

# Carl E. Yates

Aug 23, 1927-April 19, 2019

Carl passed away Friday April 19 at the age of 91 at home in Timberwood Park, San Antonio, with his loving family by his side. Born in Cambridge, MA, he is survived by his wife of 68 years, Sally Sarah Yates, Children: Jim Yates & family, Mickey & Gary Mateas, Bill Yates & Family, Mike Yates & family & Patrick Yates & family, Sister Alayne Yates & family as well as many extended family and friends

At the age of 17 Carl (Pop) enlisted in the Naval Reserve to serve in WWII. Later he joined the Army and actively served in Korea earning a Purple Heart. After Korea he returned to the Naval Reserve and attaining his retirement. He is also retired from the US Postal service as well.

Carl has always epitomized physical fitness. He ran cross country and swam long distance competitions in college. He ran the Boston Marathon in 1953. He skied and did snowshoe marathons. He competed in Masters swimming from age 40. He did triathlons for years including Iron Man Canada where he won the 50-55 age group. He did extreme swims, such as from Long Beach to Seal Beach (10 Miles). When he turned 65, Carl decided to try 100 mile runs. Over a period of 7 years, up to age 72, Carl participated in 32 one hundred mile ultramarathons and finished 19 of them.

Carl was featured in the book "Growing Old is not for Sissy's II" 1995, as stated in book:

*Carl Yates, Ultra Marathoner, age 68*

*Carl has completed nine 100-mile runs, including the country's 4 most difficult 100-mile trail runs, Hardrock 100, Wasatch 100, Superior 100 and Angles Crest 100.*

*Carl talked about a strange incident he experienced during one of his runs. "I was doing a relatively easy 100-mile race in Arkansas and was about 75 miles into it. I fell asleep running. I woke up in time to keep going but started running in the wrong direction."*

*"Don't give up. If you don't use it, you lose it!" Carl Yates*

One of the most memorable accomplishments was the only official running of the Pikes Peak Quad which took place in 1994. There were only 7 runners and amazingly all finished. Carl was 66, 24 years older than the next oldest! 4 back to back round trip runs up the 14,110 feet peak and back under horrendous conditions. 106 miles total. Race Director Scott Weber wrote, "*Carl Yates gutted it out to finish and once again proved they don't make men any tougher than this guy.*"

Carl was always an inspiration to his children, grandchildren and great grandchildren.

He taught us the lifelong lessons of hard work and the importance of family. Pop will always be missed and will always be remembered as "100 Mile Carl".

A Military Honors service will be held at Fort Sam Houston National Cemetery, May 28<sup>th</sup> @ 2:30pm, 2019. The family would like to thank CIMA our Hospice Care team for the excellent care they provided.