

Now her feet does all the smokin'

About 13 years ago, Elizabeth Rudy was up to two packs of cigarettes a day. Cough. Cough. Cough. Whew, it's hard to breathe just thinking about it.

Anyway, after developing asthma and coming down with pneumonia, Rudy didn't need to read the smoke signals to realize she was in trouble. Smoking was wrecking her health.



So, she did what so many smokers need to do. She chunked the butts and started a walking regimen, which led to running. Well, actually being startled by a snake during a walk about 11 years ago at the River Legacy trails in Arlington started her running. After breaking out into a jog to get away from the snake, she realized she liked the faster pace. Now, she's smokin' the roads with her running shoes. Rudy won the women's overall title Sunday, March 9, at the Fort Worth Runners Club's

Spring 2 Spring with a 20:06 effort at Trinity Park.

She was a little surprised. "I was just hoping to break 21 minutes. I haven't been doing any speed work lately," she said.

Joey Manning, a 16-year-old junior at Mansfield High School, won the men's division with a 16:40 on the slightly cool morning, made for running.

"I didn't have a meet this weekend, so I decided to come out," said Joey, who's the top runner on the Mansfield track team. He runs mile, two-mile and cross country, and was runner-up in district.

Rudy, 48, said she had to fight through injuries when she began running, and said she has developed into a better runner as she advanced past the masters age of 40.

"I don't run as many miles now. I run about 20, 25 to 30 miles. And I take more time to recover," she said, noting that she believes longer recovery periods have kept her virtually injury-free.

Her method continues to pay off as she tries to smoke her competition and not tobacco. Good choice.