

MCRC Offered Fun, Challenging Races

Yes, this is really what Jan Richards (doesn't everyone in Fort Worth and Dallas know her?) and I wore when we ran the Mid-Cities Running Club's Nerd 9 a few years ago. She won a trophy in the "nerd" costume judging. I was an also-ran, a position I'm definitely accustomed to in road races. Those who ran the 9 miles had an option of dressing like a nerd or wearing regular running clothes. A dozen or so of us graced the streets looking more nerdy than usual. We had to be quite a sight. The now-defunct club was one of the more fun clubs. Runs were scheduled monthly, but only during the fall and winter. Each race usually was given an interesting name, such as the Salty Seven and Nerd 9. And most lived up to their names, such as the Torturous 20. Distances varied from 5 miles to 20 miles. The start and finish lines were at Bell High School in Hurst. The club was known for its challenging courses, and usually about 50 or so runners would enter. Another challenge was not getting lost while running through the neighborhoods. Each race had its designated colored arrows painted on the streets. But because so many club runs had been conducted through the nearby neighborhoods, arrows were sometimes difficult to decipher. More than a few runners got lost. As far as I know, everyone made it back sooner or later. Yes, this was a fun time. It was sad to see the club dissolve after the 1996-97 season. I was looking forward to ``improving" my nerd costume.



Notes: **Emily Field** beat the men and women at the **Feed The Children 5K**, March 18, in Grapevine. But the men shouldn't be too embarrassed because Field, a former Highlands Park runner, is a top-notch competitor for the University of Texas. She ran a 17:23....**Henry Stewart** was known to many who attended area road races. Henry died March 11 after collapsing at the **Run To The Ranch 5K**. At the tribute to Henry on March 15 at the First Baptist Church in Benbrook, Henry's son Mike said when Henry retired after 46 years with the FAA, he literally hit the ground running. Though Henry started running later in life and had heart problems, he credited running with prolonging his life. One of his running highlights, Mike said, was Henry running the original marathon course in Greece on his 70th birthday. **Marty Leicht**, owner of Integrated Racing System, said he recently had a long talk with Henry and learned, for one thing, that Henry kept a detailed log of his runs at road races. Another interesting thing about Henry, Marty said, was that he was always the first to send in an entry. ``Whenever an entry was available, he would send it in," Marty said. Sometimes, he'd send in entries for two races if they happened to be on the same day. ``It was his way of donating to the runs," Marty said....**Victory Over Violence**, scheduled April 8 at Trinity Park in Fort Worth, has adjusted its course so that the start and finish lines are at the same place. The course overall hasn't changed....Fort Worth's **Mayfest**, May 6, also is changing its 5K and 10K courses. Rather than start inside the Farrington Field parking lot as they did last year, they'll be starting and finishing near the Trinity Park Shelter House, just off the W. 7th Street entrance into the park....**Dino Dash**, May 13, also will present new 5K and 10K courses, which start and finish at the Science Place inside the Fair Grounds in Dallas. Because many runners didn't like the numerous turns in last year's revamped 5K, the new

route will go outside the Fair Grounds and will have a significant number of fewer turns. The new 10K course will be staying closer to the Fair Grounds....The **Arlington Winter Run**, scheduled Dec. 2, has been renamed the **Don Zetnick Winter Run**, in memory of the long-time runner and founder of The Runner retail store in Arlington. Don died not long after last year's Winter Run.