

# ~ Life in LAMORINDA ~

## Moraga native and ultra marathoner Rod Farvard



Photo provided

Rod Farvard, right, runs through Foresthill, mile 62 of WSER, with his pacer and close friend Max Storms, who would go on to run the next 16 miles with Farvard.

By Jon Kingdon

If Moraga native, Rod Farvard, asks you to come along with him for a little run, be forewarned that little can be a relative term. Know that the “Far” is Farvard is no misnomer.

Farvard began running cross country as a freshman at Campolindo. “I grew up playing a lot of sports,” Farvard said. “When I started running, it was a positive experience. There are just so many great trails. Whenever I come back to visit my parents, it’s just incredible. I definitely developed my love for running there. I was a varsity runner but on the very low end of it. I was above average,

but definitely not fast enough to get recruited.”

After entering UC Santa Barbara, Farvard moved on to marathons (26.2 miles) and then moved on to triathlons (swimming, bicycling and running-140.6 miles). Besides running marathons through his sophomore year, Farvard got a road bike and began biking tours. “Someone commented on my activities page that I should check out the Triathlon club,” Farvard said. “I went to one of their practices and the atmosphere was amazing. I really missed having a team and a group setting as I had just been training on my own.”

Longer distances had always been Farvard’s area of

expertise and when he ran his first marathon in San Francisco in 2013, he was pleased but not surprised at his performance. “I anticipated that I’d be pretty good at it and that race went incredibly well for myself.”

At this point, the Boston Marathon became Farvard’s target ‘A’ race, the race you build toward, making sure you are in peak condition. Farvard would run the Boston Marathon in 2014 and 2015 with a best time of 2 hours and 40 minutes.

Farvard majored in physiology, which was more plant-based physiology, and how it relates to ecology and evolution though his real interest was in human physiology and cell biology. Was this a way for Farvard to connect the human body and his running long distances? “One thousand percent,” Farvard said. “That’s what initially sparked my interest in understanding what happens in the body during these endurance events and how to bio-hack it more than anything. I’m incredibly interested in the science and the data behind these races, learning how do I get myself to go further? How do I sustain a faster pace and things like that? It just boils down to what you’re putting in your body.”

After graduating from Santa Barbara, starting his professional career training the necessary 30 hours a week for the triathlons was too much for Farvard who began working for Elation Health in San Francisco. “We are a health software company that works in small, independent, primary care practices helping these businesses have a tool for charting their telehealth for their billing. We’re like a one-stop for an independent primary care provider.”

In 2016 and 2017, Farvard had run the Ironman Vineman and Ironman Santa Rosa, 10- and 9-hour races along with bike rides for training and adventure rides with his friends. “I would ride for 8-10 hours and as much as 20 hours,” Farvard said. “Having done this, I already knew what to expect to feel in an endurance event of that length in terms of that very low-glycogen feeling and potential sleep deprivation, so I was able to avoid getting to those low points by fueling correctly. Running was always my favorite discipline and at that point, I had gotten used to a 10-hour race.”

For Farvard, it was a mat-

ter of pushing his limits in an environment of his choice. “I just love the outdoors and being outside for a long time,” Farvard said. “I was always fascinated by what my body can do. In these events, the limiting factor isn’t how naturally gifted or fast you are. It’s how you are taking care of yourself with very input-output type of training – input is running more miles in training and output is being able to run farther at once in a race. There’s always the mystery such as can I make it this far today or is this new formula which I’m putting in my body with my healing going to work for me?”

... continued on Page C2

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September 10, 10am–2pm

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Friday

September 9th, 6 - 8:30pm

DANCING WITH THE CARS  
FRIDAY NIGHT PRE-PARTY

This year’s theme is  
**A Night in Havana!**

Keep on Truckin’ – Cuban style! Mark your calendars for the evening of September 9th from 6-8:30 pm when our Classic Car Show kick-off offers Cuban-inspired buffet, mojitos, live Latin dance music, car displays, and more. Silent and live auctions benefit a variety of service projects sponsored by Orinda Rotary.

[www.orindarotary.org](http://www.orindarotary.org) for tickets and information - Car Show entrants receive a discount!

Saturday

September 10th, 10am - 2pm

18TH ANNUAL ORINDA CLASSIC CAR SHOW

Presenting sponsor for this event is Orinda Motors.

- The show is held in Orinda Village around Orinda Motors and on Orinda Way
- 150+ classic and modern exotic cars, trucks and unique motorcycles
- See a Special Exhibit of Classic Stock and Resto-Mod Pick-Up Trucks
- Lamorinda Idol Winners performance at noon
- Arriving at 1pm, there will be an outstanding exhibit of original Shelby Cobras
- Enjoy fabulous Food Truck offerings
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- Special Raffle Prizes too!

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