

## Lisa Cron rebounds from iron deficiency

By Fiona Green



The female overall winner of the Loop 15K at White Rock Lake on Saturday, Oct. 4, was 29-year-old Lisa Cron of Irving. Posting a remarkable time of 55:50, despite humid conditions, put her in sixth place overall -- not bad considering that was her first 15K and that before the race she had modestly predicted that she might finish in just over an hour.

A vegetarian and animal lover, Lisa is an accomplished distance runner, specializing in the marathon. She had, in fact, set her sights on qualifying for the Olympic Trials in the marathon. After running a PR of 2:55 at the Big D last year, she believed she had a shot at reaching the Trials' standard of 2:47, but it was around this time that her running started to become more difficult.

She noticed that she was often tired and lacked her former speed and endurance. After consulting her doctor, she discovered that she was suffering from iron deficiency. Steps were taken to control this, but her dreams of attending the upcoming Trials were over.

Nevertheless, as Saturday's race showed, she is back in excellent form and is enjoying 100-120-mile training weeks in preparation for the DRC Half in November.

At only 29, she has many good running years ahead of her and we look forward to following her progress and watching her in London 2012.

According to DRC President Libby Jones, more than 507 runners completed the 15K course while 170 completed the 5K. Male overall winner of the 15K was Matt Pulle, while Masters winners were Fiona Green and Michael Held. Before the race, Michael explained that he was under pressure to finish the race quickly so he could attend his daughter's soccer match. Sometimes it pays to race under pressure!

William Moore was the overall winner of the 5K with Sheila Natho once again dominating the female race. Angela Eusery and Don Crawford were the Masters winners.