taken up biking and hiking, including to the highest point in 39 of the 50 states.

"I'm exhausted just telling you about it," he said.

These days, Rosasco runs about 35 miles a week, down from 50 miles a week in his younger days, and usually takes off Fridays — only Fridays.

Last month, he was the first man aged 50 or older to finish the Victim's Fund Run at Patterson Park. He said he'll run "at least one" marathon this fall, most likely the Steamtown in Scranton, Pa.

He finds parallels between his work and the out-of-the-office hobby he fits in whenever he can: "tedious, boring preparation followed by a contest."

Being a lawyer is "like being a professional athlete except there's no off-season and you don't get to retire at a young age. It just keeps going."

Rosasco said he has largely avoided injuries — "mostly just nagging stuff" — but has never experienced the famous "runner's high."

"I'm still waiting for that," Rosasco said. "The high is when you stop running and you stop for the day."