



Dr. Dennis Godby, ND

Bio & Previous Runs

Dr. Godby's Bio:

Having become a naturopathic doctor at the ripe age of 48, I feel extraordinarily grateful to be able to practice this incredible medicine and to witness so many patients transform their lives in pursuit of health and happiness.

The Run is the culmination of 32 years and 45,000 miles of running. My first adventure run, while in college studying exercise physiology and nutrition, was a 37 day, 1,420 mile solo journey from Corvallis, OR to Calgary, Canada to promote exercise and nutrition (see Runner's World magazine, February, 1981). Then in 1984-85, I ran 3,006 miles from San Francisco to Washington, D.C. during 16 weeks of winter to promote peace and justice in Central America. In the media, this event became known as a "run of conscience".

After receiving an M.A. in Theological Studies, I taught high school social justice/religious studies classes for the next seven years. And, since graduating from the National College of Naturopathic Medicine in Portland in 2004, I have been practicing in my midtown Sacramento clinic.

I feel very blessed to be working with the leadership team of this run. My classmate and friend, Rebecca Asmar, has jumped in with both feet; Leah Olsen, ND4, has inspired and given me hope from the very beginning; my sister and first friend, Mary Rita Ely, has joined us as the events coordinator and her son, Jonas, will run the continent at my side; my friend Dietitian Meghan has agreed to be the volunteer coordinator; and finally, my son, Isaiah, has provided essential encouragement over the last 8 years to run the USA again – this time as father and son.

Previous Runs:

Central America Emergency Run, December 2, 1984-March 24, 1985 San Francisco to Washington, DC, 3,006 miles.

Run to Raise Awareness of Hunger, October, 1983, SOLO Run Portsmouth, NH to Madawaska, Maine, 365 miles.

Run to Support Oxfam Against Hunger, November, 1982, SOLO Run, Brooklyn to Boston, MA 250 miles

Run to Promote Physical Fitness & Nutrition, August, 1978- September, 1978, SOLO run Corvallis, OR to Calgary, Alberta, Canada, 1,420 miles