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[Team](#) | [News](#) | [Schedule](#) | [Community](#) | [History](#) | [Fan Zone](#) | [Cheerleaders](#) | [Store](#)

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Newsroom

[Training Camp](#)
[Coaches Press](#)
[Transactions](#)
[News Archive](#)

2004 Schedule

Regular Season

9/12		vs Atlanta
9/19		@ New Orleans
9/26		@ Seattle
10/3		vs St. Louis
10/10		vs Arizona
10/17		@ NY Jets
10/24		BYE
10/31		@ Chicago
11/7		vs Seattle
11/14		vs Carolina
11/21		@ Tampa Bay
11/28		vs Miami
12/5		@ St. Louis
12/12		@ Arizona
12/18		vs Washington
12/26		vs Buffalo
1/2		@ New England

NEWSROOM

Roger Craig Keeps On Running

Tuesday, June 08, 2004

[Back](#)



Craig smiles as he crosses the finish line.

During his playing days, former 49ers running back Roger Craig was known for his dedication to physical fitness. In fact, he introduced Jerry Rice to "The Hill," which has come to symbolize Rice's maniacal work ethic.

Craig retired from football more than a decade ago, but his competitive nature is still apparent in his appetite for staying in shape.

Craig, who turns 44 next month, completed his first marathon on Sunday despite nearly being overcome by cramps with two miles remaining in the 26.2-mile Suzuki Rock 'n' Roll Marathon in San Diego.

"I couldn't shake the cramps," Craig said in newspaper accounts.

"They started in my calves, went up to my hamstrings and quads and up to my back. It was a chain reaction."

Craig wanted to run the marathon in the 3 1/2-hour range, and was on pace to do so with a pace of a little more than 8 minutes per mile. But after the onslaught of cramps, he walked most of the 25th mile before picking up to a jog for the final mile of the race.

Race officials asked Craig he wished to stop for some medical attention but the former 49ers great pushed on.

"Why not do something that you love?" Craig said. "I have a passion for running. I love to run. People always ask me, 'Why do you run so much?' I love to run. If I don't run, I don't have any energy the rest of the day. I get my endorphins from running."

He finished with a time of 4 hours, 9 minutes, 57 seconds to place 3,560th out of nearly 16,500 runners.

Craig said he considers himself lucky to be able to be in such good physical condition after playing 11 punishing seasons in the NFL. He ranks as the No. 2 rusher in 49ers history behind Joe Perry. He gained 13,100 yards from scrimmage in his career, ranking No. 17 all-time among running backs. He also ranks No. 4 all-time in receptions out of the backfield, catching 566 passes in his career.

He was the first player in league history to achieve 1,000 yards rushing and 1,000 yards receiving in the same season, accomplishing that feat in 1985.

Craig played eight seasons with the 49ers, finishing his career with the Los Angeles Raiders and Minnesota Vikings. He signed a contract with the 49ers in the summer of 1994 to officially retire as a member of the organization he helped to three Super Bowl titles.

It promises to be a busy year for Craig, who plans to run in at least two more marathons in the coming months. He is also gearing up for the July release of his book, "Roger Craig's Tales from the San Francisco 49ers Sideline." The book of anecdotes can be pre-ordered on the www.sportspublishingllc.com site or anywhere you purchase books online.

Craig's goal is to run at least five marathons in his life, he said. His oldest sister, Brenda Martinez, completed five marathons before she died in a car accident seven years ago. He runs in her memory, he said.



Craig lives in the Bay Area and is the Director of Business Development for TIBCO Software.



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