

75 help celebrate TNT's 20th anniversary

By Chris Phelan, founder

Although most (of the 75 who showed up) did the workout (6 x 800m), it became a party with two cakes (one said “Twenty Years Of Tuesdays”), two watermelons, and refreshments. Accountants, doctors, small business owners and blue collar workers gathered to be known only as runners.

Some didn't run and chose to hang out wearing comfortable clothes. Some caught up with others they hadn't seen in decades. Some had gained weight, changed jobs, gotten married, had kids, divorced, moved away, and moved back. It was VERY good to see all these people in a relaxed atmosphere. The youngest was 23; the oldest 70+.

There was faux ceremonial cutting of the cake combined with a rousing version of “Happy Birthday.” People were gathering by 6:30 for the 6:45 start, and didn't leave until 10 pm.

This is Dallas' longest running track workout, by far. Though it was a goal, I'm proud of its consistency. But (I'm) even prouder that it gives the general public, and especially runners coming up and/or who don't belong to a team, club, or store, or can't afford to join one, a place to run with others, of like mind, who want to better themselves and some facet of their lives. No one should be denied access to this, under any circumstances. We should all have the opportunity to go out and sweat with others.

Everyone was smiling, telling stories, catching up with people they had sweated next to, felt the agony of intervals with, and braved the weather of wind, heat, snow, darkness and rain. Through all those workouts over the years, people kept coming; 100- miler ultra-marathoners, 200-meter runners, Ironmen.

Over the 20 years, Mark and Cathy Norman have been the most consistent. (They began coming) out shortly after it got started and continued to come out. The next 20 years is going to be hard to top.

As people left, some joked, saying, “We've got to do this again, on April 22, 2028.” Maybe...with me using a walker. Maybe. We'll see.