

**\*Some El Scorcho moments\***

**Libby Jones ran her first 25K at El Scorcho  
even though five months pregnant**

By Libby Jones from her Blog

After not running basically at all first trimester because I felt so fatigued, I had begun running again in the second trimester, felt good, worked with the doctor to come to agreements on how much running, and just kept feeling stronger!

So then three and a half weeks ago, I got a crazy stupid idea. I loved the thought of El Scorcho 25K - there was a huge safety net to it being on a 5K loop where you could stop after any given one, and it was the only event at the absolutely coolest part of the day for the next couple months. While running felt good, getting out the door when you're pregnant is still hard. So I was also looking for a firm goal to keep me motivated. My first 25K seemed like a strong motivator. Read the rest of Libby's Blog about El Scorcho at <http://theactivejoe.blogspot.com/2010/07/el-scorcho-25k-my-first-25kand-at.html>

**New pair of shoes eased some soreness for Melissa**

By Melissa Galyon from her Blog

I'm recovering from a pretty wacky race on Saturday night, with some soreness in my quads and calves, but feeling great overall. A new pair of Brooks Adrenalines doesn't hurt either (a friend told me I run on pillows, lol)...

**The Race-** The El Scorcho Run (25K/50K) is held annually in Trinity Park in Fort Worth, Texas, at midnight in July. There were nearly 500 folks running, which contributed to a laidback atmosphere. Spectators (yes, even in the middle of the night, we had crowds) set up tents, lawn chairs and coolers by the trail. The 25K racers ran around a 5k loop five times, and the 50K ran double that. Finishers received medals. Read the rest of Melissa's Blog at [http://multimediarrrl.blogspot.com/2010\\_07\\_01\\_archive.html](http://multimediarrrl.blogspot.com/2010_07_01_archive.html)

**This time Nick Polito finished**

By Nick Polito from his Blog

I ran it last year and after 7 loops and 21 miles I quit. I came in this year with a different mindset of finishing was my first goal even if I had to run 9 min miles. I ended up with a few of those but I am very happy with the results. I have so many friends that run this race although most run the 25K. I even had some amazing friends that come out there to cheer us on and miss a whole night's sleep. I didn't taper much for this race as Chicago is still my goal race. Still had 78 miles for the week and I felt somewhat fresh for the race. The 25K starts 10 min after the 50K so at the start we know anyone passing us is a 50K runner. See the rest of Nick's Blog at [http://runningitalian.blogspot.com/2010\\_07\\_01\\_archive.html](http://runningitalian.blogspot.com/2010_07_01_archive.html)



### A midnight stroll

What were you doing at midnight Saturday? Sleeping? Some people were just beginning to run. These were among the 500 who were at Trinity Park for the fourth El Scorcho 50K, 25K event. Congratulations to everyone who finished Sunday (July 25) morning. At least the temperature wasn't too scorching. Todd Reynolds of Benbrook (pictured right), one of the area's top masters runner and 2009 winner of The Cowtown Ultra, won the 50K. If anyone would like to tell about your experience, please send a report via [e-mail](#) and it will be included among any others that are received. If you have pictures, send them, too. Photos submitted by Mike Deavers. The white dots? Reflectors.

