

## *Running agrees with tummy*

By Charles Clines

FORT WORTH -- A crowd of more than 2,000 ran or walked the 10th annual Victory Over Violence on a windy Saturday (April 8) morning. Afterward, the participants sampled the ample and various goodies at the awards area near the Duck Pond at Trinity Park. No doubt there were some happy tummies after bagels, pizza, soft drinks, coffee, fruit and other food. One of the happiest tummies belonged to Bob Scully, but it wasn't because of the food.



The 46-year-old once had a troubled stomach and had to take medicine to calm it. But after taking up running "eight years ago," Bob has not only alleviated his tummy woes, but has become one of the fastest masters (40-older) runners in the Fort Worth area.

He showed his speed at Victory Over Violence by running the 3.1 miles in 18:21.25 to win his 45-49 age division.

"I had some stomach problems, and I tell you what, running has totally alleviated my the problems. Running and eating well," he said "They (doctors) called it gird, but I thought it was an ulcer. It was a burning stomach ache."

After six months of running, Bob decided he was going to eliminate the medicine. Besides beginning a running program, Bob had started drinking green tea rather than coffee and had improved his diet

"I tried to get off it (an anti-acid medicine) and it didn't work (after two weeks). But within six weeks, I was totally off," he said. "And that was 1998, so I decided to keep on keeping on."

Although, Bob has become one of the faster runners, he's had an athletic background. He played football in high school and wrestled. After an injury sidelined him in wrestling, he ran track. He said he's always been an inconsistent weekend warrior until he discovered road racing. He developed his discipline, he said, from his father, who was a marine and police officer in Long Island. After moving to Texas, Bob went to TCU and knew he had found home when Miss Texas gave him a ride to the campus from the airport.

Winning the men's overall award was Agustin Hernandez, whose victory credentials include the 2000 Cowtown Marathon. The women's winner was Cora Turner of Alvarado, a 36-year-old who has been running for "six or seven years."

# Victory Over Violence's pics and stuff



Julie Evans of Keller holds her two-year-old daughter, Avery, after completing the 1K. It

was Avery's first 1K. Mom said Avery wasn't that excited about getting up early, but then thought it was fun when she saw that it was still dark when she got out of bed. They were among those running for Alliance For Children, where Julie works.



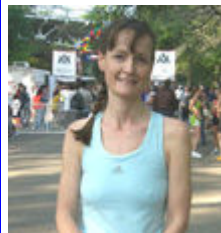
The 1K begins on a windy, cool and overcast morning in Trinity Park at Victory Over Violence. It was announced that more than 2,000 had entered the 1K and 5K events.



Victory Over Violence men's winner Agustin Hernandez is no

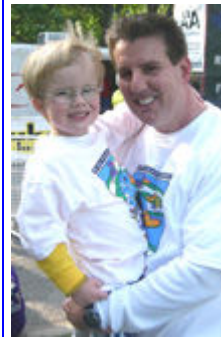
stranger to the winner's circle in Fort Worth-Dallas road races. One of the Dallas resident's biggest victories was the 1999 Cowtown Marathon

Although Agustin, 33, lives in Dallas, he said he likes to race in Fort Worth, "because the people are friendlier." He said his 15:57.40 time was a little slow because of the headwind on the first mile. (Visit [www.run-far.com](http://www.run-far.com) for complete results. Age group winners will be posted on this site this evening.)



Cora Turner of Alvarado won her first women's VOV

title in 19:21.95. The mother of two said she's been running about six years, but ran "a little in



A lot of runners would like to have an extra set of legs to get across the finish

line. Doug Tackett of Arlington does. However, the legs happened to be wrapped in his arms as Doug toted his 4-year-old son, Caleb, almost half the 5K. "He ran about the first mile and a half," Doug said. "Then I carried him off and on from there." Doug also was at VOV with son Brady, who runs for the Running Eagle team of Crowley. Carrying a hitchhiker isn't new for Doug. He said he hauled another child once before, but "he was a bigger kid." And, "I had to carry him on my back for about four miles, and it was a 10K. He probably was five or six." At the time, Doug was in a competitive race, and his buddies gave him a hard time when they saw his time. When he explained that he had to carry a kid, they just laughed and said, "Yeh, right." It no doubt was one

	<p>high school." Cora, 36, said she ``got serious (about running) after I turned 30." Since then she has won ``a few" women's titles. She usually runs two or three events a month.</p>	<p>of the more original excuses they had heard..</p>
--	---	--