



WAC member Gene Colin (front left) strolls up I-5 for a good cause. Pictured with fellow walker Roland Dewhurst (rear right), supporters, and a convenient Honey Bucket, a major sponsor of their walk.

Big Talk, Big Men, Big Win for Charity



Board of Trustees Meeting was in progress and upon our arrival we presented our \$60,000 in pledges to Mike Impero, President of the AGC, and to Jim Crutcher, Chairman of the AGC Education Foundation. Was I tired? Words cannot adequately describe the feelings of "tired," "sore," and "half-numbered" in body (but not in spirit).

By Gene Colin

The Challenge

As an Officer of the Associated General Contractors of Washington, I was attending the AGC's Board of Trustees Meeting, when Roland Dewhurst, the AGC's Tacoma District Manager, announced that he was going to walk from downtown Tacoma to the AGC Building on Lake Union to raise \$60,000 for a Technology Center in the Tacoma AGC Office. Roland was to be a one-man walk for charity! Most people who know me say that I'm normally a "shy kind of person," but I could not resist asking Roland how many miles he intended to walk – to which he responded – "Approximately 39." My next question – "When?" The answer – "April 21."

It was never my intention to put Roland on the spot. However, my next question seemed to do just that "April 21! When do you intend to leave Tacoma – April 15?" Before the ensuing laughter could die down, Roland fired back "No matter when I leave, Colin, I'll get there before you do." You can imagine my surprise at this turn of events... a line was drawn in the sand, the stage was set, and the challenge had been made. I accepted and sent my second away to buy a good pair of walking shoes.

The Prep Work

Roland had been training for the walk

Gene Colin has been an active WAC member for many years and is Chairman/CEO of Ferguson Construction, a Seattle based General Contractor



Above: Gene Colin and fellow walker Roland Dewhurst rest half way through their long walk. Pictured with them on the right is Todd Schultz a supporter from the AGC staff.

Left: Gene Colin rubs his tattered feet (jokingly bandaged for sympathy).

for approximately four months. Although I had adequate advanced warning since throwing down the gauntlet, I didn't do any specific training for the event. I did continue my usual workout in the WAC's Men's Conditioning Department, every night, as I have for many years. "Just for practice," I added a couple of short "treadmill walks," but I was sure to be in good shape for my age... wasn't I?"

The Walk

Roland and I left the Tacoma District Office at 4:00 the morning of April 21 just as planned (with moral support from many of the AGC staff along the way), taking Highway 99 to Marginal Way, to Fourth Avenue South, to Sixth Avenue, and then to Westlake, finally arriving at the AGC Building at 4:45 that evening. The April

The WAC Recovery

To my surprise, several members of my staff had made arrangements for me to get a massage that evening at the WAC. At the time, I really did not understand why that would be necessary. Upon completing the walk, there was no doubt in my mind (or my body) as to why. After sitting for a few moments at the Board Meeting while the pledges were announced, my legs froze up and I could barely get to the car that was waiting to take me straight to the WAC and my massage therapist. As the massage therapist began to restore feeling and function to my back, legs and feet, he creatively explained the physiological shock I had just exerted on my body over an extended period of time.

The Results

We raised the \$60,000 – the new educational AGC Technology Center in Tacoma is about to be a reality! I now have a newfound appreciation for the WAC's "best of the best" massage therapists and for the benefits and healing properties of massage. I have also come to realize that sport specific training programs are the best way to prepare for extended exercise sessions or athletic events. Most importantly, I've learned my lesson about teasing someone... at least in public!