



By Sue Berliner

Tempe Mayor Hugh Hallman is not your average 47-year-old guy and no ordinary Mayor. Mayor's run for office, not many run half marathons; especially with his packed schedule. The afternoon I spoke with him for this feature, it was the first day of school and he debuted as the new headmaster for Tempe Preparatory Academy. Last spring he started winding down his 22-year-old law practice to take on the new role. He took office in July of 2004 and typically works 40-50 hours each week as Mayor. He will match that time running the school, a liberal arts public charter school for 6-12th graders.

With that work load, most would find squeezing in a run a challenge. Over achieving Hallman started the Mayor's Run for Youth, Education & Social Services, com-

run, the Mayor was on his own. He did his first 11 mile run that December and ended up with ITB problems. He did not run for a month and ran the race cold.

"That started us thinking about how this race [Rock N' Roll AZ] in particular, how we could set up a program for local charities," said Hallman. "It is not [a program] for people who are typically athletes. They are recruiting people who have never really thought about doing something like this [marathon] but because their passion about a disease or cause are willing to try. By doing so, they really change their lives. It certainly is what happened to me.

The folks at Competitor Group have been extremely supportive of creating a local opportunity to raise money. This is new for

AGE: 47 | **FAMILY:** Married to Dr. Susan Hallman, M.D. since 1981 | **CHILDREN:** Three boys: Louis, Eli and Marcus | **HIS BIG GIVE:** Mayor's Run for Youth, Education & Social Services | **FAVORITE PLAY:** Importance of Being Earnest | **FAVORITE MOVIE:** Casablanca, Lawrence of Arabia and Citizen Kane are just master pieces on the big screen | **NOW READING:** The Great Gatsby | www.tempe.gov/business/MayorsRun

monly referred to as Mr. Yes. The program helps raise money for many Tempe charities while getting people in shape.

He explained how this all got started. As part of their children's curriculum they were required to be part of an athletic team for PE. His now 16 year-old twins chose cross country. Then came a challenge.

"I was challenged to become the mascot of a team of Tempe employees who were going to raise money for Leukemia and Lymphoma," said Hallman. "I had not run in better than 25 years more than a mile."

Before agreeing he told the challenger he wanted to check with his wife, figuring she would say no way. She surprised him by saying it was a great idea. So he was stuck. That was August 2005. His wife, Susan, ended up with a fractured tibia the second training

them, getting local participants as opposed to national. They have been a terrific partner for the city of Tempe and the local charities."

In 2009, Mr. Yes and his team of 210 raised about 250,000 for local charities. Through much encouragement, his running has improved. He trimmed more than 30 minutes from his first half marathon time in January of 2006.

"We did the San Antonio Rock N' Roll in November and got my time down to 2:09. In January I got 2:02:19. My wife and I went to Seattle as sort of our training run and did the Seattle Rock N' Roll Half Marathon. It was timed well to kick off this years training and get out of the heat. I was going to beat 2 hours in Seattle if it killed me. I did not quite make it. It was sort of like running a crowded roller coaster. It is a very hilly course, very

challenging, wonderful event. It was 2:01:50, my personal best. In anticipation of January's event we are also going to do the Las Vegas Half Marathon on December 6th. I want to be in the best shape possible for the race in Tempe in January."

He says he will eventually have to commit to a marathon. He has thought about doing an Ironman. He is spurred on by a friend who could not swim a 100 yards to graduate from college. That college friend, Manuel Contreras, finished an Ironman just under the cut off time. He is quite an inspiration for the Mayor. Currently the time to train for such an event precludes him but would like to complete one in his lifetime.

Doing double duty as Mayor and Headmaster, Hallman has more than his fare share of challenges, the running helps.

"This is the strange thing," said Hallman. "When you start thinking about having to start running the whole prospect of getting up and getting it done and doing it is gruesome. But once you have started it, the prospect of not getting to run has that same horrible feeling about it. I miss running. I feel better when I am running. I feel psychologically more well-balanced. I get time to myself to think and process difficult problems. It is a great opportunity to think through hard challenges and come up with creative solutions. Running has been a wonderful new opportunity for me and it has added a significant amount of benefit to my life. Not only do I feel better physically but it helps ones mental process."

Closing our conversation he comes back to his new found passion.

"This program demonstrates that anybody," said Hallman. "Truly anybody, can take on this challenge and get off the couch and become active improve their quality of life, improve their health and they can stand along with others as demonstration how to improve ones own quality of life while doing a lot of good for a lot of other people."

