

## It was a good, chilly day for Cowtown



Siri Terjesen, 32, who teaches at TCU and winner of the women's marathon last year, won the women's ultra in 3:50:16. She specializes in 50K races and was the fastest American woman in 2006 in the 50K (3:35:9) and the fastest American woman in the 100K (8:22:09) in 2003. She has run in several countries and celebrated her 40th victory.



Jan Prochaska, 41, came a long way to run a long way. The Berlin, Germany resident, who has been in Austin and Dallas the past few weeks working, won the Cowtown's men's ultra 50K in 3:37. It was the first year for the ultra, which was added to help celebrate the event's 30th anniversary.

Ultra: Men -- Jan Prochaska, Germany, 3:37. Women -- Siri Terjesen, Fort Worth, 3:50:16.  
Marathon: Men -- Keith Pierce, Krum, 2:34:42. Women -- Riva Graeme, Dallas, 3:08:29.  
Half Marathon: Men -- Todd Blanchard, Dallas, 1:14:03. Women -- Kris Lawson, Parker, Colo., 1:25:56.  
10K: Men -- Colby Lowe, Southlake, 31:11. Women -- Emily Dewald, Bloomington, Ill., 37:16.  
Adult 5K: Men -- Matt Daniels, Fayetteville, Ark., 15:15. Women -- Betty Hernandez, Bowie, 18:42.  
Kids' 5K: Male -- Jenner Kizer, Fort Worth, 16:56. Female -- Kaili Tucker, Ardmore, Okla., 19:55.

## *Familiar names on top again*



Keith Pierce of Krum won his second consecutive marathon title.

The 30th Cowtown couldn't have asked much more from the weather on Saturday morning (Feb. 23) as the temperature was near 40 for the 7:30 a.m. start of the marathon, half, 10K and the new ultra 50K. The temperature didn't get much warmer for the adult and kids' 5K starts at 8:15 and 9, but for running, it was about perfect. And Riva Graeme became another three-time winner of Cowtown. Graeme, just six months from having her second child, won in 2000 and 2002 when her last name was Rahl. Keith Pierce, a Krum teacher/coach, won his second consecutive men's marathon title.



Riva Graeme of Dallas won her third Cowtown women's title.

The ultra was added this year because it's close to 30 miles (a little more than 31 actually) to help mark the 30 years of the event. Not only is the run a long distance, but the men's winner came from a long way to run it. Jan Prochaska, 41, is from Berlin, Germany, but has been working in Austin and Dallas the past eight weeks. He won the men's race in 3:37. Prochaska has run several ultras and 24-hour events. Todd Reynolds, 40, of Fort Worth finished second.

The women's winner also is not a newcomer to ultras as Siri Terjesen, 32, who teaches at TCU, won the women's division with a 3:50:16. Terjesen won the Cowtown Marathon last year after just arriving from a 30-something-hour flight from Australia and about 20 days removed from cervical cancer surgery. "Last year was a bear," she said recalling her up-and-down experience during the race.

"It's just a wonderful day," she said after finishing. "This is my 101st marathon and probably my 40th ultra is in there (she counts a marathon when she runs an ultra). I know it's my 40th win." She also won the women's title at the first Fort Worth Marathon in November, 2007.

"I'd like to qualify for the (U.S. 100K team for the) world champs this year, which means I'm going to have to run a 100K somewhere. If not this year, maybe next year.

She has run in dozens of countries and was the fastest American woman in the 50K (3:35:9) in 2006 and the fastest in the 100K (8:22:09) in 2003. She moved to Fort Worth on April 20 of last year and, after orientation, began teaching at TCU. She taught three

courses last semester, but isn't teaching this semester, she said. ``But I'm teaching in the fall," she said.

Pierce, 27, repeated as the men's marathon champ in 2:34:42 and again visited the medical tent for the second consecutive year after finishing. ``I don't know what's going on. For whatever reason, the wind seems to hit you coming into the finish, and I was just starting to really hit the wall today. I started to feel dizzy and lightheaded and actually had to walk a little bit the last two miles. I went to the medical tent to try and get fluids back in me (as he did last year). I started feeling better pretty soon (after the fluids). I felt great through 16 miles and was running 5:30(-minute-a-mile) pace. I knew at some point I was going to slow down. At 16 miles, I started running 6 minutes, that became 6:20 and before too long I was in the 7s. I walked at mile 24 for about 20 seconds, and I walked again at mile 25 (going up a hill)."

He was about four minutes slower than last year, but said he came down with the flu about three weeks ago and had to take eight days off from his training. ``I think I was a little bit more fit last year," he said. Last year, though, he didn't get to bed until about 1 a.m. the night before the marathon because of celebrating after a Krum basketball victory against Edgewood. The game against Edgewood was held the night before, but with different results so there was little reason to have a late celebration.

In the half marathon, Todd Blanchard, 38, of Dallas won the men's title by more than a minute with a 1:14:03. Kris Lawson, 28, of Parker, Colo., won the women's title by almost three minutes in 1:25:56. In the 10K, Colby Lowe, 18, of Southlake won in 31:11 with Clint Bell, 28, of Dallas right behind at 31:44. In the women's division, Emily Dewald, 24, of Bloomington, IL, won in 37:16 while Brette Fleming-Wood, 17, of Mansfield was second in 37:34, and Cora Turner of Alvarado nipped Sheila Natho of Dallas for third, 40:19 to 40:25.

In the adult 5K, Matt Daniels, 19, of Fayetteville, Ark., won in 15:15 with C.J. Brown, 17, of Southlake finishing second in 15:44. In the women's division, Betty Hernandez, 22, of Bowie easily won in 18:42. In the kids' 5K, Jenner Kizer, 17, of Fort Worth won the male division in 16:56, and Kaili Tucker, 16 of Ardmore, Okla., won the female division with a 19:55 with another Ardmore resident, Alex Davis, 16, just behind at 20:02.

In all, there were 9,858 finishers at Cowtown. The new Ultra had 117 finishers. The other races and finishers: Kids 5K, 3,199; Adult 5K, 1,981; Marathon, 692; Half Marathon, 2,033; 10K, 1,836.